



STATISTICS

- 2020 PUFFY SLEEP REPORT -

<https://puffy.com/pages/sleep-survey>

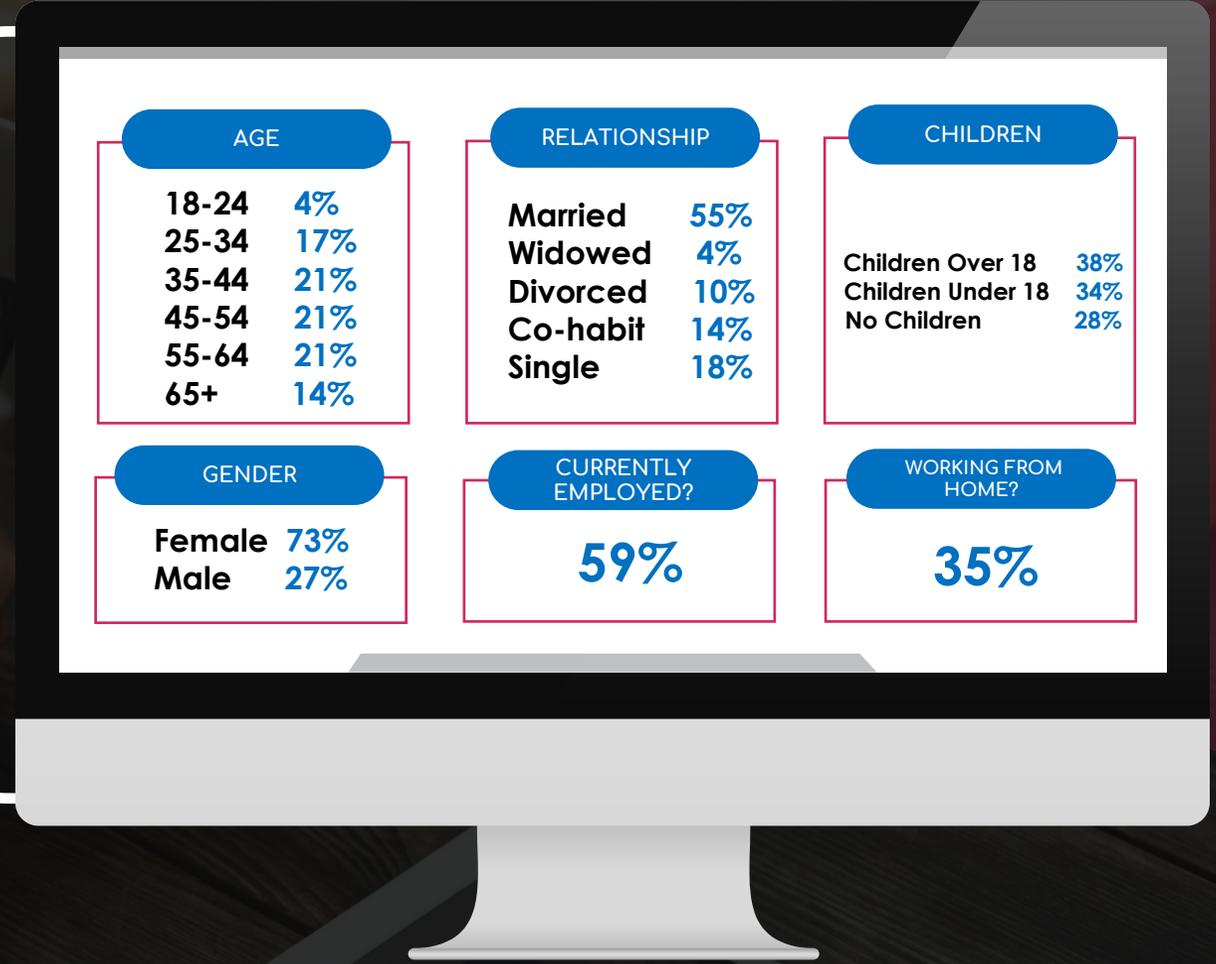


THE RESPONDENTS AT A GLANCE

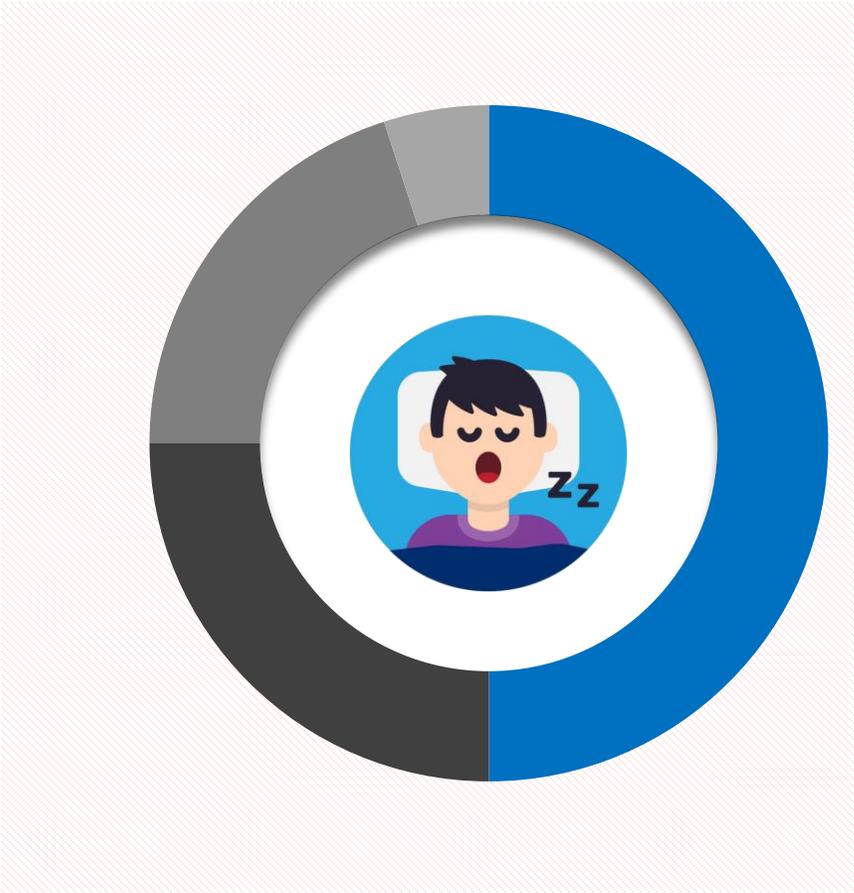
Survey gathered data from a total of 4,400 respondents, collected from an email campaign and social media prompts.

Survey focused on the impact of working from home on sleep patterns and mental health.

Surveys generated responses across the entire 50 states in the US with the highest respondents coming from Florida, California & Texas.



