



National Survey Results

- Q1** Are you currently employed, either full-time or part-time?
Full-time.....72% *Not employed*..... 0%
Part-time28%
- Q2** With technological advances, some people find that they are bringing work home more often than they used to. How often would you say you bring work home?
Very often21% *Rarely*27%
Somewhat often.....23% *Never*.....29%
- Q3** Do you feel compelled to check in on work while on vacation?
*Yes, very compelled*22% *Not at all compelled*54%
Yes, slightly compelled23%
- Q4** (Asked only of those who said 'yes' to Q3:) Do you feel your supervisor expects you to check in on work while on vacation, or not?
Do.....34% *Do not*.....66%
- Q5** Do you have a work-supplied cell phone, laptop, or other device?
Yes.....42% *No*.....58%
- Q6** Do you ever use your personal cell phone, laptop, or other device for work?
Yes.....55% *No*.....45%
- Q7** Do you ever have to work beyond your regular work hours or on weekends, or not?
Do.....66% *Do not*.....34%
- Q8** Have you ever missed out on family obligations due to work constraints, or not?
Have52% *Have not*48%
- Q9** Does your work day end in time for you to come home for dinner, or not?
Always does.....43% *Never does*14%
Sometimes does.....43%
- Q10** Some people find they bring work home with them or are consumed with thoughts of work while they are at home. Do you wish you had more of a boundary between work and family, or not?
Do.....41% *Do not*.....59%
- Q11** Technology, such as cell phones or being able to check work email at home, is available to many of us. Has technology improved or worsened your work-related stress level, or has there been no change?
Improved.....31% *No change*41%
Worsened27%
- Q12** Do you set aside certain times outside of work to check your email, or not?
Do.....39% *Do not*.....61%
- Q13** Do you add co-workers on personal social media sites such as Facebook, or not?
Do.....30% *Do not*.....70%
- Q14** Does your workplace support boundaries between work and home, or not?
Does48% *Does not*52%
- Q15** Do you feel pressured to respond to work-related phone calls and emails after work hours or on weekends, or not?
Do.....38% *Do not*.....62%
- Q16** Does your work encourage you to use your paid time off and holidays, or not?
Does42% *Does not*58%
- Q17** Would you feel comfortable taking a day off of work, or not?
Would.....71% *Would not*.....29%
- Q18** Would you feel comfortable taking a few days off of work, or not?
Would.....64% *Would not*.....36%





Q19 Would you feel comfortable taking a full week off of work, or not?

Would.....59% *Would not*.....41%

Q20 Would you feel comfortable taking more than a full week off of work, or not?

Would.....39% *Would not*.....61%

Q21 If you are a woman, press 1. If a man, press 2.

Woman 52%

Man..... 48%

Q22 If you are Hispanic, press 1. If white, press 2. If African-American, press 3. If other, press 4.

Hispanic..... 14%

White 68%

African-American 12%

Other..... 6%

Q23 If you are 18 to 29 years old, press 1. If 30 to 45, press 2. If 46 to 65, press 3. If you are older than 65, press 4.

18 to 29..... 5%

30 to 45..... 13%

46 to 65..... 63%

Older than 65..... 19%

Q24 What kind of industry do you work in?

Service industry 22%

Retail or wholesale trade 11%

Finance, insurance, or real estate..... 10%

Construction or minerals industry..... 6%

Manufacturing business..... 8%

Transportation, communication, or utilities..... 7%

Education..... 15%

Health care 13%

Government employee..... 7%

Other..... 2%

Q25 If you make less than \$25,000 a year, press 1. If you make between \$25,000 and \$50,000 a year, press 2. If you make between \$50,000 and \$75,000 a year, press 3. If you make between \$75,000 and \$100,000 a year, press 4. If you make more than \$100,000 a year, press 5.

