

MEASURING WELL-BEING

Here are some statistics to mull over while considering Arianna Huffington's assertion that today's hectic lifestyle is not sustainable.

Stress



69%

Percentage of employees who report that work is a significant source of stress. And 41% say they typically feel tense or stressed out during the workday. (American Psychological Association)

35%

Percentage of employers offering stress reduction programs—up from 22% in 2010. (Aon Hewitt's Health Care Survey of 800 medium and large US companies)

18% to 24%

Percentage of stress increase for women and men according to a Carnegie Mellon study of 6,300 people. The results showed increases in stress in almost every demographic category from 1983 to 2009. (Journal of Applied Social Psychology)

7%

Reduction in health benefit costs in 2012 at health insurer Aetna, following the initiative to promote yoga and meditation, according to CEO Mark Bertolini. He also reported improvements to employees' heart rates and productivity. Approximately 48,000 Aetna employees have access to programs that incorporate mindfulness.

\$3.27

The savings on average medical costs for every dollar spent on employer wellness programs. (Harvard University)

30 minutes



Amount of daily meditation practice that a study suggests could help reduce anxiety, pain, and depression. (Johns Hopkins University)

Distraction

7 out of 10

Proportion of workers who have "checked out" or are "actively disengaged" at their jobs. (2013 Gallup Survey)

3,328 deaths



The number of deaths nationwide caused by distracted driving in 2012, especially texting. (distraction.gov)



80%

Percentage of participants at General Mills who took Janice Marturano's meditation program who said the training improved their ability to make decisions.

8%

Reduction in single-occupancy, single-vehicle accidents following the passage of stringent bylaws outlawing texting. (American Economic Journal: Applied Economics)

Sleep

50 to 70 million

Estimated number of American adults who have a sleep disorder. (Center for Disease Control and Prevention)

\$63 billion

The annual cost of lost productivity due to loss of sleep according to a 2011 study at the Harvard Medical School. "Americans are not missing work because of insomnia," said lead author Ronald Kessler. "They are still going to their jobs but accomplishing less because they're tired."

+1 hour

An extra hour of sleep can do more for a person's daily happiness than a 200% increase in household income. (Science)

79%

Proportion of women surveyed who would prefer to get a good night's sleep rather than have sex. (The Better Sleep Council)

\$15

What Yelo, a napping spa in Manhattan, charges for a 20-minute nap. Yelo has provided services to Hearst, Newsweek, and Time Warner. (Bloomberg Businessweek)

34%

Performance improvement of pilots who were allowed to take a 40 to 45 minute nap before a flight simulation. (NASA)



Time Off

9.2 days



The average number of annual vacation days in 2012 left unused by Americans—up from 6.2 days in 2011. (Harris Interactive)

42%

Proportion of Americans surveyed who said they check their email every day while on vacation. (Pew Research)

32 hours

Length of the work week from May to October at software company 37signals. According to cofounder Jason Fried, "Better work gets done in four days than in five. When there's less time to work, you waste less time...you tend to focus on what's important."

5:30 p.m.

The time when Facebook COO Sheryl Sandberg leaves the office to have dinner with her two young children.

65%

Percentage of employees surveyed who reported that flextime—working fewer in-office hours—provides higher job satisfaction and more productivity. And 78% indicated it had a positive effect on their work-life balance and 50% reported reduced work-related stress. (Cranfield School of Management, UK)

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Number of Wall Street firms that instituted new time-off guidelines in response to the death of a 21-year-old Bank of America intern who collapsed after working three consecutive nights in the London office. (Firms: Citigroup, Goldman Sachs, JPMorgan, Credit Suisse, and Bank of America Merrill Lynch)