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Nearly three-quarters (74 percent) of U.S. workers say they work while tired, with nearly one-third (31 percent) saying they do so very often, according to a new survey by staffing firm [Accountemps](#).

The costs of working tired – both for professionals and the businesses they work for –

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Driscoll noted that these discussions can yield a number of ideas to help remedy the situation. “Offering a more flexible schedule may alleviate long and costly commutes. Bringing temporary staff on board may cut down on working after-hours. Reorganizing current priorities may lead to more manageable workloads.”

Driscoll added, “Failing to take action can lead to big problems such as burnout, turnover and a negative corporate culture, along with lost sales and productivity.”

Additional points from the Accountemps survey:

- Younger workers might be burning the midnight oil. **Eighty-six percent** of professionals between the ages of 18 and 34 admitted to being sleepy at work often, compared to **71 percent** of workers ages 35 to 54 and only **50 percent** of respondents ages 55 and older. Slightly more men (**77 percent**) than women (**71 percent**) said they often work while tired.
- **Fifty-five percent** of workers said they would use a nap room if their employer offered one. **Two percent** said their employer already provides a nap room and they take advantage of it.
- **Thirty-three percent** of workers who said they would not take advantage of a nap room cited the following reasons: It might make them sleepier (**46 percent**), they don't want to be perceived as a slacker (**35 percent**), and they worry about not getting their work done (**34 percent**).

Professionals admitted to – or heard of others – making the following mistakes due to being tired on the job:

- Made a \$20,000 mistake on a purchase order
- Deleted a project that took 1,000 hours to put together
- Accidentally reformatted a server
- Fell asleep in front of the boss during a presentation

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

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there's too much work to go around, consider bringing in temporary help to keep projects moving forward while relieving the burden on full-time staff.

2. **Encourage employees to take breaks.** Some professionals might choose to forgo breaks to get their work done. But remind staff that a tired employee isn't an effective or productive one – they need an occasional time-out to recharge.
3. **Consider making meaningful changes.** Implementing flexible schedules and telecommuting options or providing rest areas in the building can make a big difference for workers.
4. **Lead by example.** As a manager, employees take their cues from you, so set a good example. Take sporadic breaks, get away from your desk and work normal business hours. Your staff will likely follow suit.

The survey was conducted by an independent research firm. It includes responses from more than 1,000 U.S. workers 18 years of age or older and employed in office environments.

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