Less than \$25,000 24%

\$25,000 to \$50,000..... 30%

\$50,000 to \$75,000..... 18%

\$75,000 to \$100,000..... 10%

More than \$100,000..... 9%

Declined to say 8%





Crosstabs

	Base	Gender	
		Woman	Man
Freq. of Bringing Work Home			
Very often	21%	21%	21%
Somewhat often	23%	23%	22%
Rarely	27%	26%	28%
Never	29%	29%	29%

	Base	Gender	
		Woman	Man
Check in on Work on Vacation?			
Yes, very compelled	22%	22%	23%
Yes, slightly compelled	23%	24%	23%
Not at all compelled	54%	54%	54%

	Base	Gender	
		Woman	Man
Does Supervisor Expect You to Check in on Vacation?			
Do	34%	30%	39%
Do not	66%	70%	61%

	Base	Gender	
		Woman	Man
Have Work-supplied Cell, etc.?			
Yes	42%	38%	46%
No	58%	62%	54%





Crosstabs

	Base	Gender	
		Woman	Man
Use Personal Phone, etc., for Work?			
Yes	55%	56%	54%
No	45%	44%	46%

	Base	Gender	
		Woman	Man
Have to Work Beyond Work Hrs.?			
Do	66%	61%	72%
Do not	34%	39%	28%

	Base	Gender	
		Woman	Man
Had to Miss Family Obligations Due to Work?			
Have	52%	46%	58%
Have not	48%	54%	42%

	Base	Gender	
		Woman	Man
Freq. of Work Ending in Time for Dinner?			
Always does	43%	47%	39%
Sometimes does	43%	41%	45%
Never does	14%	12%	16%





Crosstabs

	Base	Gender	
		Woman	Man
Wish you Had Work/Family Boundary?			
Do	41%	41%	42%
Do not	59%	59%	58%

	Base	Gender	
		Woman	Man
Technology: Improved/Worsened Stress Level?			
Improved	31%	35%	28%
Worsened	27%	24%	30%
No change	41%	41%	42%

	Base	Gender	
		Woman	Man
Set Aside Times to Check Email?			
Do	39%	41%	37%
Do not	61%	59%	63%

	Base	Gender	
		Woman	Man
Add Co-workers on Soc. Media?			
Do	30%	36%	23%
Do not	70%	64%	77%





Crosstabs

	Base	Gender	
		Woman	Man
Does Workplace Support Work/Home Boundaries?			
Does	48%	50%	45%
Does not	52%	50%	55%

	Base	Gender	
		Woman	Man
Pressured to Take Work Calls, etc. After Hrs.?			
Do	38%	36%	39%
Do not	62%	64%	61%

	Base	Gender	
		Woman	Man
Does Workplace Encourage You to Use PTO?			
Does	42%	45%	40%
Does not	58%	55%	60%

	Base	Gender	
		Woman	Man
Comfortable Taking 1 Day Off?			
Would	71%	72%	69%
Would not	29%	28%	31%





Crosstabs

	Base	Gender	
		Woman	Man
Comfortable Taking a Few Days Off?			
Would	64%	65%	64%
Would not	36%	35%	36%

	Base	Gender	
		Woman	Man
Comfortable Taking 1 Wk. Off?			
Would	59%	57%	62%
Would not	41%	43%	38%

	Base	Gender	
		Woman	Man
Comfortable Taking > 1 Wk. Off?			
Would	39%	37%	41%
Would not	61%	63%	59%

	Base	Race			
		Hispanic	White	African-American	Other
Freq. of Bringing Work Home					
Very often	21%	22%	22%	20%	18%
Somewhat often	23%	26%	22%	17%	39%
Rarely	27%	19%	26%	44%	21%
Never	29%	33%	30%	20%	21%





Crosstabs

	Base	Race			
		Hispanic	White	African-American	Other
Check in on Work on Vacation?					
Yes, very compelled	22%	31%	23%	18%	11%
Yes, slightly compelled	23%	19%	27%	5%	32%
Not at all compelled	54%	50%	51%	78%	57%

