

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

One thing we do know, however, is that society seems to be moving so fast that none of us has a handle on all the changes taking place.

**Jeff Davidson** • Mar. 14, 2014



It's 2014, and no one can say exactly what will take place in the course of the year. One thing we do know, however, is that society seems to be moving so fast that none of us has a handle on all the changes taking place.

In this illuminating new series, author Jeff Davidson, known as The Work-Life Balance Expert®, offers a month by month look at trends in society that affect us all, including a "by the numbers" snapshot of sleep patterns, distracted driving, computers and the Internet, clutter, nutrition and health, leisure, stress and health, cell phone use, money, multitasking, distractions, and spending habits.

To kick off the feature, here is a look at emerging sleep patterns, some of which you

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

- Women are twice as likely than men to have trouble falling and staying asleep
- 40,000 non-fatal car crashes attributed to sleep deprivation
- \$63.2 Billion – The cost of sleep deprivation on worker productivity
- 18 Million – How many Americans suffer from sleep apnea
- 40 Million – The total number of Americans with a sleep disorder
- 84 – The number of classified sleep disorders

---

*Jeff Davidson ([www.BreathingSpace.com](http://www.BreathingSpace.com)) holds the registered trademark as “The Work-Life Balance Expert®.” His 56th book, Simpler Living was selected by four books clubs and is scheduled for Chinese translation. Jeff has developed 24 “Work Life Guides” apps available at [www.itunes.com/apps/BreathingSpaceInstitute](http://www.itunes.com/apps/BreathingSpaceInstitute).*

Firm Management

CPA Practice Advisor is registered with the National Association of State Boards of Accountancy (NASBA) as a sponsor of continuing professional education on the National Registry of CPE Sponsors.

© 2024 Firmworks, LLC. All rights reserved