

Forum:[Hack Forums](#)

Thread: [How much time do you spend online per day on average?](#)

Fresku - August 17, 2023, 2:05 pm

Hello fellow members,

I'm curious to everybody's online time, this does not only involve being online on the forums, just spending time in front of your phone/laptop/pc/tablet.

Feel free to fill in the poll.

Myself, I'm working 40h a week in front of a laptop and usually spending the evenings as well on my laptop, around 16h per day during the week and depending on the weekend, sometimes another 8-16h and sometimes none.

Truth - August 17, 2023, 4:06 pm

It's interesting, I work online so am on the screen a lot, then for my leisure time I also like being on the screens. But for summer it's been a bit off screen. I'd still say around 8h~ a day between laptop and phone.

I do need a break or a fast, no screen for a week sounds interesting

Envy - August 17, 2023, 9:23 pm

8-12, or 12-16 depending on the day.

Work from home, some days 10-12+ hour work days, then gaming is a hobby.

I stay active, stretch or move around every 30 min - 1 hr as well as I'm in the gym almost every day.

If I wasn't making good money, I'd find it unacceptable. ?

WebArt - August 17, 2023, 10:47 pm

I work from home and I work everyday min 12 hr.

HOMODIN - August 17, 2023, 10:58 pm

I work in an office in front of my craptop for 8-10h/day and then after that I run my 2nd job online and usually I spend 2-6h extra on that daily so the hours add up real fast...which is somewhat depressing actually. I don't even have time for gaming which I used to do just to escape reality for a while.

triaz117 - August 18, 2023, 4:01 am

quite a lot I guess. working online plus lurking on the forums sum up to quite a bit

Whateverworks - August 18, 2023, 4:20 am

I work from home so my screen time is pretty high, 8hrs per day on work pc and most likely another 4-8 on gaming pc on top of that ?

DashPHP - August 19, 2023, 1:10 am

(Aug 17, 2023 09:23 PM)Envy Wrote: [\[CITE\]](#) 8-12, or 12-16 depending on the day.

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+1 on this too!! :p

Only difference is I don't game as a hobby, just about play a little CSGO.

zdalang - August 19, 2023, 1:15 am

to get online just a few decade offer? online what. @engineering/ @science/ @computer/

Hungry4Knowledge - August 19, 2023, 2:14 am

I vote wrong.

For some reason I only added up in my head the times spent in front of computer then reading others realised there is phone and tablet time.

In a nutshell Internet is going straight into my veins through IV.
24/7

ALEDIO - August 19, 2023, 3:06 am

It depends on the meaning of "online". Personally, if you mean the time spent on social media or something like that, I can say that I spend very little of it, in any case my day is structured almost completely in the use of a pc / smartphone device. I have no alternative but to use a computer all day long, whether it's for work or for play.

V?rt - August 19, 2023, 8:10 am

On a day that I'm not going to work, I would say that I spent about 6-8 hours online. I also include watching tv shows to that.

Biggs - August 19, 2023, 8:26 am

Really depends, but it varies from 6-10 hours a day, I'll go for a workout, go to eat something and then I'll be at home online.

Fresku - August 19, 2023, 12:03 pm

Thanks everybody for all the replies and the votes!

It's somewhat shocking to see that most of us spend most of our time online.