

Stats on poor sleep in the workplace

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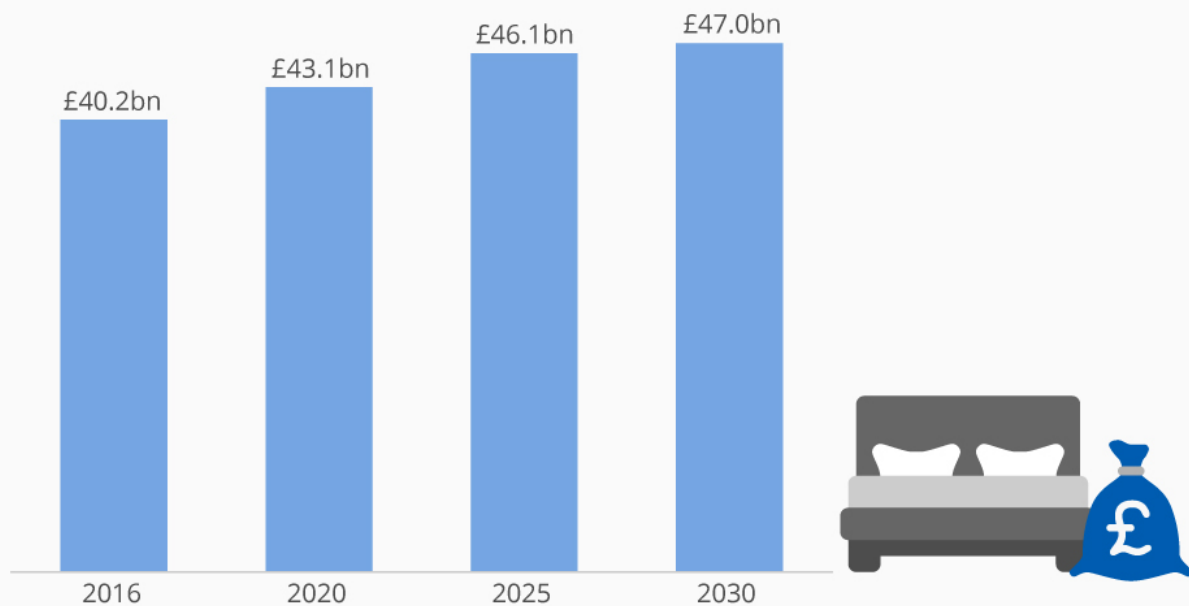
Mainly UK

- [UCL News. \(2023\). *Sleep and The Workplace*](#) → Insufficient sleep in the UK leads to productivity losses estimated at over £40 billion annually.
- [RAND Europe. \(2016\). *Lack of Sleep Costing UK Economy Up to £40 Billion a Year*](#) → Sleep deprivation costs the UK economy up to £40 billion a year, which is 1.86% of the country's GDP. Increasing nightly sleep could add £24 billion to the economy.
- [Primed. \(2023\). *The impact of poor sleep in the workplace*](#): Poor sleep is costing the UK around £50 billion per year and results in the loss of over 200,000 working hours annually.
- [Open Access Government. \(2023\). *Uncovering the true socioeconomic burden of chronic insomnia in the UK*](#): Chronic insomnia costs the UK economy up to £34 billion per year due to productivity loss in the workplace.
- [Healthy Performance. \(2016\). *Britain loses 200k working days from sleep deprivation amongst employees*](#): Lack of adequate sleep is costing the UK economy as much as £40 billion a year in lost productivity.
- [ResponseSource Press Release Wire. \(2024\). *Study Reveals: Poor sleep costing the UK £40 billion annually*](#): Poor sleep costing the UK £40 billion annually in productivity losses.
- [Statista. \(2016\). *Chart: Lack of sleep costs the UK economy £40bn*](#): The estimated annual cost of sleep deprivation in the UK in GDP terms was over £40 billion in 2016 and it's growing...
- [Work in Mind. \(2022\). *UK Survey finds 74% of UK workers report bad sleep quality*](#): Sleep deprivation is believed to cost the UK economy £37 billion a year in lost productivity.

So to recap, sleep disorders cost Billions of Pounds each year of lost productivity to the UK market, as quite a lot of people sleep poorly and have very unproductive days

Lack of sleep costs the UK economy £40bn

Estimated annual cost of sleep deprivation in GDP terms*



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* Due to loss of productivity
Source: RAND Europe

statista

Figure 1: statista chart

Rest of the World (mainly U.S.)

Now let's take a look at the US and the rest of the world:

- [Sleepscore.com. \(2022\). *Sleep and Productivity*](#) → Recap of other major studies and stats
- [National Safety Council and Sleep Foundation. \(2022\). *Statistics on Sleep and the Workplace*](#) → - **\$1 million annual loss** for companies with 1,000 employees due to sleep-related fatigue. **1 in 3 US adults** fail to meet the recommended sleep hours, impacting work. **\$136.4 billion annual cost** to U.S. companies from fatigue.
- [Sleep Medicine Reviews. \(2014\). *Sleep problems and work injuries*](#) → Poor sleep is linked to a 13% increased risk of work injuries. Insomnia may result in increased workplace accidents, absence and reduced job satisfaction.
- [RAND Corporation. \(2023\). *Why Sleep Matters — The Economic Costs of Insufficient Sleep*](#) → Insomnia costs the U.S. economy over \$200 billion annually in lost productivity. Employees with insomnia miss around 14 days of work each year and they spend another 30 unproductive days at work.
- [Frontiers in Psychology. \(2020\). *Sleep and Organisational Behaviour*](#) → Sleep deprivation negatively affects work performance, cognitive functioning, and emotional processing.
- [Journal of Sleep Research. \(2010\). *Sleep disorders and work performance*](#) → Sleep disorders substantially increases the likelihood of negative work outcomes, including occupational accidents, absenteeism and presenteeism.
- [Sleep Health Journal. \(Year not specified\). *Sleep Statistics and Facts*](#) → this one is good... Good sleep can decrease your risk for many diseases and disorders, like type 2 diabetes, heart disease, stroke, obesity, and dementia. Among adults older than 18, **13.5% reported feeling tired or exhausted most days. More than 1/3 of Americans report getting less than seven hours of sleep** in a 24-hour period. About **30% of adults** have symptoms of insomnia, with 10% having insomnia that impacts their daily activities. **Sleep apnea impacts 9%–38%** of the general population.
- [Gallup. \(2022\). *Poor Sleep Linked to \\$44 Billion in Lost Productivity*](#) → Poor sleep among U.S. workers costs organisations an estimated \$44 billion annually. I will send you the pdf from which the data has been taken, it's full of stats! also available [here](#)
- [Singlecare. \(2024\). *Sleep statistics 2024*](#) → Highlights the economic impact of insomnia on the U.S. workforce like “Insomnia costing the U.S. workforce \$63.2 billion a year in lost productivity” and other US stats...