

LIFE IN DAYS

A visual breakdown of how we spend the ~29,000 days of an average human life: sleeping, learning, working, and living.

9,733

DAYS ASLEEP

1,250

DAYS IN SCHOOL

6,333

DAYS AT WORK

11,884

DAYS FREE

KEY INSIGHTS

33.3%

THE SLEEP TAX

One-third of your entire life is spent asleep. By age 80, you've slept over 9,700 days — that's 26.7 full years with your eyes closed.

1,250 DAYS

THE SCHOOL YEARS

From ~age 4 to ~18 you spend 1,250 days in school. During those years, school + sleep consume over half your time, dropping free time to just 49%.

25.3%

PEAK WORK BURDEN

Work consumes its greatest share around age 68 — a quarter of all days lived. At age 27, it's only 13.3%, still building.

44.9%

THE DOUBLE SQUEEZE

From age ~16 to ~18, school and work overlap. Free time hits its lowest point at 6,500 days — just 44.9% of your life is yours.

66.7%

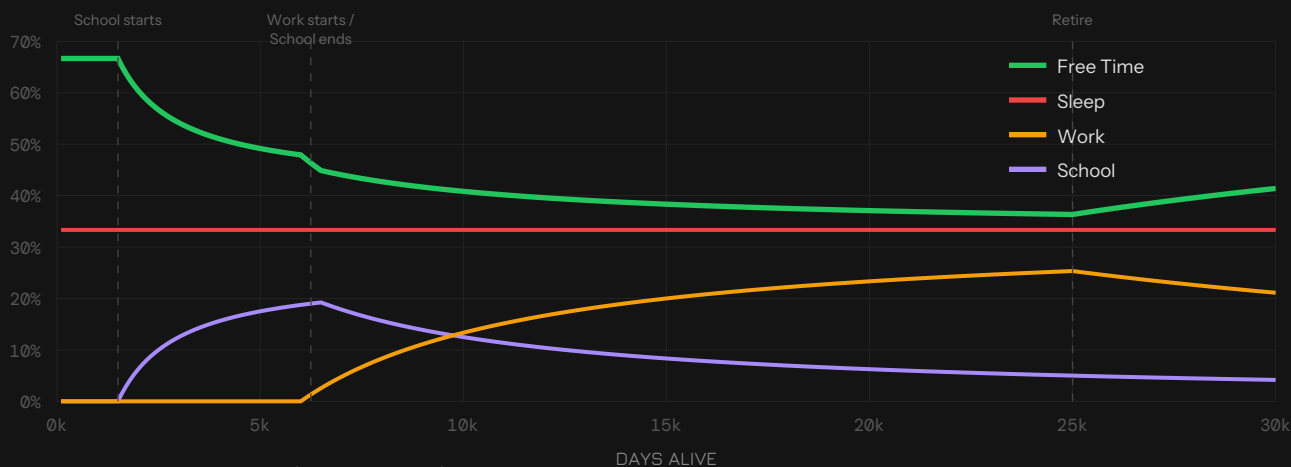
CHILDHOOD FREEDOM

Before school begins (~age 4), two-thirds of every day is yours. The first 1,500 days are the freest stretch of your entire life.

66.7%

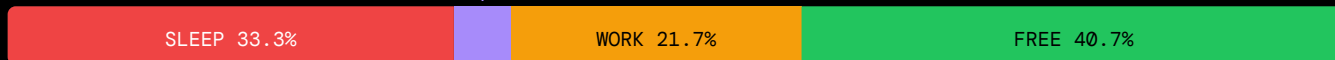
RETIREMENT DIVIDEND

After 25,000 days (~age 68), free time returns to 66.7%. Retirement restores the same ratio of freedom you had as a toddler.



LIFE COMPOSITION AT 80 YEARS (~29,200 DAYS)

SCHOOL 4.3%



School: 6 hrs/day from 1,500 to 6,500 days | Work: 8 hrs/day from 6,000 to 25,000 days

