

Our 17 years on the sofa...

BRITONS will spend 17 years of their lives sitting on the sofa, research revealed yesterday.

Watching TV, reading, eating or snoozing means the average couch potato spends 49 hours a week on the most comfortable seat in the house.

During the working week, average Britons slump on the sofa for 30 hours as they relax after work. And at the weekends they spend 19 hours on it, either watching TV or just generally lounging about.

That adds up to more than two days every week, or nearly a quarter of our average life-span. Watching television takes up the biggest chunk of time on the sofa as square-eyed Britons spend 20 hours a week glued to the box. That equates to seven years over a lifetime.

Reading takes up a further seven hours of each week - or more than two-and-a-half years of the average adult lifetime. And more than two hours a week are spent playing on games consoles from the comfort of the armchair.

Carolyn Morris of www.alljoinon.com, a social networking website for people at home during the day which commissioned the poll, said: "It's all too easy to be a couch potato. We are all guilty of it."

The poll revealed that the average lifespan of a sofa is eight years.