

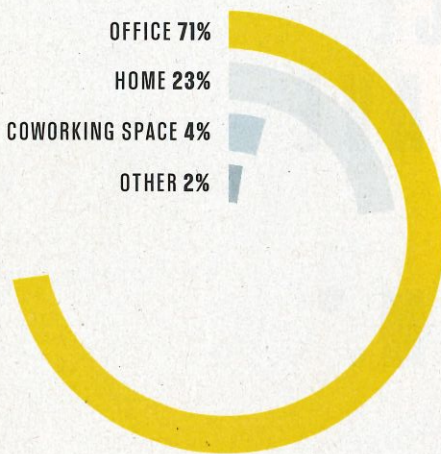
# THE WAY WE WORK

We polled more than 250 managers in the *Fast Company* reader community to understand how they handle the demands of daily life. Here's what we learned.

## On the job

### They're office-dwellers...

The vast majority report to an office, rather than working from home or at a coworking space.



### ...but not coffee addicts

Two-thirds drink fewer than three cups per day.



### Many work in spurts...

Respondents citing "taking a break" as the tactic that most helps them focus:

42%

### ...but they're always "on"

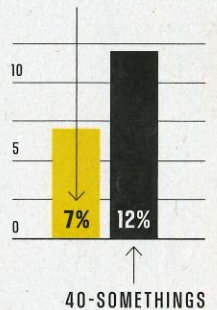
Most check their email "constantly" during the day:

60%

### Distractions vary by age

More people in the 40 to 49 age group reported being sidetracked by social media than in the 20 to 29 group.

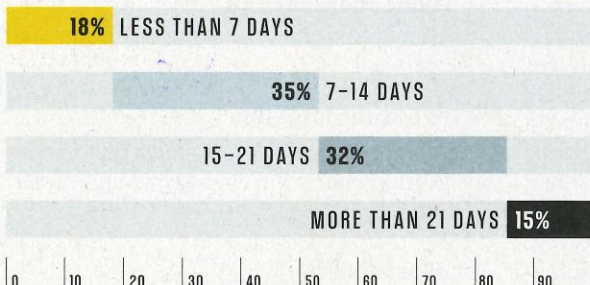
#### 20-SOMETHINGS



## Work-life balance

### They're not taking much time off...

More than half take 14 or fewer vacation days per year.



### ...and when they do, they don't unplug

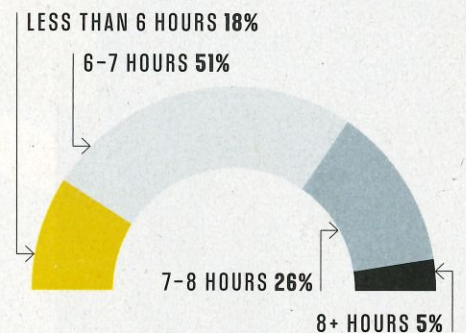
People who check in while on vacation:

69%

## Sleep

### They get a decent amount of rest...

Half log between 6 and 7 hours per night.



### ...but 20-somethings make it a priority

Age 20 to 29 who are in bed before 11:

Age 20 to 29 who sleep 7 to 8 hours per night:

50%

43%

### People in the West work from home

Proportion working remotely:

IN THE WEST

1/3

IN THE NORTHEAST

1/8

### Exercise fiends live in the South

Respondents who work out every day:

IN THE SOUTHEAST AND SOUTHWEST

25%

IN THE NORTHEAST

3%