INSIGHTS SPLIT INTO 4 MAIN SECTIONS



STATE OF SLEEP IN 2020

Sleep satisfaction and sleep patterns over the past 6 months



IMPACT OF WORKING FROM HOME

How working from home has impacted sleep and attitudes



IMPACT ON MENTAL HEALTH

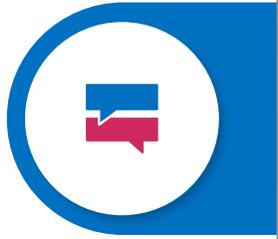
Anxieties and worries leading to mental health concerns and poor sleep



WORK / LIFE BALANCE

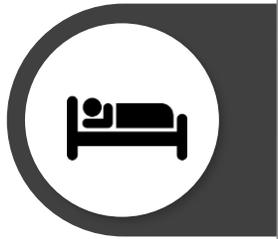
Work / life balance since working from home





SURVEY QUESTIONS:

- 1) How satisfied are you with your sleep?
- 2) On average, how many hours do you sleep every night?
- 3) How long does it take you to fall asleep?
- 4) How often do you wake up in the middle of the night?
- 5) If you do wake up, how long does it take you to fall back to sleep?

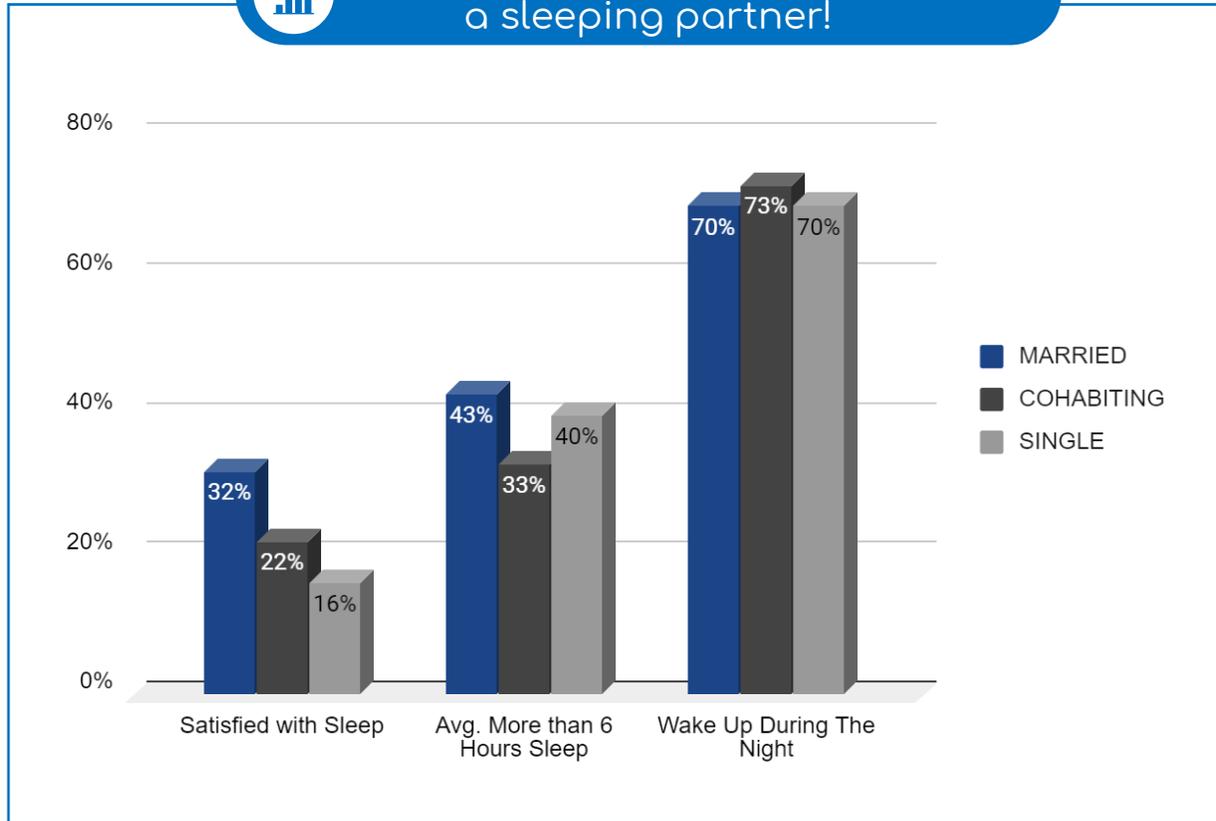


STATE OF SLEEP IN 2020



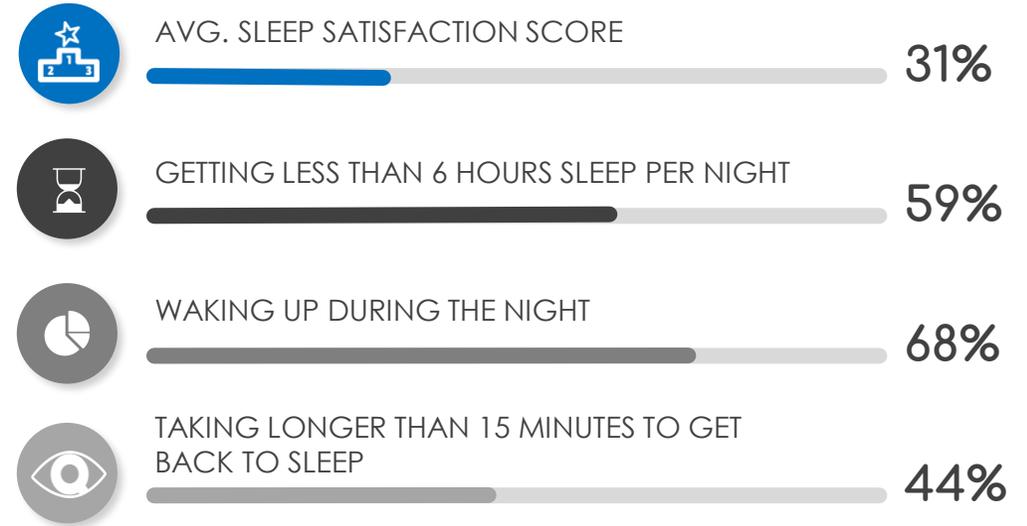
SLEEP SATISFACTION

 It helps to have a sleeping partner!



59% of respondents claim to be getting less than 6 hours of sleep per night, far below the recommended average.

Interestingly, 40% of males surveyed responded with high sleep satisfaction scores, but only 26% of women report sleep satisfaction.



 Our study shows that the stronger the relationship, the better the sleep. Married respondents were twice as likely to be satisfied with their sleep compared to singletons!



HEADLINES



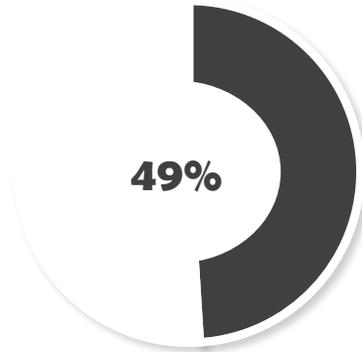
Ohioans Are Getting The Worst Sleep In America

The state of Ohio was the lowest ranking state for sleep satisfaction within our survey, with only 23% claiming to be satisfied with their rest.



Ohio workers are among the most sleepless people in America, suggesting an above average work stress in the state.

Joe Auer
Writer @ Mattress Clarity



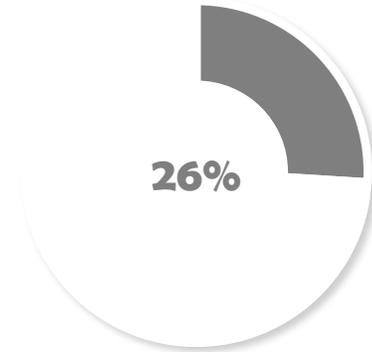
Sleep Improves As Children Get Older

49% of parents with older children claimed to get more than 6 hours sleep per night, compared to just 34% for younger parents.