	Base	Race			
		Hispanic	White	African-American	Other
Does Supervisor Expect You to Check in on Vacation?					
Do	34%	46%	32%	33%	33%
Do not	66%	54%	68%	67%	67%

	Base	Race			
		Hispanic	White	African-American	Other
Have Work-supplied Cell, etc.?					
Yes	42%	46%	36%	55%	64%
No	58%	54%	64%	45%	36%

	Base	Race			
		Hispanic	White	African-American	Other
Use Personal Phone, etc., for Work?					
Yes	55%	59%	55%	48%	57%
No	45%	41%	45%	53%	43%





Crosstabs

	Base	Race			
		Hispanic	White	African-American	Other
Have to Work Beyond Work Hrs.?					
Do	66%	63%	71%	49%	57%
Do not	34%	37%	29%	51%	43%

	Base	Race			
		Hispanic	White	African-American	Other
Had to Miss Family Obligations Due to Work?					
Have	52%	48%	51%	51%	64%
Have not	48%	52%	49%	49%	36%

	Base	Race			
		Hispanic	White	African-American	Other
Freq. of Work Ending in Time for Dinner?					
Always does	43%	26%	47%	46%	39%
Sometimes does	43%	44%	43%	39%	39%
Never does	14%	30%	10%	15%	21%

	Base	Race			
		Hispanic	White	African-American	Other
Wish you Had Work/Family Boundary?					
Do	41%	33%	39%	55%	54%
Do not	59%	67%	61%	45%	46%





Crosstabs

	Base	Race			
		Hispanic	White	African-American	Other
Technology: Improved/Worsened Stress Level?					
Improved	31%	30%	30%	34%	46%
Worsened	27%	19%	30%	22%	29%
No change	41%	52%	40%	44%	25%

	Base	Race			
		Hispanic	White	African-American	Other
Set Aside Times to Check Email?					
Do	39%	44%	39%	34%	46%
Do not	61%	56%	61%	66%	54%

	Base	Race			
		Hispanic	White	African-American	Other
Add Co-workers on Soc. Media?					
Do	30%	33%	31%	18%	32%
Do not	70%	67%	69%	83%	68%

	Base	Race			
		Hispanic	White	African-American	Other
Does Workplace Support Work/Home Boundaries?					
Does	48%	54%	49%	34%	46%
Does not	52%	46%	51%	66%	54%





Crosstabs

	Base	Race			
		Hispanic	White	African-American	Other
Pressured to Take Work Calls, etc. After Hrs.?					
Do	38%	42%	38%	27%	39%
Do not	62%	58%	62%	73%	61%

	Base	Race			
		Hispanic	White	African-American	Other
Does Workplace Encourage You to Use PTO?					
Does	42%	35%	45%	37%	39%
Does not	58%	65%	55%	63%	61%

	Base	Race			
		Hispanic	White	African-American	Other
Comfortable Taking 1 Day Off?					
Would	71%	73%	70%	68%	71%
Would not	29%	27%	30%	32%	29%

	Base	Race			
		Hispanic	White	African-American	Other
Comfortable Taking a Few Days Off?					
Would	64%	73%	64%	46%	79%
Would not	36%	27%	36%	54%	21%





Crosstabs

	Base	Race			
		Hispanic	White	African-American	Other
Comfortable Taking 1 Wk. Off?					
Would	59%	58%	60%	49%	68%
Would not	41%	42%	40%	51%	32%

	Base	Race			
		Hispanic	White	African-American	Other
Comfortable Taking > 1 Wk. Off?					
Would	39%	62%	37%	24%	46%
Would not	61%	38%	63%	76%	54%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Freq. of Bringing Work Home					
Very often	21%	36%	13%	23%	17%
Somewhat often	23%	31%	28%	20%	28%
Rarely	27%	10%	30%	27%	28%
Never	29%	23%	30%	30%	26%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Check in on Work on Vacation?					
Yes, very compelled	22%	49%	23%	22%	18%
Yes, slightly compelled	23%	18%	22%	27%	16%
Not at all compelled	54%	33%	55%	52%	66%





