

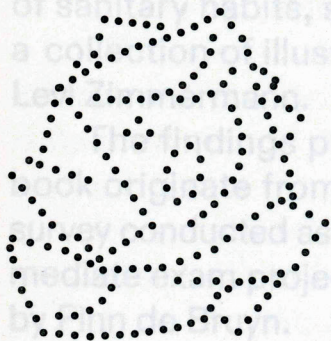
*May I Ask You some  
Questions about Your  
Bathroom Usage?*

With 21 Layers  
+ INDEX!



A Companion for the Intermediate Exam  
"Aqua Logistik", April 2025 in Karlsruhe

Up front...!  
Are you a scruncher  
or a folder?



Scruncher

Scrunchers  
grab, bunch,  
and go

Folder

Folders fold,  
stack, and  
swipe





*This is* May I Ask You some Questions  
about Your Bathroom Usage?

A visual dive into the intimate world of sanitary habits, shown through a collection of illustrated data by Levi Zimmermann.

The findings presented in this book originate from a small-scale survey conducted as part of the intermediate exam project Aqua Logistik by Finn de Bruyn.

With a total of 116 participants, the data offers a playful yet genuine glimpse into everyday routines, while not claiming to be a scientific study.

Due to the limited sample size and the informal nature of the survey, the results should be viewed as illustrative rather than definitive.



For readers seeking more statistically reliable insights, information texts follow some data sections, providing context and references to more comprehensive studies.

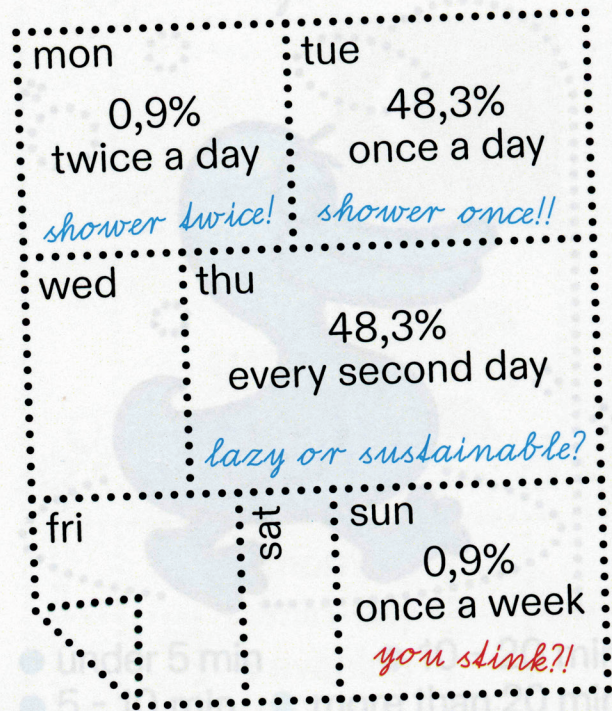
This book is meant to entertain, inform, and perhaps spark some reflection — or at the very least, a chuckle.

A separate index sheet, included as a loose insert, showcases the object created for Aqua Logistik.





How often do you  
shower in a week?





On average, how long does a typical shower last for you?



- under 5 min
- 5 - 10 min
- 10 - 20 min
- more than 20 min

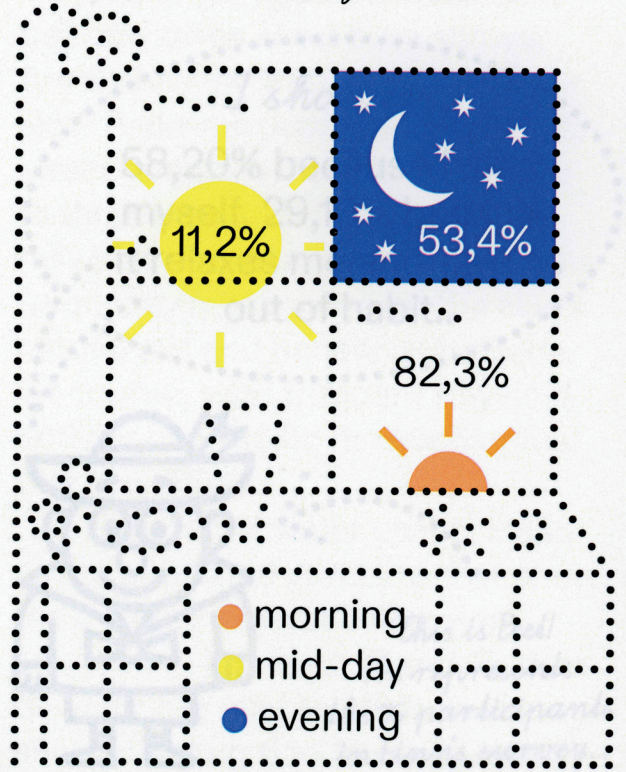


On average, how long does  
a typical shower last for  
you?