"By the time parents have older children, they've figured out a way to maximize sleep despite the demands of their busy lives"

Nicole Cannon
Child Sleep Consultant @ Sleepy Mama



Covid Stress Is Affecting Women's Sleep More

Only 26% of women reported to be satisfied with their sleep, rising up to 40% satisfaction for male respondents.



"Some [experts] suggest that women are more in tune with how they're feeling and are more sensitive to problems with their sleep."

Helen Driver
President of the Canadian Sleep Society



KEY DATA

CHILDREN		SLEEP SATISFACTION		AVG. HOURS OF SLEEP PER NIGHT		HOW LONG DOES IT TAKE TO FALL ASLEEP?		HOW OFTEN DO YOU WAKE UP IN THE MIDDLE OF THE NIGHT?		HOW LONG DOES IT TAKE TO FALL BACK TO SLEEP?	
STATUS	Satisfied	Not Satisfied	Less than 6	More than 6	Up to 30 minutes	More than 30 minutes	Not Often	Often	Up to 15 mins	More than 15 mins	
NO KIDS	36%	64%	55%	45%	54%	46%	38%	62%	57%	43%	
OLDER PARENTS	32%	68%	56%	49%	59%	41%	25%	75%	56%	44%	
YOUNG PARENTS	22%	78%	66%	34%	48%	52%	28%	72%	51%	49%	

RELATIONSHIPS		SLEEP SATISFACTION		AVG. HOURS OF SLEEP PER NIGHT		HOW LONG DOES IT TAKE TO FALL ASLEEP?		HOW OFTEN DO YOU WAKE UP IN THE MIDDLE OF THE NIGHT?		HOW LONG DOES IT TAKE TO FALL BACK TO SLEEP?	
STATUS	Satisfied	Not Satisfied	Less than 6	More than 6	Up to 30 minutes	More than 30 minutes	Not Often	Often	Up to 15 mins	More than 15 mins	
MARRIED	32%	68%	57%	43%	57%	43%	30%	70%	57%	43%	
COHABITING	22%	78%	67%	33%	45%	55%	27%	73%	48%	52%	
SINGLE	16%	84%	60%	40%	52%	68%	30%	70%	54%	46%	

AGE		SLEEP SATISFACTION		AVG. HOURS OF SLEEP PER NIGHT		HOW LONG DOES IT TAKE TO FALL ASLEEP?		HOW OFTEN DO YOU WAKE UP IN THE MIDDLE OF THE NIGHT?		HOW LONG DOES IT TAKE TO FALL BACK TO SLEEP?	
STATUS	Satisfied	Not Satisfied	Less than 6	More than 6	Up to 30 minutes	More than 30 minutes	Not Often	Often	Up to 15 mins	More than 15 mins	
65+	44%	56%	47%	53%	70%	30%	28%	72%	63%	37%	
25-34	35%	65%	57%	43%	48%	52%	37%	63%	55%	45%	
18 - 24	32%	68%	53%	47%	49%	51%	48%	52%	60%	40%	
55 - 64	28%	72%	59%	41%	56%	44%	25%	75%	52%	48%	
45 - 54	27%	73%	62%	38%	55%	45%	28%	72%	55%	45%	
35 - 44	22%	78%	66%	34%	46%	54%	29%	71%	50%	50%	

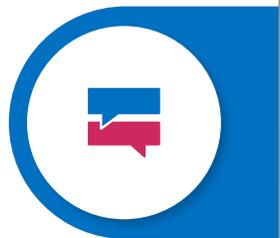
GENDER		SLEEP SATISFACTION		AVG. HOURS OF SLEEP PER NIGHT		HOW LONG DOES IT TAKE TO FALL ASLEEP?		HOW OFTEN DO YOU WAKE UP IN THE MIDDLE OF THE NIGHT?		HOW LONG DOES IT TAKE TO FALL BACK TO SLEEP?	
STATUS	Satisfied	Not Satisfied	Less than 6	More than 6	Up to 30 minutes	More than 30 minutes	Not Often	Often	Up to 15 mins	More than 15 mins	
MALE	40%	60%	55%	45%	67%	33%	37%	63%	63%	37%	
FEMALE	26%	74%	61%	39%	49%	51%	27%	73%	52%	48%	



KEY DATA

TOP 10 STATES	SLEEP SATISFACTION		HOURS OF SLEEP		FALLING ASLEEP		WAKING UP		STAYING AWAKE	
	Satisfied	Not Satisfied	Less than 6	More than 6	Up to 30 minutes	More than 30 minutes	Not Often	Often	Up to 15 mins	More than 15 mins
CALIFORNIA	37%	63%	56%	44%	60%	40%	33%	67%	57%	43%
NORTH CAROLINA	35%	65%	52%	48%	55%	45%	40%	60%	54%	46%
FLORIDA	33%	67%	54%	46%	57%	43%	28%	72%	56%	44%
PENNSYLVANIA	31%	69%	64%	36%	57%	43%	28%	72%	56%	44%
TEXAS	30%	70%	57%	43%	60%	40%	32%	68%	56%	44%
GEORGIA	30%	70%	60%	40%	56%	44%	32%	68%	49%	51%
MICHIGAN	25%	75%	65%	35%	48%	52%	29%	71%	52%	48%
ILLINOIS	24%	76%	65%	35%	49%	51%	30%	70%	52%	48%
NEW YORK	24%	76%	66%	34%	48%	52%	30%	70%	54%	46%
OHIO	23%	77%	61%	39%	50%	50%	27%	73%	60%	40%





SURVEY QUESTIONS:

