Six Facts on Exhaustion

Odds of winning the lottery: 1 in 135,145,920 (multi-state, mega-millions 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.
6. Fifty-eight percent of the Americans polled said they get up and walk around the office to try to shake off mid-afternoon sleepiness.