



Media Release

September 7, 2006

Australian workforce a bundle of nerves

Survey shows 77.3% of Australians lose sleep over work

Personal lives suffer as a result

Work is keeping Australians awake at night with many admitting they take out their workplace woes on loved ones.

News Limited's national employment website, careerone.com.au surveyed 1372 people to find that 77.3 per cent admitted losing sleep over work and 79 per cent confessed to taking out their work stress on family and friends.

Other key results of the online survey on stress at work included:

- 81.9 per cent of respondents have woken up nervous about going to work.
- 77.3 per cent admitted to losing sleep over work related issues.
- 79 per cent had taken out work related stress on loved ones.
- 81.37 per cent found work-related stress negatively affected their professional performance and/or concentration at work.
- 64.33 per cent admitted certain co-workers made them feel stressed or insecure.

Despite the high number of people who claim work had contributed to sleep disorders or problems on the home front, only 29.25 per cent had taken extended time off due to work related stress fatigue.

Based on the survey results, work stress appears to affect women more than men. Of the 728 female survey participants, 83.7 per cent admitted to waking up nervous about going to work, compared to 79.8 per cent of men. The survey found 83.2 per cent of women had taken their work frustrations out on friends and family, compared to 74.2 per cent of men.

Other gender findings included:

- 79.4 per cent of female respondents said they lost sleep over work, compared to 75.8 per cent of men.
- 69.3 per cent of female respondents said their colleagues made them feel stressed and nervous about their professional performance, compared to 58.7 per cent of males.

....cont. over/



According to careerone.com.au editor, Kate Southam, the results fit with the accepted view that we are all working longer and more intensely.

“People tend to put such emphasis on succeeding and on fitting in at work that the pressure of this can get too much and spill into their personal lives.”

“The fact that so many respondents admitted to struggling with work stress yet so few took time off to recover from sleep problems or personal issues suggests that people accept high levels of work stress are just part of life and that’s a concern,” Ms Southam said.

[ends]

About CareerOne

CareerOne, Australia’s only national cross-media employment network is the country’s best-known online recruitment brand. CareerOne successfully integrates the print and online strengths of News Limited newspapers and News Interactive creating a leading recruitment service with truly national reach and expansive choice.

About News Interactive

News Interactive is one of Australia’s most successful online publishers and the digital arm of News Limited. It provides advertisers with opportunities to promote their brands and services across some of the country’s leading websites and well known brands: NEWS.com.au, careerone.com.au, carsguide.com.au, homesite.com.au, **truelocal.com.au**, myspace.com, australianit.com.au, FOXSPORTS.com.au and realestate.com.au. News Interactive also operates websites for News Limited’s major metropolitan newspapers, including The Australian, The Daily Telegraph, The Courier Mail, Herald Sun and The Advertiser. For more information, see <http://www.advertising.ni.com.au>

For more information, please contact:

Kate McQuestin – careerone.com.au
(02) 9288 7552
0419 591 150
kate.mcquestin@news.com.au

Jonathan Abbott – careerone.com.au
(02) 9288 7504
0415 138 203
jonathan.abbott@news.com.au