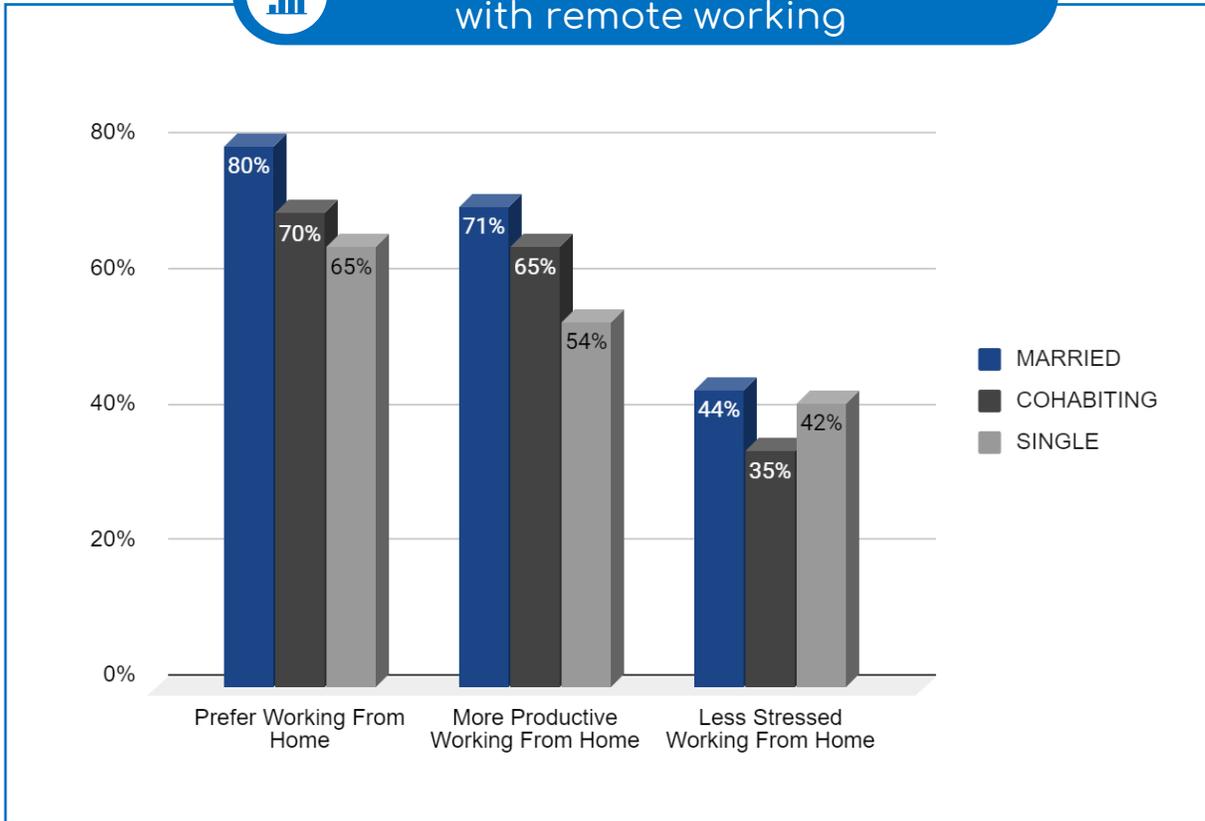
- 1) Did you prefer working from home?
- 2) How has work stress changed since working from home?
- 3) Are you more or less productive since working from home?
- 4) How has your sleep quality changed?
- 5) Has working from home affected the time you usually go to sleep?



IMPACT OF WORKING FROM HOME

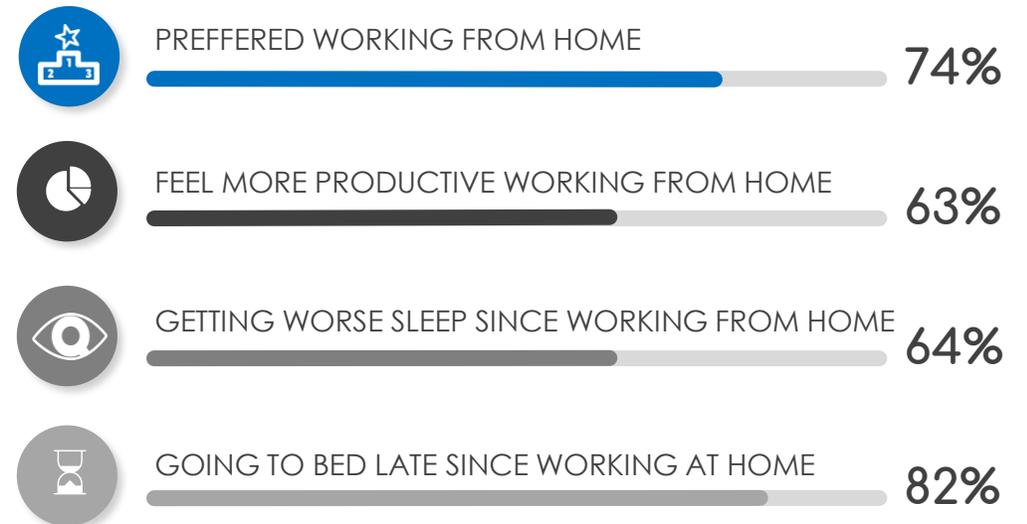
WORKING FROM HOME

Loneliness is a key issue with remote working



Despite the majority of people preferring working from home (74%), on average, respondents report sleeping less, sleeping later, and stressing more.

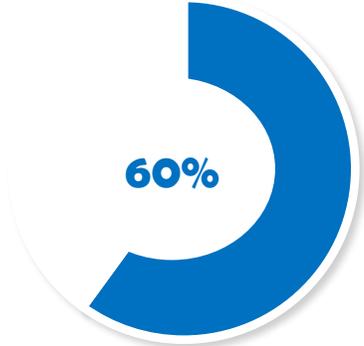
Even with a reduction in sleep quality and increase in stress, 63% of respondents feel they are more productive when working from home.



! Single people are the least likely to prefer working from home but also the least likely to feel more stressed with work. Data suggests that loneliness plays the biggest factor in their attitude.



HEADLINES



60%

Working From Home Is Harder For Young People

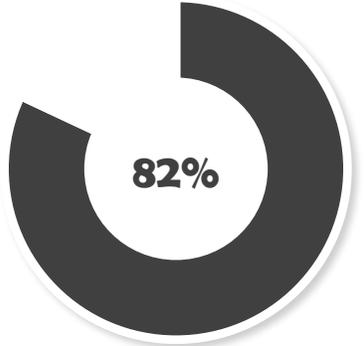
Only 60% of millennials preferred working from home, compared to 80% of baby boomers.



"Social and mental health issues, such as loneliness, are the biggest reasons why people want to go back to the office. I think young people in particular really need that connection"

Matt Bradburn

Co-founder of HR consultancy, People Collective



82%

Late Nights Have Become The Norm

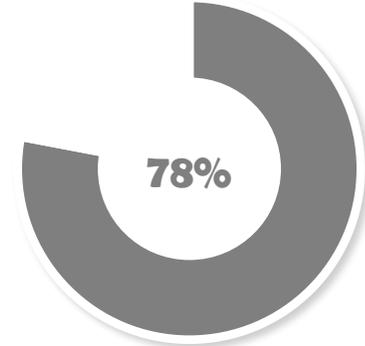
Later nights and less hours sleep overall has been one of the most common themes, with an average 82% of respondents saying they go to sleep later in past 6 months.



"Some people are "bingeing" on the freedom, staying up late, sleeping until noon. They're like a high-schooler going off to college for the first time"

Michael Grandner

Director of the University of Arizona's sleep and health research program



78%

Quality Time With The Family

Married parents were the most positive respondents to recent lifestyle changes, with 78% preferring to work from home.



"Both parents being at home made it easier for fathers to be an equal carer - boosting fathers' confidence in their own parenting and allowing them to really get to know their children's day-to-day routines."

