Sleep Stats and Facts



FACTS

- 1. Lack Of Sleep Could Be The Reason Your Manager Is So Moody
- 2. Sleep-Deprivation Can Hurt The Economy
- 3. A Cat Nap At Work Can Make You More Productive
- 4. Corporate Nap Pods Are Here
- 5. Shift Work Sleep Disorder (SWSD) Is Real
- 6. Insomnia Decreases Work Productivity
- 7. Being Overworked Can Increase Health Risks
- 8. A Japanese Company Is Incentivizing Employees To Sleep

STATS

- 68% of Americans struggle to sleep at least once a week.
- 36.5% of U.S. workers receive less than the recommended seven hours of sleep.
- 41% of people use over-the-counter sleep aids several times a week.
- Americans who reported having very good or excellent health had 23 more minutes of sleep than those who rated their health as good, fair, or poor.
- Only 1 in 10 Americans consider sleep to be their top priority over fitness, work, hobbies, and social life.
- Only 1 in 10 Americans prioritize sleep over their work, fitness, hobbies, and social life.
- Women are more likely to struggle once per week with sleeping (26%) than men (16%). Better Sleep
- Healthy sleep duration is more common among non-Hispanic whites (67%), Hispanics (66%), and Asians (63%), and is less common among non-Hispanic blacks (54%) and multiracial non-Hispanics (54%). CDC
- The average person takes 7 minutes to fall asleep. Psych Central
- An extra 60 to 90 minutes of sleep per night can make you happier and healthier.
- People who get 5 to 6 hours of sleep are 4.2 times more likely to get sick over people who sleep 7 hours or more.
- People with consistent sleep schedules are 1.5 times more likely to feel well-rested during the day.
- People who follow a consistent sleep schedule are 1.5 times more well-rested during the day.