The Making of Morning Activity Patterns

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The course of the day is an interesting unit of investigation in research on everyday life because in it most rhythms, conflicts and wonderful things are experienced. There is at least one part of the day where an inevitable conflict between the basic human needs of sleep and food and practical personal arrangements on one hand and on the other hand the demand from the modern way of earning ones' living collide - the morning. Morning hours are experienced by many people to be the most hectic hours of the day. There is time for necessary activities between waking up and starting to work, but the "window of opportunities (prism)" open for alternative handling and for something going wrong is limited. What character has the morning activity pattern of people's daily life? In my presentation I will problematise the result, i.e. what activities appear in the mornings of men and women in different ages? I illustrate the morning activity patterns in a population by using a method, VISUAL-TimePAcTS, and look for sequences of activities constituting a collective activity pattern of the population.