Amanda Gummer

Psychologist and founder of GoodPlayGuide.com



KEY DATA

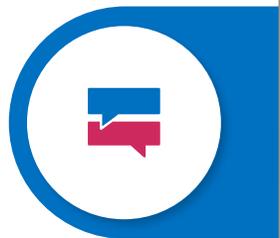
CHILDREN		DID YOU PREFER WORKING FROM HOME?		HOW HAS WORK STRESS CHANGED SINCE WORKING FROM HOME?		HOW HAS PRODUCTIVITY CHANGED SINCE WORKING FROM HOME?		HOW HAS SLEEP QUALITY CHANGED?		CHANGE IN TIME YOU WENT TO BED?	
STATE	YES	NO	MORE	LESS	MORE	LESS	BETTER	WORSE	LATER	EARLIER	
YOUNG PARENTS	75%	25%	66%	34%	63%	37%	29%	71%	85%	15%	
OLDER PARENTS	79%	21%	50%	50%	70%	30%	34%	66%	81%	19%	
NO KIDS	70%	30%	57%	43%	60%	40%	40%	60%	82%	18%	

RELATIONSHIPS		DID YOU PREFER WORKING FROM HOME?		HOW HAS WORK STRESS CHANGED SINCE WORKING FROM HOME?		HOW HAS PRODUCTIVITY CHANGED SINCE WORKING FROM HOME?		HOW HAS SLEEP QUALITY CHANGED?		CHANGE IN TIME YOU WENT TO BED?	
STATE	YES	NO	MORE	LESS	MORE	LESS	BETTER	WORSE	LATER	EARLIER	
MARRIED	80%	20%	56%	44%	71%	29%	37%	63%	84%	16%	
COHABITING	70%	30%	65%	35%	65%	35%	30%	70%	83%	17%	
SINGLE	65%	35%	58%	42%	54%	46%	34%	66%	83%	17%	

AGE		DID YOU PREFER WORKING FROM HOME?		HOW HAS WORK STRESS CHANGED SINCE WORKING FROM HOME?		HOW HAS PRODUCTIVITY CHANGED SINCE WORKING FROM HOME?		HOW HAS SLEEP QUALITY CHANGED?		CHANGE IN TIME YOU WENT TO BED?	
STATE	YES	NO	MORE	LESS	MORE	LESS	BETTER	WORSE	LATER	EARLIER	
18 - 24	62%	38%	60%	40%	54%	46%	48%	52%	86%	14%	
25-34	68%	32%	64%	36%	57%	43%	31%	69%	83%	17%	
35 - 44	73%	27%	63%	37%	63%	37%	34%	66%	84%	16%	
45 - 54	81%	19%	60%	40%	69%	31%	35%	65%	84%	16%	
55 - 64	78%	22%	52%	48%	64%	36%	27%	73%	83%	17%	
65+	79%	21%	38%	62%	71%	29%	42%	58%	72%	28%	

GENDER		DID YOU PREFER WORKING FROM HOME?		HOW HAS WORK STRESS CHANGED SINCE WORKING FROM HOME?		HOW HAS PRODUCTIVITY CHANGED SINCE WORKING FROM HOME?		HOW HAS SLEEP QUALITY CHANGED?		CHANGE IN TIME YOU WENT TO BED?	
STATE	YES	NO	MORE	LESS	MORE	LESS	BETTER	WORSE	LATER	EARLIER	
FEMALE	74%	26%	59%	41%	66%	34%	32%	68%	84%	16%	
MALE	78%	22%	56%	44%	61%	39%	40%	60%	80%	20%	





SURVEY QUESTIONS:

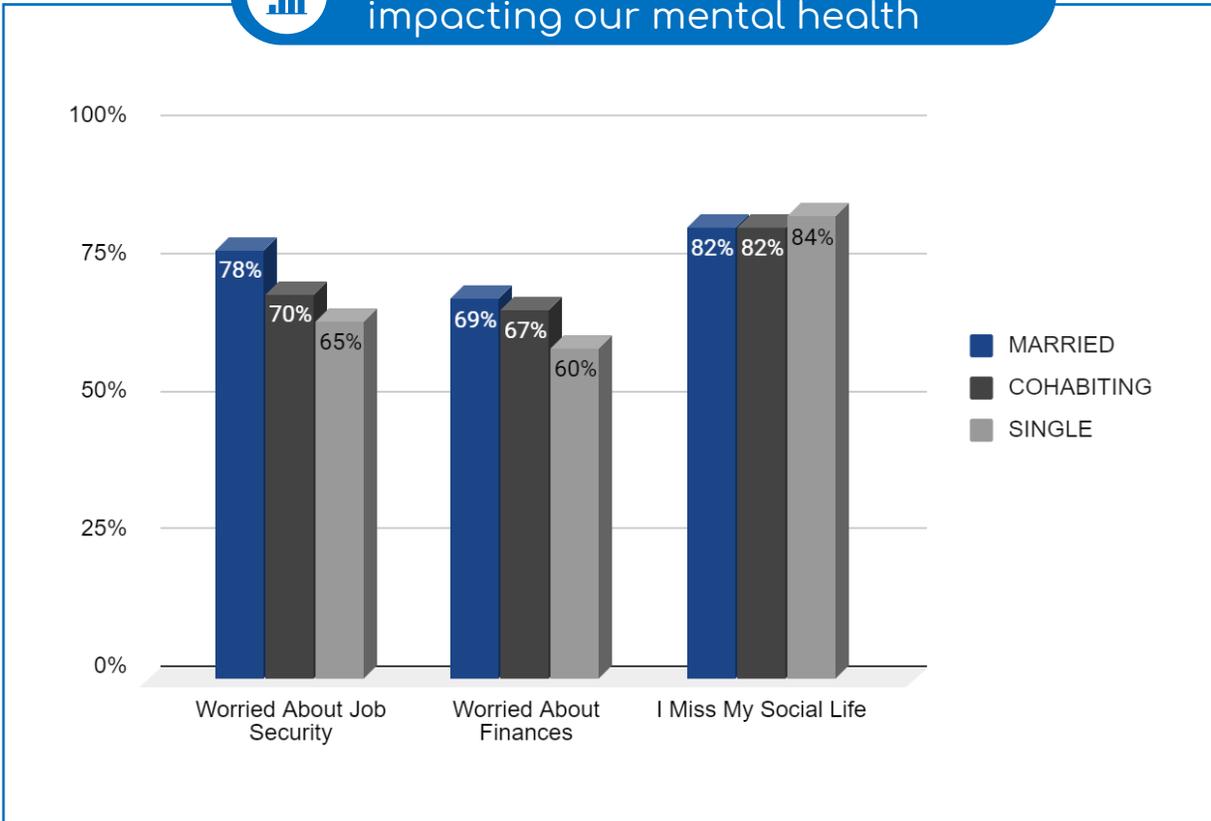
- 1) To what extent has poor sleep affected your mood or relationships?
- 2) Which of these following statements are most true for you:
 - Thoughts race through my mind and stop me from sleeping
 - Worried about job security
 - Worried about my finances
 - Find it hard to concentrate
 - Find it difficult to wake up on time
 - I miss socializing at work
 - I'm happy with my job

