Six Facts on Exhaustion

Odds of winning the lottery: 1 in 135,145,920 (multi-state, megamillions jackpot)

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

- 1. Twenty-five percent of Canadian adults claim to have difficulty getting to sleep or staying asleep (Statistics Canada).
- 2. Thirty-one percent of Americans say their jobs are directly responsible for their exhaustion.
- 3. Forty-seven percent of Canadians admit to cutting back on sleep to create extra time in their days (Statistics Canada).
- 4. Fifty percent of respondents in the Harris Interactive poll said they have caught co-workers sleeping on the job.
- 5. Consuming beverages containing caffeine is the coping mechanism for dealing with a mid-afternoon slump for 52 percent of respondents.
- Fifty-eight percent of the Americans polled said they get up and walk around the office to try to shake off mid-afternoon sleepiness.