● 10 - 20 min  
● 5 - 10 min  
● under 5 min  
● more than 20 min

At what time of day do  
you usually shower?



What is your main reason  
for taking a shower?

I shower...

58,20% because I clean  
myself, 29,10% because  
it relaxes me and 12,70%  
out of habit..



*\*This is Peed!  
He represents  
the 116 participants  
in Finn's survey...*



## Some steamy facts

Maintaining hygiene is essential, but how often should we shower to stay healthy without harming our skin? Research published by Harvard Health suggests that showering two to three times per week is generally sufficient for most people. This frequency helps preserve the skin's natural oils and beneficial bacteria. Of course, with frequent physical activity or specific dermatological this can differ.

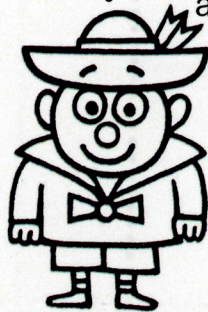
In terms of water usage, Hansgrohe published statistics that show the average shower in Germany consuming between 12 and 15 liters of water per minute. With an average shower lasting 6 to 10 minutes, this





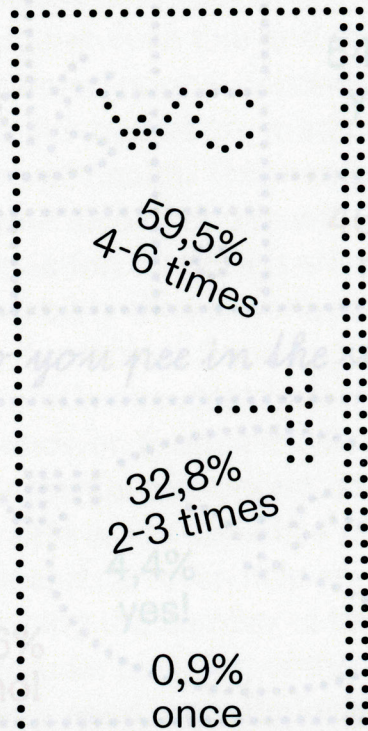
amounts to 72 to 150 liters per shower. With 92% of Germans taking a shower daily this means around 8 billion liters of water are used per day! Balancing health and environmental awareness is key. Maybe this evening you only need a Katzenwäsche or a scrub with a washcloth.

"I don't like to step on the floor after showering. That's why I use my old shirt as a transition carpet."



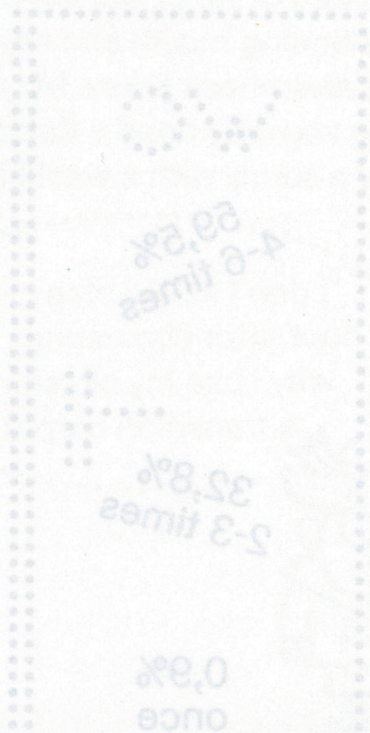


How many times a day do you typically use the toilet?