IMPACT ON MENTAL HEALTH



MENTAL HEALTH

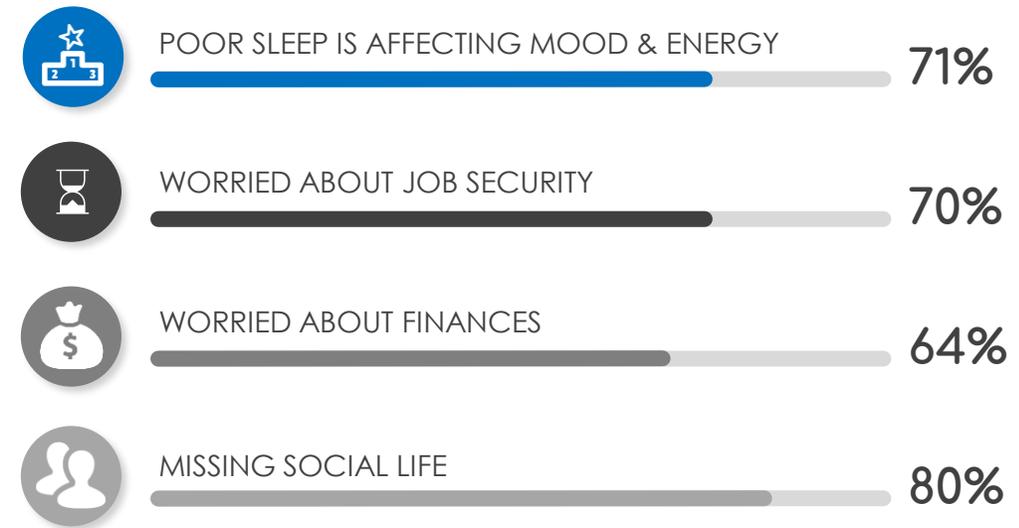
Isolation and job security impacting our mental health



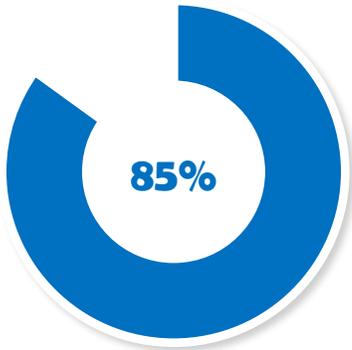
! Data shows that the severity of the top 3 issues affecting mental health and anxiety varied across different segments. Single people were the most concerned about a lack of social life while married respondents were the most worried about job security.

An average of 71% of respondents state poor sleep has impacted their mood a lot.

71% of respondents cite job security is the leading factor contributing to sleeplessness. Worry about finances is also keeping people up at night. 66% of people surveyed agree that current stress is related to money.



HEADLINES



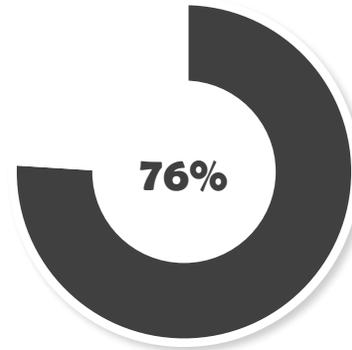
Poor Sleep Had Hardest Impact On Mood Of Young Adults

A staggering 85% of Gen Z respondents reported that poor sleep is affecting their day to day mood, energy and relationships.



A study conducted by the University of Texas Health Science Centre found teens were four times as likely to be depressed if they were sleep deprived.

<https://www.georgetownbehavioral.com/blog/impact-of-sleep>



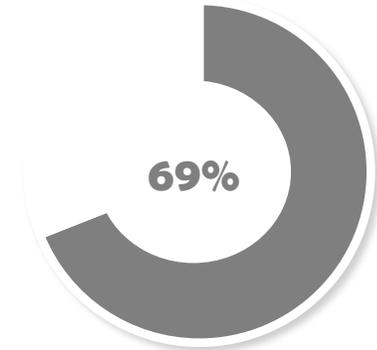
Older Workers Are The Most Vulnerable To Job Loss Anxiety

76% of employed Gen X respondents, reported feeling increased anxiety about losing their jobs due to the remote working environment.



Ageism and age discrimination remain real and widespread. The belief that older workers aren't tech savvy is ingrained in employers, causing a barrier for the new world of telework.

Chris Farrell
Journalist @ PBS



Financial worries are taking a burden on parents

We found the biggest concern for parents of all ages was money troubles with 69% claiming to feel increased anxiety about finances.



"The impact of this crisis on our wellbeing is significant and profound. But Parents of young children and key workers are experiencing anxiety about the virus, huge money worries and work pressures.

Sam Smethers
Chief Executive @ Fawcett Society



KEY DATA

CHILDREN	POOR SLEEP HAS AFFECTED MY MOOD		THOUGHTS RACE THROUGH MY MIND		WORRIED ABOUT JOB SECURITY		WORRIED ABOUT FINANCES		FIND IT HARD TO CONCENTRATE		DIFFICULT TO WAKE UP ON TIME		I LIKE MY JOB		I MISS SOCIALIZING AT WORK	
	STATE	A LOT	A LITTLE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE
YOUNG PARENTS	80%	20%	68%	32%	74%	26%	65%	35%	55%	45%	32%	68%	68%	32%	83%	17%
OLDER PARENTS	63%	37%	73%	27%	72%	28%	69%	31%	64%	36%	38%	62%	51%	49%	78%	22%
NO KIDS	66%	34%	69%	31%	68%	32%	63%	37%	56%	44%	44%	56%	58%	42%	84%	26%

RELATIONSHIPS	POOR SLEEP HAS AFFECTED MY MOOD		THOUGHTS RACE THROUGH MY MIND		WORRIED ABOUT JOB SECURITY		WORRIED ABOUT FINANCES		FIND IT HARD TO CONCENTRATE		DIFFICULT TO WAKE UP ON TIME		I LIKE MY JOB		I MISS SOCIALIZING AT WORK	
	STATE	A LOT	A LITTLE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE
MARRIED	66%	34%	69%	31%	78%	22%	69%	31%	63%	37%	40%	60%	59%	41%	82%	18%
COHABITING	80%	20%	68%	32%	70%	30%	67%	33%	53%	47%	38%	62%	67%	33%	82%	18%
SINGLE	71%	29%	74%	26%	65%	35%	60%	40%	53%	47%	35%	65%	58%	42%	84%	20%

AGE	POOR SLEEP HAS AFFECTED MY MOOD		THOUGHTS RACE THROUGH MY MIND		WORRIED ABOUT JOB SECURITY		WORRIED ABOUT FINANCES		FIND IT HARD TO CONCENTRATE		DIFFICULT TO WAKE UP ON TIME		I LIKE MY JOB		I MISS SOCIALIZING AT WORK	
	STATE	A LOT	A LITTLE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE
18 - 24	85%	15%	70%	30%	58%	42%	56%	44%	42%	58%	44%	56%	56%	44%	79%	21%
25-34	78%	22%	69%	31%	68%	32%	61%	39%	50%	50%	36%	64%	61%	39%	82%	18%
35 - 44	76%	24%	65%	35%	72%	28%	68%	32%	55%	45%	41%	59%	39%	61%	69%	31%
45 - 54	70%	30%	66%	34%	76%	24%	70%	30%	56%	44%	33%	67%	55%	45%	79%	21%
55 - 64	65%	35%	75%	25%	76%	24%	65%	35%	65%	35%	37%	63%	61%	39%	82%	18%
65+	50%	50%	81%	19%	72%	28%	66%	34%	76%	24%	36%	64%	65%	35%	84%	16%

