

Sleep-deprived workers get a chance to nap downtown

Promo stunt. If you're feeling tired you aren't alone, survey says

Need a nap after lunch? Until Oct. 18, downtown employees can grab one at the Sleep Pod Hotel on Sparks Street.

Adults in their professional prime — aged 35-64 — typically average "less than six hours" sleep a night," according to a new National Sleep Survey sponsored by GlaxoSmithKline. And 92 per cent of women were likely to have a "poor night's sleep," compared to 88 per cent of men.

"It's the hamster in your head," said Sophie Lamarche, an executive coach who consults with Franklin Covey. It's no surprise, she added, that women are most likely to be short on shut eye: Although it's changing, women continue to have the lion's share of domestic responsibilities.

"People always overlook sleep when they think about health," Lamarche said. "They focus on food and exercise."

The telephone survey included 1,002 adults, 18 years and older, almost exactly 50-50 male and female.

The severely sleep deprived

More sleep survey results

- Men (60%) and women (61%) were equally likely to be less productive at work.
- Men (26%) are more likely than women (18%) to be late for work/school.
- Men (13%) are more likely than women (8%) to miss work/school.
- Women (56%) are more likely than men (48%) to feel unmotivated.
- Women (40%) are more likely than men (35%) to be unable to concentrate.

become less efficient, less productive, miss promotions, and may even end up losing their jobs, Lamarche said.

Equipped with a comfy mattress and pillow, the pods, being set up as a part of a promotional stunt to market Breathe Right Strips, offer respite between 11 a.m. and 2 p.m.

"It's a way to sensitize people to the impact of lack of sleep," Lamarche said.

MOLLY AMOLI K. SHINHA/METRO



A "pod hotel," with sleeping pods like these, set up outside Montreal's St. James United Church on Saint Catherine Street will be on Sparks Street this week for power nappers as part of a promotional stunt for Breathe Right Strips, which is promoting a survey about the importance of getting a good night's sleep. [cnn.com](#)