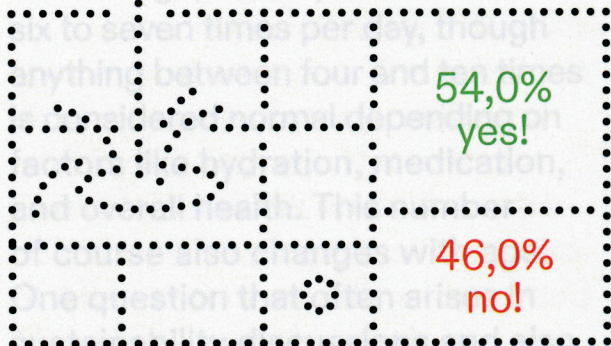


"I don't like to step on the floor after showering. That's why I use my old shirt as a transition carpet."

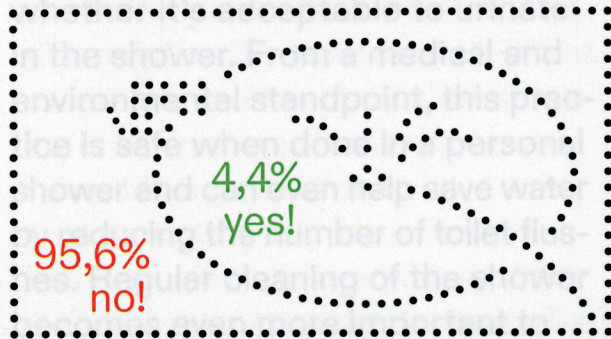
How many times a day do  
you typically use the toilet?



Do you pee in the  
shower?



Do you pee in the sink?





## *Flushing Out the Facts*

On average, healthy adults urinate six to seven times per day, though anything between four and ten times is considered normal depending on factors like hydration, medication, and overall health. This number of course also changes with age. One question that often arises in sustainability discussions and also during the project Aqua Logistik is whether it's acceptable to urinate in the shower. From a medical and environmental standpoint, this practice is safe when done in a personal shower and can even help save water by reducing the number of toilet flushes. Regular cleaning of the shower becomes even more important to



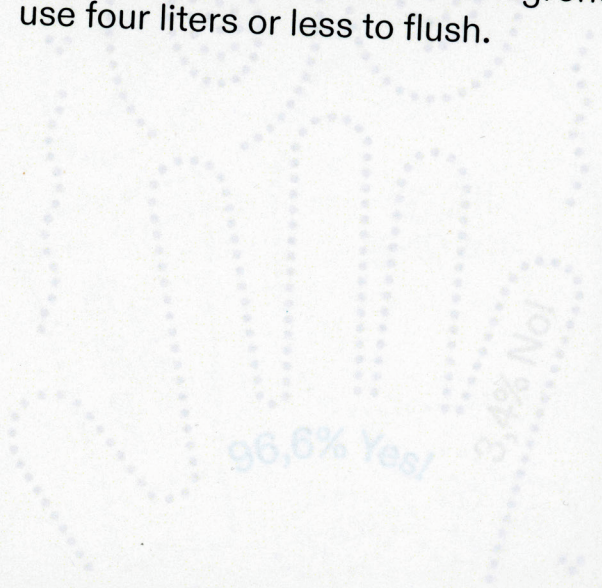
maintain hygiene. In shared or public spaces, this is not recommended due to sanitary concerns.

Rega In contrast, urinating in the sink is more frowned upon. The subreddit r/sinkpissers is a group dedicated to doing so anyway. The user @ SorryNoMoreMilk made the extrapolation six year ago, that members of r/sinkpissers actually save around 60 million liters of water in a year. This would fill around 24 olympic size swimming pools. Keep in mind, this extrapolation is based on multiple assumptions and is not reliable. While urinating in the sink may not pose a direct health risk if the sink is cleaned properly afterward, it conflicts with social norms and the intended use of the sink for tasks like