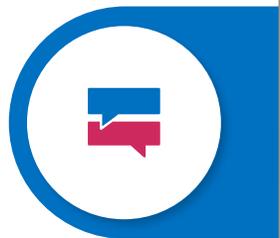
GENDER	POOR SLEEP HAS AFFECTED MY MOOD		THOUGHTS RACE THROUGH MY MIND		WORRIED ABOUT JOB SECURITY		WORRIED ABOUT FINANCES		FIND IT HARD TO CONCENTRATE		DIFFICULT TO WAKE UP ON TIME		I LIKE MY JOB		I MISS SOCIALIZING AT WORK	
	STATE	A LOT	A LITTLE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE
FEMALE	74%	26%	70%	30%	72%	28%	68%	32%	55%	45%	40%	60%	66%	34%	83%	17%
MALE	59%	41%	72%	28%	76%	24%	62%	38%	69%	31%	48%	52%	63%	37%	87%	13%



KEY DATA

TOP 10 STATES	POOR SLEEP HAS AFFECTED YOUR MOOD		THOUGHTS RACE THROUGH MY MIND		WORRY ABOUT JOB SECURITY		WORRY ABOUT FINANCES		HARD TO CONCENTRATE		DIFFICULT TO WAKE UP ON TIME		I LIKE MY JOB		I MISS SOCIALIZING AT WORK	
	A LOT	A LITTLE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE	AGREE	DISAGREE
OHIO	75%	25%	76%	24%	67%	33%	62%	38%	58%	42%	25%	75%	66%	34%	88%	12%
ILLINOIS	69%	31%	70%	30%	73%	27%	67%	33%	61%	39%	35%	65%	66%	34%	85%	15%
NEW YORK	74%	26%	61%	39%	57%	43%	50%	50%	50%	50%	27%	73%	63%	37%	80%	20%
MICHIGAN	72%	28%	81%	19%	70%	30%	68%	32%	61%	39%	50%	50%	62%	38%	80%	20%
TEXAS	73%	27%	63%	37%	80%	20%	69%	31%	57%	43%	45%	55%	51%	49%	81%	19%
GEORGIA	78%	22%	64%	36%	74%	26%	67%	33%	58%	42%	33%	67%	55%	45%	72%	28%
PENNSYLVANIA	71%	29%	74%	26%	72%	28%	62%	38%	63%	37%	30%	70%	64%	36%	76%	24%
FLORIDA	64%	36%	70%	30%	78%	22%	69%	31%	62%	38%	32%	68%	62%	38%	80%	20%
NORTH CAROLINA	61%	39%	82%	18%	65%	35%	63%	37%	69%	31%	32%	68%	57%	43%	78%	22%
CALIFORNIA	68%	32%	64%	36%	72%	28%	62%	38%	52%	48%	49%	51%	62%	38%	81%	19%





SURVEY QUESTIONS:

- 1) How long did you spend working from home in 2020?
- 2) Where did you setup your home work space?
- 3) How did you spend your time during lockdown?

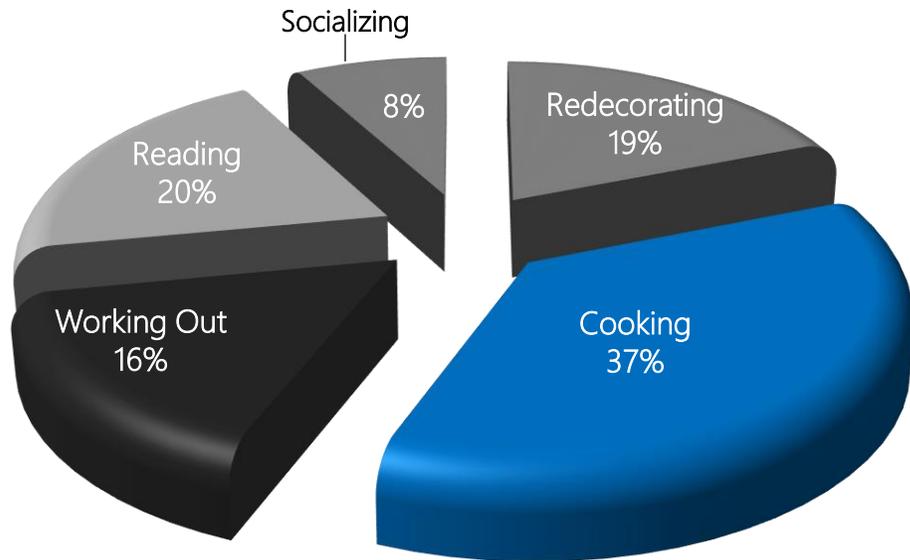


WORK / LIFE BALANCE

WORK \ LIFE



We spent most of our time baking banana bread!



Respondents reported to have spent most of their lockdown cooking, and the least amount of their time working out, leading to potential weight anxiety affecting their sleep and mental health.

While working from home, on average, most people worked from a home office. But others barely left the bed.

36% of respondents worked in a home office. 46% of home office dwellers were older parents. 28% of respondents worked in the bedroom. 31% bedroom office workers were single.



SPENT MORE THAN 3 MONTHS WORKING FROM HOME

49%



WORKED IN A HOME OFFICE

36%



WORKED IN THE BEDROOM

28%



WORKED IN LIVING ROOM

25%



HEADLINES



55%

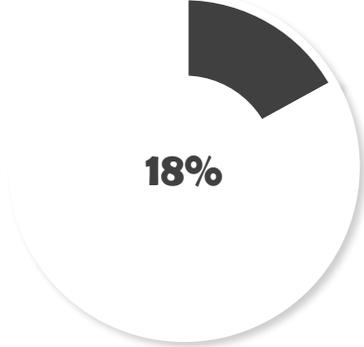
Importance Of Creating A Work/Home Divide

Respondents who set up a home office were 55% less likely to feel more work stress since working from home.



When work and home life merge so greatly into one unit, it can quickly take a toll on your mental health, leading to increased stress levels and burnout due to the inability to fully "switch off"

Zain Ali
Writer @ Eko



18%

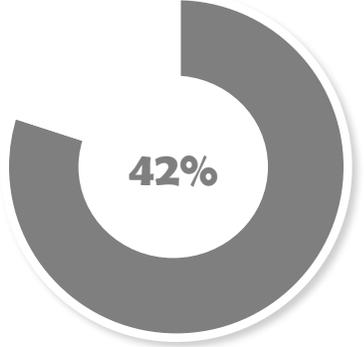
Lack Of Exercise Impacting Mental Health

With comfort eating at an all-time high and exercise at a low (18%) during lockdown, weight anxiety has been found to be a factor for poor sleep.