THE COMPLETE BREAKDOWN

DAYS OLD	AGE	DAYS ASLEEP	DAYS AT SCHOOL	DAYS AT WORK	% AT WORK	DAYS OF FREE TIME	% FREE TIME
500	1 yrs, 4 mos	166.7	—	—	—	333.3	66.7%
1,000	2 yrs, 8 mos	333.3	—	—	—	666.7	66.7%
1,500	4 yrs, 1 mos	500.0	0	—	—	1,000.0	66.7%
2,000	5 yrs, 5 mos	666.7	125.0	—	—	1,208.3	60.4%
3,000	8 yrs, 2 mos	1,000.0	375.0	—	—	1,625.0	54.2%
4,000	10 yrs, 11 mos	1,333.3	625.0	—	—	2,041.7	51.0%
5,000	13 yrs, 8 mos	1,666.7	875.0	—	—	2,458.3	49.2%
6,000	16 yrs, 5 mos	2,000.0	1,125.0	0	0.0%	2,875.0	47.9%
6,500	17 yrs, 9 mos	2,166.7	1,250.0	166.7	2.6%	2,916.6	44.9%
7,000	19 yrs, 1 mos	2,333.3	—	333.3	4.8%	4,333.4	61.9%
8,000	21 yrs, 10 mos	2,666.7	—	666.7	8.3%	4,666.6	58.3%
9,000	24 yrs, 7 mos	3,000.0	—	1,000.0	11.1%	5,000.0	55.6%
10,000	27 yrs, 4 mos	3,333.3	—	1,333.3	13.3%	5,333.4	53.3%
11,000	30 yrs, 1 mos	3,666.7	—	1,666.7	15.2%	5,666.6	51.5%
12,000	32 yrs, 10 mos	4,000.0	—	2,000.0	16.7%	6,000.0	50.0%
13,000	35 yrs, 7 mos	4,333.3	—	2,333.3	17.9%	6,333.4	48.7%
14,000	38 yrs, 3 mos	4,666.7	—	2,666.7	19.0%	6,666.6	47.6%
15,000	41 yrs, 0 mos	5,000.0	—	3,000.0	20.0%	7,000.0	46.7%

THE COMPLETE BREAKDOWN

DAYS OLD	AGE	DAYS ASLEEP	DAYS AT SCHOOL	DAYS AT WORK	% AT WORK	DAYS OF FREE TIME	% FREE TIME
16,000	43 yrs, 9 mos	5,333.3	—	3,333.3	20.8%	7,333.4	45.8%
17,000	46 yrs, 6 mos	5,666.7	—	3,666.7	21.6%	7,666.6	45.1%
18,000	49 yrs, 3 mos	6,000.0	—	4,000.0	22.2%	8,000.0	44.4%
19,000	52 yrs, 0 mos	6,333.3	—	4,333.3	22.8%	8,333.4	43.9%
20,000	54 yrs, 9 mos	6,666.7	—	4,666.7	23.3%	8,666.6	43.3%
21,000	57 yrs, 5 mos	7,000.0	—	5,000.0	23.8%	9,000.0	42.9%
22,000	60 yrs, 2 mos	7,333.3	—	5,333.3	24.2%	9,333.4	42.4%
23,000	62 yrs, 11 mos	7,666.7	—	5,666.7	24.6%	9,666.6	42.0%
24,000	65 yrs, 8 mos	8,000.0	—	6,000.0	25.0%	10,000.0	41.7%
25,000	68 yrs, 5 mos	8,333.3	—	6,333.3	25.3%	10,333.4	41.3%
26,000	71 yrs, 2 mos	8,666.7	—	—	—	17,333.3	66.7%
27,000	73 yrs, 11 mos	9,000.0	—	—	—	18,000.0	66.7%
28,000	76 yrs, 7 mos	9,333.3	—	—	—	18,666.7	66.7%
29,000	79 yrs, 4 mos	9,666.7	—	—	—	19,333.3	66.7%
30,000	82 yrs, 1 mos	10,000.0	—	—	—	20,000.0	66.7%
31,000	84 yrs, 10 mos	10,333.3	—	—	—	20,666.7	66.7%
32,000	87 yrs, 7 mos	10,666.7	—	—	—	21,333.3	66.7%
33,000	90 yrs, 4 mos	11,000.0	—	—	—	22,000.0	66.7%

THE COMPLETE BREAKDOWN

DAYS OLD	AGE	DAYS ASLEEP	DAYS AT SCHOOL	DAYS AT WORK	% AT WORK	DAYS OF FREE TIME	% FREE TIME
34,000	93 yrs, 1 mos	11,333.3	—	—	—	22,666.7	66.7%
35,000	95 yrs, 9 mos	11,666.7	—	—	—	23,333.3	66.7%
36,000	98 yrs, 6 mos	12,000.0	—	—	—	24,000.0	66.7%
37,000	101 yrs, 3 mos	12,333.3	—	—	—	24,666.7	66.7%
38,000	104 yrs, 0 mos	12,666.7	—	—	—	25,333.3	66.7%
39,000	106 yrs, 9 mos	13,000.0	—	—	—	26,000.0	66.7%
40,000	109 yrs, 6 mos	13,333.3	—	—	—	26,666.7	66.7%
41,000	112 yrs, 3 mos	13,666.7	—	—	—	27,333.3	66.7%
42,000	114 yrs, 11 mos	14,000.0	—	—	—	28,000.0	66.7%
43,000	117 yrs, 8 mos	14,333.3	—	—	—	28,666.7	66.7%
44,000	120 yrs, 5 mos	14,666.7	—	—	—	29,333.3	66.7%