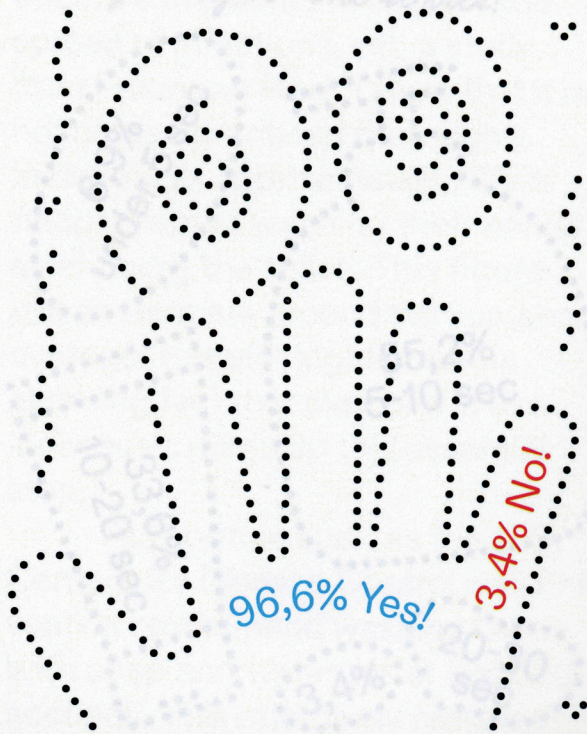


handwashing or toothbrushing. Most health and hygiene professionals advise against it.

Regarding toilet water usage, modern toilets are significantly more efficient than older models. Eco-friendly toilets, for example from Hansgrohe use four liters or less to flush.

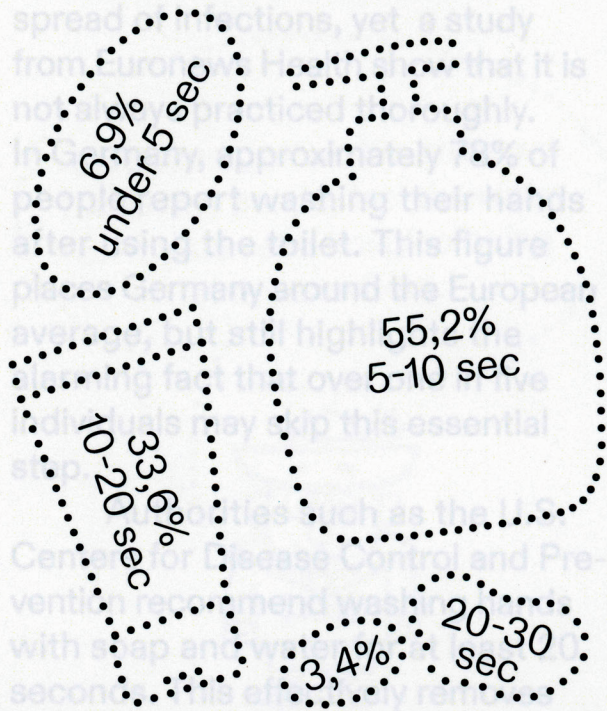


Do you wash your hands  
after using the toilet?





On average, how long do you wash your hands after going to the toilet?





## Clean Hands, Clear Facts

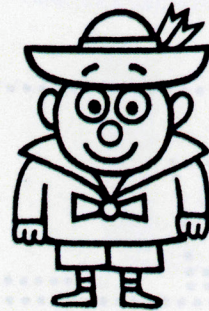
Hand hygiene is one of the most effective measures to prevent the spread of infections, yet a study from Euronews Health show that it is not always practiced thoroughly. In Germany, approximately 78% of people report washing their hands after using the toilet. This figure places Germany around the European average, but still highlights the alarming fact that over one in five individuals may skip this essential step.

Authorities such as the U.S. Centers for Disease Control and Prevention recommend washing hands with soap and water for at least 20 seconds. This effectively removes



germs. Studies show that people fall short of that. A 20-second handwash with the water running continuously uses around 3 liters of water.

Sometimes when I'm stressed I wash my hands, feel the water on my skin and imagine being at the seashore.

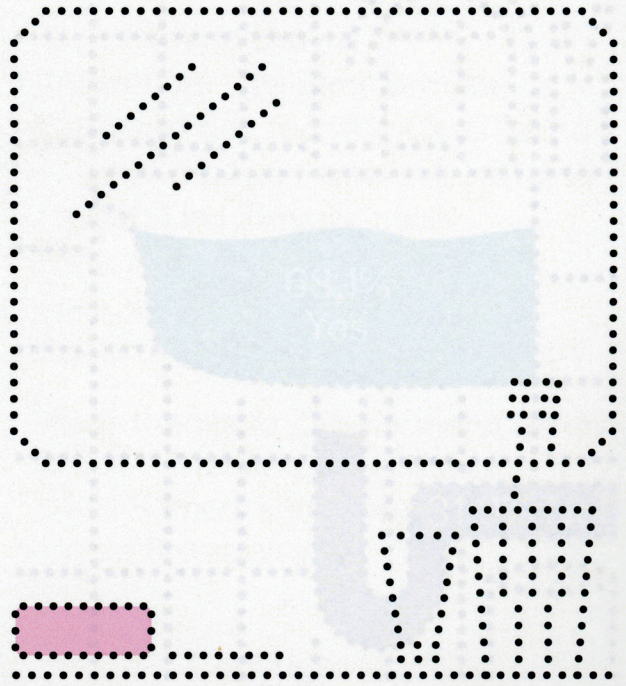


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Do you enjoy seeing yourself in the bathroom mirror?