"People's anxiety and stress levels are high, and some people will eat more to help them deal with it"

Priya Tew
Nutritionist @ <https://www.priyatew.com/>



42%

Optimizing Your Sleep Space For Better Rest

Gen Z respondents were the most likely to work from their bedroom (55%) and most likely to have redecorated over lockdown (26%). This age group also coincidentally reported the best score for sleep satisfaction since WFH (48%)



"People in lockdown or isolation are at risk of developing depression or increased anxiety. Design therapy can make them feel more in control of their lives, giving them a sense of freedom"

Tanushree Baikar-Talekar
Psychologist @ Masina Hospital



KEY DATA

CHILDREN	LENGTH OF TIME WORKING FROM HOME					WHERE DID YOU SETUP YOUR WORK SPACE?				HOW DID YOU SPEND YOUR TIME DURING LOCKDOWN?				
	STATE	<1 MONTH	1-2 MONTHS	3-4 MONTHS	5-6 MONTHS	6 MONTHS>	HOME OFFICE	LIVING ROOM	DINING ROOM	BEDROOM	REDECORATING	COOKING	SOCIALISING	WORKING OUT
OLDER PARENTS	44%	6%	12%	13%	26%	47%	25%	16%	12%	17%	37%	8%	17%	22%
YOUNG PARENTS	44%	8%	16%	14%	18%	35%	26%	19%	20%	19%	36%	9%	19%	17%
NO KIDS	42%	7%	15%	15%	22%	33%	26%	14%	27%	22%	39%	8%	9%	22%

RELATIONSHIPS	LENGTH OF TIME WORKING FROM HOME					WHERE DID YOU SETUP YOUR WORK SPACE?				HOW DID YOU SPEND YOUR TIME DURING LOCKDOWN?				
	STATE	<1 MONTH	1-2 MONTHS	3-4 MONTHS	5-6 MONTHS	6 MONTHS>	HOME OFFICE	LIVING ROOM	DINING ROOM	BEDROOM	REDECORATING	COOKING	SOCIALISING	WORKING OUT
MARRIED	40%	7%	15%	14%	24%	44%	25%	17%	14%	18%	37%	7%	17%	21%
COHABITING	45%	8%	16%	13%	18%	28%	29%	15%	29%	21%	37%	10%	17%	15%
SINGLE	46%	6%	13%	15%	20%	28%	26%	14%	31%	18%	33%	7%	19%	23%

AGE	LENGTH OF TIME WORKING FROM HOME					WHERE DID YOU SETUP YOUR WORK SPACE?				HOW DID YOU SPEND YOUR TIME DURING LOCKDOWN?				
	STATE	<1 MONTH	1-2 MONTHS	3-4 MONTHS	5-6 MONTHS	6 MONTHS>	HOME OFFICE	LIVING ROOM	DINING ROOM	BEDROOM	REDECORATING	COOKING	SOCIALISING	WORKING OUT
18 - 24	48%	7%	19%	8%	19%	14%	24%	11%	55%	26%	27%	12%	18%	17%
25-34	47%	8%	14%	15%	16%	25%	28%	18%	29%	20%	36%	8%	18%	18%
35 - 44	21%	6%	16%	16%	21%	35%	28%	18%	20%	19%	36%	7%	17%	20%
45 - 54	40%	7%	17%	13%	23%	37%	31%	15%	17%	16%	40%	9%	16%	20%
55 - 64	47%	6%	11%	12%	24%	50%	23%	15%	13%	13%	40%	8%	15%	24%
65+	36%	8%	15%	15%	35%	58%	14%	13%	14%	13%	13%	33%	16%	30%

GENDER	LENGTH OF TIME WORKING FROM HOME					WHERE DID YOU SETUP YOUR WORK SPACE?				HOW DID YOU SPEND YOUR TIME DURING LOCKDOWN?				
	STATE	<1 MONTH	1-2 MONTHS	3-4 MONTHS	5-6 MONTHS	6 MONTHS>	HOME OFFICE	LIVING ROOM	DINING ROOM	BEDROOM	REDECORATING	COOKING	SOCIALISING	WORKING OUT
FEMALE	40%	7%	16%	14%	22%	33%	28%	17%	21%	18%	38%	7%	15%	23%
MALE	59%	6%	9%	10%	16%	48%	19%	12%	21%	17%	33%	11%	23%	17%



THANK
YOU

Puffy

Puffy



SOURCES

"Some people, for instance, are "bingeing" on the freedom, staying up late, sleeping until noon. They're like a high-schooler going off to college for the first time"

<https://www.insider.com/why-youre-sleeping-more-during-the-coronavirus-pandemic-2020-4>

When Bradburn polled his network of more than 5,000 HR bosses, he asked for the biggest reasons their teams had shared for wanting to go back to the office. Seventy per cent cited social and mental health issues, including feelings of loneliness. "I think young people in particular really need that connection," Bradburn says.

<https://www.theguardian.com/money/2020/jul/14/end-of-the-office-the-quiet-grinding-loneliness-of-working-from-home>

Nicole Cannon, a certified infant and child sleep consultant and owner of Sleepy Mama told TODAY Parents that there's a logical reason behind the data showing that parents of five get more rest. "By the time parents have older children, they've figured out a way to maximize sleep despite the demands of their busy lives whereas parents who have three younger children are generally outnumbered for the first time and that may take away their ability to sleep as long."

<https://www.today.com/parents/study-says-sleep-deprivation-gets-better-more-kids-t156016>

When work and home life merge so greatly into one unit, it can quickly take a toll on your mental health and productivity levels, leading to increased stress levels and burnout due to the inability to fully "switch off".

<https://www.ekoapp.com/blog/the-importance-of-creating-a-work-home-divide-during-the-lockdown>

Both parents being at home will also have reduced the isolation felt by many new mothers and made it easier for fathers to be an equal carer - boosting fathers' confidence in their own parenting and allowing them to really get to know their children's day-to-day routines.

<https://news.sky.com/story/coronavirus-how-lockdown-life-could-benefit-some-families-11981855>

And even when we've physically left work, we don't switch off mentally; Mattress Clarity's survey found that 42% of Americans check their work emails before going to bed at night. And if something's gone wrong, or if you're worried about what's going to happen the next day, it is likely keep you awake. Ohio workers are among the most sleepless people in America, with over 1/4 (27.8%) surviving on little sleep each night. In comparison

<https://www.13abc.com/content/news/Sleepless-in-Ohio--490309161.html>

"Some [experts] suggest that women are more in tune with how they're feeling and are more sensitive to problems with their sleep," she explains. "A theory we have is that women tend to ruminate about things a little bit more than men do. Women worry and think about what's happened during the day, and they're not able to let things go."

<https://www.besthealthmag.ca/best-you/sleep/why-he-sleeps-better-than-you>

"People's anxiety and stress levels are high, and some people will eat more to help them deal with it",

"We know that right now people's mental health is quite precarious and they haven't necessarily got access to things that would usually help. So we've got to be mindful that we don't make people feel guilty or more anxious", she says.

https://www.bbc.co.uk/food/articles/lockdown_health_tips

Explaining how a lockdown affects us, she says, "People in lockdown or isolation are at risk of developing depression or increased anxiety. Art therapy can make them feel more in control of their lives, giving them a sense of freedom. The therapy uses the creative part of our brain, that also manages stress. It helps restore a sense of personal identity. It helps in distracting people and induces healthy thoughts.

<https://www.thebridgechronicle.com/art-culture/art-therapy-%E2%80%93-effective-way-deal-coronavirus-lockdown-48868>

Ageism and age discrimination remain real and widespread. The belief that older workers aren't tech savvy is ingrained in employers, causing a barrier for the new world of telework. What's more, hiring managers may steer clear of older job candidates, fearful that they may be more susceptible to the coronavirus.

"These are really hard things to counter. They are in people's head," says Van Horn. "Stereotypes take on their own life."

<https://www.pbs.org/wnet/chasing-the-dream/stories/how-coronavirus-punishes-older-workers/>

"The impact of this crisis on our wellbeing is significant and profound. But women are hit harder than men in terms of their financial security and mental wellbeing. Parents of young children and key workers are experiencing anxiety about the virus, huge money worries and work pressures.

<https://www.fawcettsociety.org.uk/news/parents-struggling-and-women-keyworkers-are-anxious>