Crosstabs

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Does Supervisor Expect You to Check in on Vacation?					
Do	34%	51%	33%	33%	32%
Do not	66%	49%	67%	67%	68%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Have Work-supplied Cell, etc.?					
Yes	42%	53%	43%	41%	40%
No	58%	47%	57%	59%	60%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Use Personal Phone, etc., for Work?					
Yes	55%	64%	71%	53%	48%
No	45%	36%	29%	47%	52%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Have to Work Beyond Work Hrs.?					
Do	66%	70%	62%	71%	51%
Do not	34%	30%	38%	29%	49%





Crosstabs

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Had to Miss Family Obligations Due to Work?					
Have	52%	66%	55%	57%	30%
Have not	48%	34%	45%	43%	70%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Freq. of Work Ending in Time for Dinner?					
Always does	43%	45%	52%	41%	44%
Sometimes does	43%	41%	38%	47%	33%
Never does	14%	14%	11%	12%	23%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Wish you Had Work/Family Boundary?					
Do	41%	71%	43%	44%	23%
Do not	59%	29%	57%	56%	77%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Technology: Improved/Worsened Stress Level?					
Improved	31%	55%	34%	28%	34%
Worsened	27%	14%	25%	31%	20%
No change	41%	30%	42%	41%	47%





Crosstabs

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Set Aside Times to Check Email?					
Do	39%	53%	38%	38%	40%
Do not	61%	47%	62%	62%	60%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Add Co-workers on Soc. Media?					
Do	30%	56%	35%	30%	18%
Do not	70%	44%	65%	70%	82%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Does Workplace Support Work/Home Boundaries?					
Does	48%	62%	61%	47%	38%
Does not	52%	38%	39%	53%	62%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Pressured to Take Work Calls, etc. After Hrs.?					
Do	38%	48%	31%	38%	40%
Do not	62%	52%	69%	62%	60%





Crosstabs

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Does Workplace Encourage You to Use PTO?					
Does	42%	70%	51%	43%	28%
Does not	58%	30%	49%	57%	72%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Comfortable Taking 1 Day Off?					
Would	71%	73%	79%	69%	70%
Would not	29%	27%	21%	31%	30%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Comfortable Taking a Few Days Off?					
Would	64%	85%	67%	62%	65%
Would not	36%	15%	33%	38%	35%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Comfortable Taking 1 Wk. Off?					
Would	59%	78%	61%	58%	56%
Would not	41%	22%	39%	42%	44%



Crosstabs

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Comfortable Taking > 1 Wk. Off?					
Would	39%	62%	43%	33%	51%
Would not	61%	38%	57%	67%	49%

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Freq. of Bringing Work Home													
Very often	21%	30%	20%	17%	16%	6%	35%	26%	13%	12%	35%		
Somewhat often	23%	17%	22%	30%	24%	27%	17%	29%	30%	9%	7%		
Rarely	27%	29%	23%	31%	42%	20%	20%	25%	29%	14%	52%		
Never	29%	24%	35%	22%	18%	47%	28%	20%	28%	65%	7%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Check in on Work on Vacation?													
Yes, very compelled	22%	27%	19%	20%	29%	33%	42%	15%	15%	9%	22%		
Yes, slightly compelled	23%	23%	34%	24%	19%	18%	13%	19%	27%	27%	29%		
Not at all compelled	54%	50%	47%	56%	52%	48%	45%	66%	58%	64%	48%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Does Supervisor Expect You to Check in on Vacation?													
Do	34%	52%	27%	21%	31%	36%	49%	34%	18%	20%	18%		
Do not	66%	48%	73%	79%	69%	64%	51%	66%	82%	80%	82%		

