Fatigue: Pick Six

Odds of experiencing a mid-afternoon energy slump: 84 in 100 (According to a survey conducted by Harris Interactive for Diet Pepsi Max).

25: Twenty-five percent of Canadian adults claim to have difficulty getting to sleep or staying asleep (Statistics Canada).

31: Thirty-one percent of Americans say their jobs are directly responsible for their exhaustion.

47: Forty-seven percent of Canadians admit to cutting back on sleep to create extra time in their days (Statistics Canada).

50: Fifty percent of respondents in the Harris Interactive poll said they have caught co-workers sleeping on the job.

52: Consuming beverages containing caffeine is the coping mechanism for dealing with a mid-afternoon slump for 52 percent of respondents.

58: Fifty-eight percent of the Americans polled said they get up and walk around the office to try to shake off mid-afternoon sleepiness.