

Time use in Canada: Interactive visualization tool, 2022 to 2023

Released at 8:30 a.m. Eastern time in *The Daily*, Tuesday, January 28, 2025

Today, Statistics Canada has launched an interactive data visualization tool, "[Time use in Canada: Interactive visualization tool](#)."

Using data from the 2022 Time Use Survey, this interactive tool allows users to explore how Canadians use their time over the course of a 24-hour period in various activities—such as sleep, paid work, unpaid housework and care, and leisure, among others. Differences in how time unfolds across the day can be shown by gender, age group, and type of day (weekday or weekend).

Did you know we have a mobile app?

Download our mobile app and get timely access to data at your fingertips! The [StatsCAN](#) app is available for free on the [App Store](#) and on [Google Play](#).

Note to readers

The [Time Use Survey](#) is a cross-sectional survey with a target population of non-institutionalized persons aged 15 and older living in the 10 provinces. The survey was collected from July 2022 to July 2023. A diary over a 24-hour period is used to collect data from respondents about their activities, how much time they spent on each activity, and where they were carried out, whether certain activities were carried out simultaneously, and whether other people were present during each reported activity. To ensure that data are collected equally between different days of the week, a specific day, called "reference day" is assigned to respondents.

Definitions, data sources and methods: survey number [4503](#).

Available tables: table [45-10-0105-01](#).

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca) or Media Relations (statcan.mediahotline-ligneinfomedias.statcan@statcan.gc.ca).

