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 43% 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 180 medium and large US companies)

- **7%** Reduction in heart 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)

- **80%** Percentage of participants at General Mills, who took Janice Marturano’s meditation program who said the training improved their ability to make decisions.


### Distraction

- **7 out of 10** Proportion of workers who have “checked out” or are “actively disengaged” at their jobs. (Pew Research)

- **3,328 deaths** The number of deaths nationwide caused by distracted driving in 2012, especially texting. (Distraction.gov)

### 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)

- **$15** What Yelo, a napking app in Manhattan, charges for a 20-minute nap. Yelo has provided services to Hearst, Newweek and Time Warner. (Bloomberg Businessweek)

- **34%** Performance improvement of pilots who were allowed to take a 40 to 60 minute nap before a flight simulation. (NASA)

- **65%** Performance of employees surveyed who reported that they were out of the office hours—provides higher job satisfaction and more productivity. And 78% indicated it had a positive effect on their work-life balance. (Harvard School of Management [UK])

### Time Off

- **9.2 days** The average annual number of vacation days in 2012 left unused by Americans—up from 5.2 days in 2011. (Society for Human Resource Management)

- **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.

- **5** 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. (Vince Clift/CBS46, Goldman Sachs, JPMorgan, Credit Suisse, and Bank of America Merrill Lynch)

- **90%** Proportion of employees surveyed who said they would prefer to get a good night’s sleep rather than have sex. (The Better Sleep Council)

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