Crosstabs

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Have Work-supplied Cell, etc.?													
Yes	42%	40%	35%	40%	49%	35%	48%	41%	44%	29%	58%		
No	58%	55%	65%	60%	51%	65%	52%	59%	56%	71%	42%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Use Personal Phone. MS. for Work?													
Yes	55%	59%	48%	62%	49%	36%	76%	62%	52%	45%	42%		
No	45%	41%	52%	38%	51%	64%	24%	38%	48%	55%	58%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Have to Work Beyond Work Hrs.?													
Do	66%	76%	62%	62%	72%	69%	81%	60%	71%	57%	78%		
Do not	34%	24%	38%	38%	28%	31%	19%	40%	29%	43%	22%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Had to Miss Family Obligations Due to Work?													
Have	52%	59%	63%	30%	58%	66%	64%	29%	56%	49%	58%		
Have not	48%	41%	37%	70%	42%	35%	36%	71%	44%	51%	42%		

Crosstabs

	Base	Sector									
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Freq. of Work Ending in Time for Dinner?											
Always does	41%	44%	50%	46%	40%	30%	56%	32%	45%	46%	
Sometimes does	43%	47%	42%	30%	38%	50%	58%	33%	36%	27%	
Never does	14%	11%	13%	20%	17%	10%	12%	11%	15%	20%	

	Base	Sector									
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Whit You Had Work/Family Boundary?											
Do	41%	48%	43%	29%	38%	51%	61%	34%	42%	32%	
Do not	59%	54%	60%	71%	62%	49%	39%	66%	58%	68%	

	Base	Sector									
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Technology: Improved/Worsened Stress Level?											
Improved	31%	37%	28%	39%	18%	25%	24%	38%	30%	19%	
Worsened	27%	29%	24%	15%	18%	37%	43%	25%	23%	36%	
No change	41%	34%	48%	46%	63%	38%	33%	37%	47%	45%	

	Base	Sector									
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Set Aside Times to Check Email?											
Do	38%	51%	35%	36%	30%	20%	40%	51%	39%	23%	
Do not	61%	49%	65%	64%	70%	80%	60%	49%	61%	77%	



Crosstabs

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Add Co-workers on Soc. Media?													
Do	30%	38%	22%	36%	16%	20%	41%	25%	36%	17%	29%		
Do not	70%	62%	78%	64%	84%	80%	59%	75%	64%	83%	71%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Does Workplace Support Work/Home Boundaries?													
Does	48%	48%	38%	49%	27%	48%	67%	49%	53%	51%	64%		
Does not	52%	54%	62%	51%	73%	54%	33%	51%	47%	49%	36%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Pressured to Take Work Calls, etc. After Hrs.?													
Do	38%	42%	25%	28%	45%	35%	63%	36%	39%	34%	22%		
Do not	62%	58%	75%	72%	55%	65%	37%	64%	61%	66%	78%		

	Base	Sector											
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other		
Does Workplace Discourage You to Use PTO?													
Does	42%	45%	39%	35%	45%	43%	51%	37%	53%	23%	60%		
Does not	58%	55%	61%	65%	55%	57%	49%	63%	47%	77%	40%		



Crosstabs

	Base	Sector										
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Comfortable Taking 1 Day Off?												
Would	71%	72%	63%	77%	58%	63%	74%	64%	80%	76%	79%	
Would not	29%	28%	37%	23%	42%	37%	26%	36%	20%	24%	21%	

	Base	Sector										
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Comfortable Taking a Few Days Off?												
Would	64%	66%	57%	79%	62%	59%	65%	54%	67%	67%	79%	
Would not	36%	34%	43%	21%	38%	41%	35%	46%	33%	33%	21%	

	Base	Sector										
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Comfortable Taking 1 Wk. Off?												
Would	59%	59%	43%	65%	56%	56%	59%	47%	72%	74%	86%	
Would not	41%	41%	57%	35%	44%	44%	41%	53%	28%	26%	14%	

