Sleep Stats and Facts

FACTS

1. Lack Of Sleep Could Be The Reason Your Manager Is So Moody
2. Sleep-Deprivation Can Hurt The Economy
3. A Cat Nap At Work Can Make You More Productive
4. Corporate Nap Pods Are Here
5. Shift Work Sleep Disorder (SWSD) Is Real
6. Insomnia Decreases Work Productivity
7. Being Overworked Can Increase Health Risks
8. A Japanese Company Is Incentivizing Employees To Sleep

STATS

- 68% of Americans struggle to sleep at least once a week.
- 36.5% of U.S. workers receive less than the recommended seven hours of sleep.
- 41% of people use over-the-counter sleep aids several times a week.
- Americans who reported having very good or excellent health had 23 more minutes of sleep than those who rated their health as good, fair, or poor.
- Only 1 in 10 Americans consider sleep to be their top priority over fitness, work, hobbies, and social life.
- Only 1 in 10 Americans prioritize sleep over their work, fitness, hobbies, and social life.
- Women are more likely to struggle once per week with sleeping (26%) than men (16%). Better Sleep
- Healthy sleep duration is more common among non-Hispanic whites (67%), Hispanics (66%), and Asians (63%), and is less common among non-Hispanic blacks (54%) and multiracial non-Hispanics (54%). CDC
- The average person takes 7 minutes to fall asleep. Psych Central
- An extra 60 to 90 minutes of sleep per night can make you happier and healthier.
- People who get 5 to 6 hours of sleep are 4.2 times more likely to get sick over people who sleep 7 hours or more.
- People with consistent sleep schedules are 1.5 times more likely to feel well-rested during the day.
- People who follow a consistent sleep schedule are 1.5 times more well-rested during the day.