

Hello. It looks like you're using an ad blocker that may prevent our website from working properly. To receive the best experience possible, please make sure any blockers are switched off and refresh the page.

If you have any questions or need help you can email us

Which jobs keep people away from the ZZZs the most? According to a new survey, tax and accounting pros aren't even in the top 10. I'm pretty sure they must not have conducted the survey during tax season.

In a National Health Interview Survey commissioned by mattress retailer Sleepy's, the following occupations reported receiving the least average sleep per night:

1. Home Health Aids (6 hrs, 57 min)
2. Lawyers (7h)
3. Police Officers (7h, 1m)
4. Physicians/Paramedics (7h, 2m)
5. Economists (7h, 3m)
6. Social Workers (7h, 3m)
7. Computer Programmers (7h, 3m)
8. Financial Analysts (7h, 5m)
9. Plant Operators (7h, 7m)
0. Secretaries (7h, 8m)

Would you edge out one of these averages?

Here are the 10 professions that averaged the most sleep per night:

1. Forest/Logging Workers
2. Hairstylists
3. Sales Representatives
4. Bartenders
5. Construction Workers
6. Athletes
7. Landscapers
8. Engineers

Hello. It looks like you're using an ad blocker that may prevent our website from working properly. To receive the best experience possible, please make sure any blockers are switched off and refresh the page.

If you have any questions or need help you can email us

Sponsors.

© 2024 Firmworks, LLC. All rights reserved