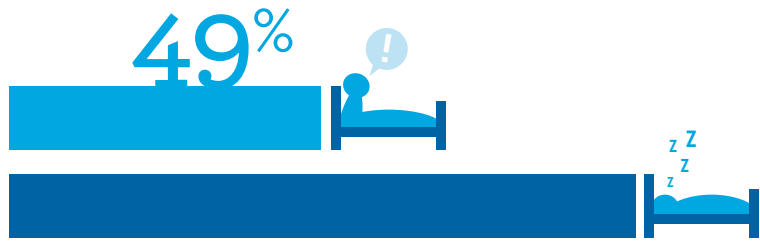
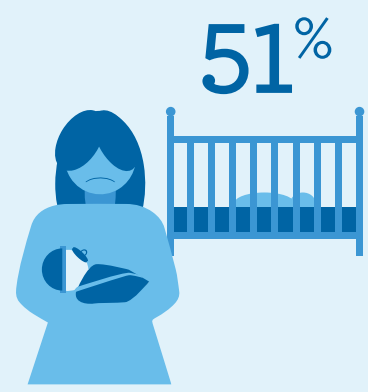
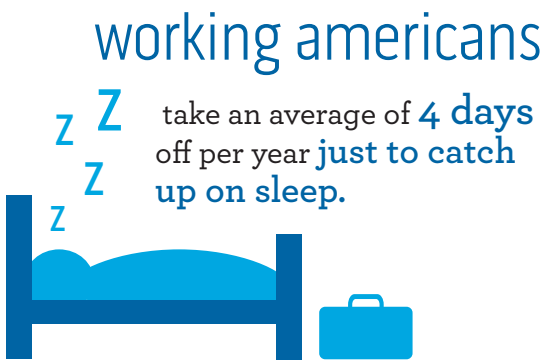


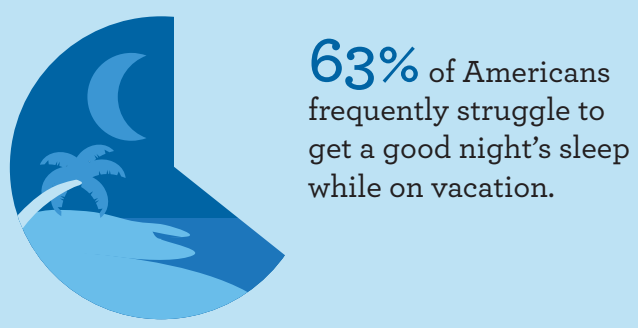
2017 Relaxation Report



approximately half (49%) of americans are getting less sleep than they need.



up all night
Some Americans have more trouble getting a good night's sleep than others. Moms are busy taking care of their families, so they're often the first to sacrifice sleep. That's probably why 51% of moms get less sleep than they need.



struggling to find balance

Among Americans who didn't use all of their paid time off, the top reason is they had too much work to get done (37%)



among working americans about 1 in 3 (31%) didn't use all the time available to them.