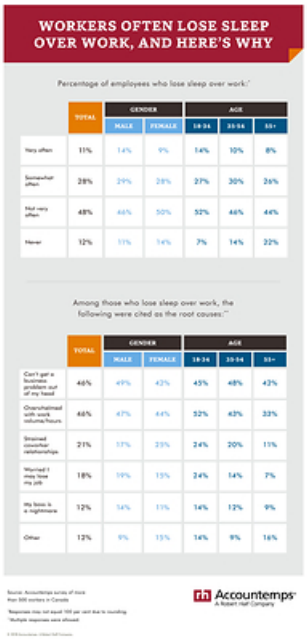
Robert Half Canada

Stressful Days, Sleepless Nights: Survey Finds 39 Per Cent of Canadian Professionals Often Lose Sleep Over Work



- Culprits include workload, difficulties within the business and interpersonal relationships
- More men (43 per cent) experience sleeplessness over job-related issues, compared to women (37 per cent)
- Younger employees (ages 18 to 34) more likely to lie awake at night due to workload

TORONTO, March 7, 2018 /CNW/ - Sleepless nights caused by work anxiety are taking a heavy toll on Canadian employees. According to new research from staffing firm Accountemps, nearly four in 10 professionals (39 per cent) often lose sleep over work. Common causes of restlessness include an overwhelming workload, a looming business problem and strained coworker relationships.

Workers were asked, "**How often do you lose sleep over work?**" Their responses:*

Very often	**11%**
Somewhat often	**28%**
Not very often	48%
Never	12%
	99%

*Totals do not equal 100 per cent due to rounding.

Among those who lose sleep over work, the following were cited as the root causes:*

Overwhelmed with work volume/hours	**46%**
Can't get a business problem out of my head	**46%**
Strained coworker relationships	**21%**

Worried I may lose my job	18%
My boss is a nightmare	12%
Other	12%

**Multiple responses allowed*

Additional findings:

- Professionals ages 18 to 34 (52 per cent) are more likely to be kept up by an overwhelming workload or long hours, compared to those ages 35 to 54 (43 per cent) and 55 and older (33 per cent).
- Male respondents say they lie awake often (43 per cent), while women are slightly less likely to (37 per cent).
- Professionals ages 18 to 34 (41 per cent) and 35 to 54 (40 per cent) more often lose sleep over work, compared to those 55 and older (34 per cent).

More than 500 workers were surveyed for the study.

"As business needs evolve to keep pace with an increasingly connected and mobile world, it can be challenging to leave our professional lives at the office," said David King, Canadian president of Accountemps. "If work is weighing on you, schedule time with your manager to address your concerns. Be clear about the off-hours impact it's having on you and discuss where you can adjust deadlines, bring in extra help, or share projects to alleviate pressure."

King added that executives should use ongoing check-ins with staff to preemptively gauge stress levels and offer support. "Well-rested employees are often more engaged and productive. Providing your teams with the resources to prioritize and collaborate effectively will ensure they are able to keep business goals on track – without compromising work-life balance."

More information about managing workplace stress can be found on the Robert Half blog**.**

About the Survey

The survey of workers was developed by Accountemps and conducted by an independent research firm. It includes responses from more than 500 workers in Canada.

About Accountemps

Accountemps, a Robert Half company, is the world's first and largest specialized staffing service for temporary accounting, finance and bookkeeping professionals. The staffing firm has 300 locations worldwide. More resources, including job search services, can be found at roberthalf.ca/en/work-with-us/our-services/accountemps. Follow us at @RobertHalf_CAN for additional workplace news and hiring trends.

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