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Need a nap at 1pm? Feeling drained at your desk? You're not alone.

Recent research from staffing firm Accountemps suggests feeling worn out at work is a common occurrence among U.S. employees. Seventy-four percent of professionals reported they operate while tired at least somewhat often.

Workers were asked, “**How often do you work while tired?**” Their responses:

Very often	31%
Somewhat often	43%
Not very often	24%
Never	<u>2%</u>
	100%

According to the research, the sleepest city is Nashville, followed by Austin, Denver and Indianapolis. View an infographic of [the 15 cities](#) that have the highest percentages of professionals who are exhausted on the job.

“Though often overlooked, sleep is a critical component of producing good work. Errors and ineffectiveness can occur when team members are running on empty,” said Michael Steinitz, executive director of Accountemps. “Consider the underlying causes of why employees are sleepy. If it’s because they’re stretched too thin, retention issues could soon follow.”

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to discuss their current projects and where they may need support.	can recharge. Try going for a walk or attending a yoga class to clear your mind.
3. Bring in temporary professionals to ensure staff aren't overloaded or feel they need to put in overtime.	3. Don't bring your phone or laptop to bed. This can help ensure you get a restful night's sleep and wake up refreshed.

Payroll

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