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LOSING SLEEP OVER WORK-RELATED ISSUES



of workers say they often
lose sleep over work



Sleeplessness by city:

CITY	PERCENTAGE	CITY	PERCENTAGE
Miami	65%	Atlanta	43%
Nashville	59%	Seattle	43%
New York	55%	Boston	42%
Chicago	54%	Los Angeles	42%
San Francisco	54%	Charlotte	41%
Cincinnati	51%	St. Louis	41%

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Indianapolis	45%	Cleveland	27%
Salt Lake City	44%	Minneapolis	24%

Source: Accountemps survey of more than 2,800 workers in the United States

Percentages noted represent the number of workers who cited losing sleep over work very or somewhat often.



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Sleepless nights caused by work anxiety are taking a heavy toll on employees. According to new research from global staffing firm Accountemps, more than four in 10 professionals (44 percent) often lose sleep over work. Common causes of restlessness include an overwhelming workload, a looming business problem and strained coworker relationships.

[Click to view larger image.](#)

Workers were asked, “How often do you lose sleep over work?” Their responses:

Very often	15%
Somewhat often	29%
Not very often	43%
Never	<u>13%</u>
	100%

Among those who lose sleep over work, the following were cited as the root causes:*

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Other	7%
<i>*Multiple responses allowed</i>	

Additional findings:

- Professionals in Miami, Nashville and New York most often lose sleep over work-related issues.
- Cleveland, Philadelphia and Minneapolis have the highest percentage of respondents who cited they never miss out on rest.
- Professionals ages 18 to 34 more often lose sleep over work (57 percent) compared to those ages 35 to 54 (45 percent) and 55 and older (29 percent).
- Male respondents say they lie awake often (50 percent), while women are slightly less likely to (40 percent).

More than 2,800 workers were surveyed for the study. View an infographic to see [cities where workers are losing the most sleep](#). See data tables that show [reasons for restless nights](#) broken out by age and gender.

“Work stressors can often follow you home, but try to check them at the door,” said Michael Steinitz, executive director of Accountemps. “If you have too much on your plate, schedule time with your manager to discuss possible solutions to alleviate the pressure, such as delegating work to others, adjusting deadlines or bringing in temporary help.”

Steinitz added, “Employee stress can lead to lower job satisfaction and engagement and higher turnover. Managers can support their teams by maintaining open lines of

communication and planning regular check-ins to discuss workload and other

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