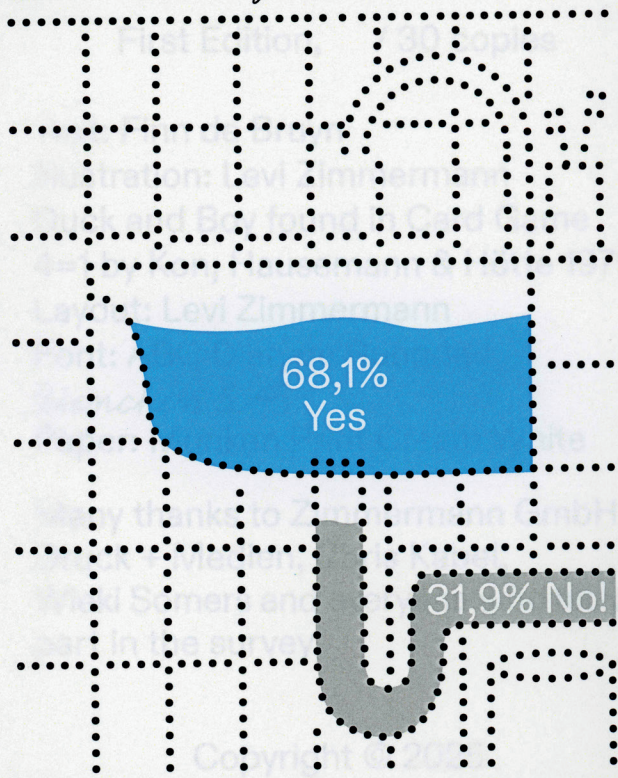




Do you enjoy seeing  
yourself in the bathroom  
mirror?

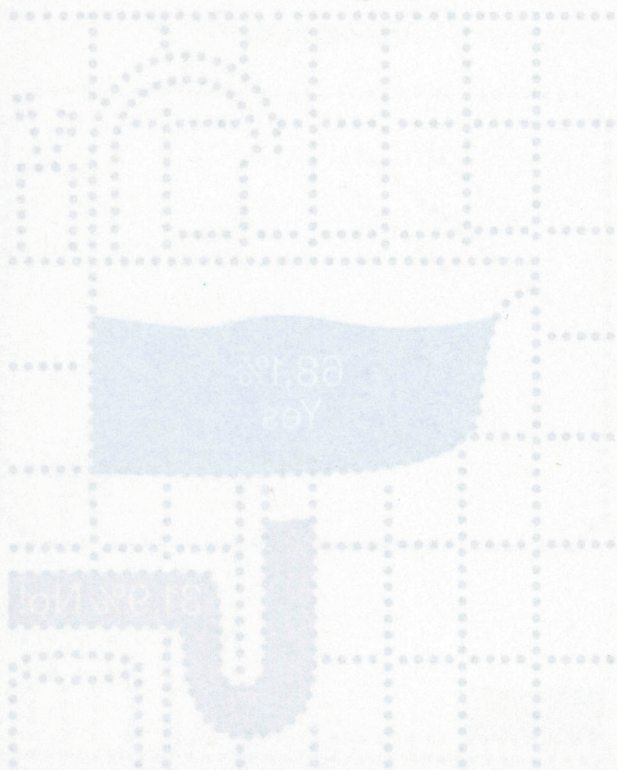


Do you try to save water  
when using the bathroom?





Do you try to save water  
when using the bathroom?



*This is* May I Ask You some Questions  
about Your Bathroom Usage?

First Edition, / 30 copies

Text: Finn de Bruyn

Illustration: Levi Zimmermann

Duck and Boy found in Card Game  
4=1 by Kon, Hausemann & Hötte 1979

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Many thanks to Zimmermann GmbH  
Druck + Medien, Chris Kabel,  
Wieki Somers and everyone who took  
part in the survey.

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Are you a...

Folder

Scruncher

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