

It's Time for a Wake-Up Call

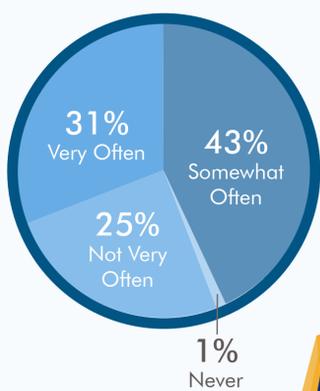
7 in 10 Workers Admit They're Tired on the Job

We asked professionals for their thoughts on working while tired. The ramifications can be costly, as these statistics show.



WORKING WHILE TIRED HAPPENS TO MOST PROFESSIONALS

How often do you work while tired?



77%
of men

86%
of 18-34
year olds

... said they often work while tired.

71%
of women

71%
of 35-54
year olds

50%
of age 55+

WHEN PROFESSIONALS ARE TIRED ON THE JOB, WORK SUFFERS

How does working while tired affect your work performance?*



52% I can't focus/get distracted

47% I procrastinate more

38% I'm grumpy/grouchy

29% I make more mistakes

16% It doesn't affect me

1% Other

Lack of sleep costs U.S. companies **\$63 billion** in lost productivity each year.¹

Professionals admitted to or heard of others making these mistakes at work while being tired

Ordered 500 more computers than were needed

Missed a decimal point on an estimated payment and the client overpaid by \$1 million

Deleted a project that took 1,000 hours to put together

Accidentally paid everyone twice

Exposed executive compensation to the entire firm

MORE THAN HALF OF WORKERS WOULD WELCOME CATCHING SOME Z'S ON THE JOB

If your office had a nap room, would you take advantage of it?

55%
Yes

31%
No

2%
Already have a nap room and use it

2%
Have a nap room and don't use it

SOME SAY 'NO' TO WORKPLACE NAPPING

Why would you not use a nap room or take naps at work?***

46% Might make me sleepier

35% Don't want to be perceived as a slacker

34% Worry about getting work done

16% Other (e.g., can't sleep in public, never take naps, hard to sleep during the day)