	Base	Sector										
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Comfortable Taking >1 Wk. Off?												
Would	39%	42%	35%	51%	41%	18%	50%	28%	40%	46%	48%	
Would not	61%	58%	65%	49%	59%	82%	50%	72%	60%	54%	52%	



Crosstabs

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Freq. of Bringing Work Home							
Very often	21%	21%	15%	22%	15%	40%	32%
Somewhat often	23%	17%	21%	22%	45%	27%	17%
Rarely	27%	28%	28%	28%	20%	26%	28%
Never	29%	33%	36%	29%	21%	7%	23%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Check in on Work on Vacation?							
Yes, very compelled	22%	20%	18%	21%	25%	44%	21%
Yes, slightly compelled	23%	12%	24%	28%	38%	18%	34%
Not at all compelled	54%	69%	58%	51%	36%	38%	44%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Does Supervisor Expect You to Check in on Vacation?							
Do	34%	54%	25%	33%	32%	42%	23%
Do not	66%	46%	75%	67%	68%	58%	77%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Have Work-supplied Cell, etc.?							
Yes	42%	26%	40%	43%	51%	74%	42%
No	58%	74%	60%	57%	49%	26%	58%





Crosstabs

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Use Personal Phone, etc., for Work?							
Yes	55%	52%	53%	58%	59%	65%	50%
No	45%	48%	47%	42%	41%	35%	50%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Have to Work Beyond Work Hrs.?							
Do	66%	54%	68%	73%	70%	78%	62%
Do not	34%	46%	32%	27%	30%	22%	38%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Had to Miss Family Obligations Due to Work?							
Have	52%	44%	57%	51%	63%	46%	51%
Have not	48%	56%	43%	49%	37%	54%	49%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Freq. of Work Ending in Time for Dinner?							
Always does	43%	53%	41%	43%	32%	37%	48%
Sometimes does	43%	29%	51%	43%	54%	44%	37%
Never does	14%	19%	8%	14%	14%	19%	15%





Crosstabs

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Wish you Had Work/Family Boundary?							
Do	41%	39%	45%	38%	54%	32%	35%
Do not	59%	61%	55%	62%	46%	68%	65%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Technology: Improved/Worsened Stress Level?							
Improved	31%	30%	32%	26%	33%	40%	34%
Worsened	27%	19%	25%	38%	34%	26%	25%
No change	41%	51%	43%	35%	33%	34%	42%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Set Aside Times to Check Email?							
Do	39%	38%	41%	32%	37%	64%	26%
Do not	61%	62%	59%	68%	63%	36%	74%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Add Co-workers on Soc. Media?							
Do	30%	29%	37%	22%	27%	32%	26%
Do not	70%	71%	63%	78%	73%	68%	74%





Crosstabs

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Does Workplace Support Work/Home Boundaries?							
Does	48%	41%	47%	46%	48%	65%	54%
Does not	52%	59%	53%	54%	52%	35%	46%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Pressured to Take Work Calls, etc. After Hrs.?							
Do	38%	36%	32%	41%	44%	47%	36%
Do not	62%	64%	68%	59%	56%	53%	64%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Does Workplace Encourage You to Use PTO?							
Does	42%	42%	40%	42%	48%	36%	50%
Does not	58%	58%	60%	58%	52%	64%	50%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Comfortable Taking 1 Day Off?							
Would	71%	75%	63%	71%	74%	69%	79%
Would not	29%	25%	37%	29%	26%	31%	21%





Crosstabs

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Comfortable Taking a Few Days Off?							
Would	64%	59%	59%	67%	69%	73%	79%
Would not	36%	41%	41%	33%	31%	27%	21%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Comfortable Taking 1 Wk. Off?							
Would	59%	48%	56%	62%	66%	69%	79%
Would not	41%	52%	44%	38%	34%	31%	21%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Comfortable Taking > 1 Wk. Off?							
Would	39%	41%	27%	41%	35%	61%	54%
Would not	61%	59%	73%	59%	65%	39%	46%

