

1. Time at Work

Would you say that you spend:

	Gender			Age - 4 Point				Race - 4 Point			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Too much time at work	15%	16%	14%	20%	16%	18%	3%	15%	15%	13%	22%
About the right amount of time at work	30%	35%	24%	29%	42%	31%	10%	28%	30%	29%	41%
Too little time at work	6%	6%	6%	6%	9%	4%	3%	6%	2%	8%	1%
I'm not currently working	47%	40%	54%	40%	29%	46%	84%	49%	42%	50%	30%
Not sure	3%	3%	2%	5%	3%	2%	—	1%	10%	1%	7%
Totals (Unweighted N)	100% (999)	100% (485)	100% (514)	100% (169)	100% (250)	100% (396)	100% (184)	100% (673)	100% (121)	100% (137)	100% (68)

	Party ID - 3 Point				Family Income - 3 Point				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Too much time at work	15%	19%	11%	17%	11%	16%	35%	10%	19%	12%	14%	16%
About the right amount of time at work	30%	24%	32%	33%	23%	40%	42%	26%	27%	30%	30%	31%
Too little time at work	6%	4%	5%	8%	8%	4%	2%	5%	7%	7%	4%	5%
I'm not currently working	47%	48%	49%	41%	55%	39%	21%	54%	43%	49%	48%	46%
Not sure	3%	4%	2%	1%	3%	1%	1%	6%	4%	2%	3%	1%
Totals (Unweighted N)	100% (999)	100% (368)	100% (385)	100% (246)	100% (469)	100% (261)	100% (126)	100% (142)	100% (194)	100% (253)	100% (371)	100% (181)

2. Email

How often, if ever, do you answer work emails or phone calls at a time when you're not scheduled to be working?

Asked of those who are currently working

	Gender			Age - 4 Point				Race - 4 Point			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
All the time	21%	24%	18%	15%	25%	21%	23%	25%	13%	9%	25%
Sometimes	33%	33%	33%	26%	40%	31%	32%	30%	29%	48%	39%
Rarely	18%	21%	14%	26%	15%	16%	5%	15%	22%	17%	28%
Never	15%	14%	17%	15%	9%	22%	6%	15%	18%	22%	3%
Not sure	1%	1%	2%	3%	0%	1%	—	1%	1%	1%	—
This question doesn't apply to me	12%	9%	16%	14%	11%	10%	34%	14%	18%	3%	6%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(538)	(288)	(250)	(109)	(185)	(220)	(24)	(358)	(69)	(68)	(43)

	Party ID - 3 Point			Family Income - 3 Point				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
All the time	21%	16%	20%	29%	18%	17%	36%	20%	25%	22%	17%	23%
Sometimes	33%	31%	31%	39%	29%	41%	38%	24%	25%	21%	36%	47%
Rarely	18%	20%	17%	15%	11%	24%	14%	26%	22%	19%	18%	11%
Never	15%	18%	15%	10%	21%	14%	6%	8%	14%	24%	14%	10%
Not sure	1%	0%	2%	1%	0%	—	4%	2%	1%	—	2%	1%
This question doesn't apply to me	12%	15%	14%	5%	20%	3%	1%	19%	12%	14%	14%	9%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(538)	(188)	(211)	(139)	(213)	(160)	(98)	(66)	(110)	(135)	(196)	(97)

3. Overwhelmed

How often, if ever, do you feel overwhelmed by your work?

Asked of those who are currently working

	Gender			Age - 4 Point				Race - 4 Point			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
All the time	10%	8%	13%	8%	9%	14%	2%	10%	15%	10%	4%
Sometimes	48%	52%	43%	51%	55%	39%	46%	50%	35%	50%	50%
Rarely	28%	27%	29%	22%	27%	33%	33%	30%	20%	22%	34%
Never	9%	6%	13%	10%	6%	11%	18%	9%	15%	13%	3%
Not sure	5%	6%	2%	10%	4%	2%	—	1%	16%	5%	10%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(537)	(288)	(249)	(109)	(184)	(220)	(24)	(358)	(68)	(68)	(43)

	Party ID - 3 Point				Family Income - 3 Point				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
All the time	10%	15%	6%	11%	13%	6%	11%	10%	10%	13%	8%	11%
Sometimes	48%	41%	50%	52%	42%	55%	56%	41%	52%	41%	47%	52%
Rarely	28%	29%	27%	29%	26%	33%	30%	26%	21%	30%	30%	30%
Never	9%	6%	13%	8%	15%	6%	2%	8%	8%	16%	10%	4%
Not sure	5%	9%	3%	1%	4%	0%	0%	16%	9%	1%	5%	3%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(537)	(187)	(211)	(139)	(212)	(160)	(98)	(66)	(110)	(135)	(195)	(97)

4. Technology

Would you say that the prevalence of technology like smart phones and email makes your job:

Asked of those who are currently working

	Gender		Age - 4 Point				Race - 4 Point				
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
More stressful than it would be otherwise	20%	23%	17%	17%	21%	21%	26%	24%	11%	17%	13%
Less stressful than it would be otherwise	26%	27%	24%	23%	33%	20%	31%	27%	29%	15%	24%
It doesn't really affect my job	36%	32%	42%	35%	29%	45%	32%	35%	27%	50%	41%
Not sure	5%	7%	4%	7%	7%	4%	—	4%	0%	9%	15%
This question doesn't apply to me	12%	11%	14%	19%	10%	10%	12%	9%	32%	9%	6%
Totals (Unweighted N)	100% (536)	100% (287)	100% (249)	100% (108)	100% (184)	100% (220)	100% (24)	100% (358)	100% (68)	100% (67)	100% (43)

	Party ID - 3 Point			Family Income - 3 Point				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
More stressful than it would be otherwise	20%	21%	18%	24%	15%	23%	39%	11%	14%	20%	23%	23%
Less stressful than it would be otherwise	26%	28%	23%	27%	22%	27%	32%	26%	28%	23%	20%	37%
It doesn't really affect my job	36%	37%	36%	36%	42%	42%	17%	29%	30%	44%	39%	30%
Not sure	5%	2%	7%	8%	4%	4%	9%	11%	9%	2%	6%	5%
This question doesn't apply to me	12%	13%	16%	5%	16%	4%	3%	22%	20%	12%	12%	5%
Totals (Unweighted N)	100% (536)	100% (186)	100% (211)	100% (139)	100% (211)	100% (160)	100% (98)	100% (66)	100% (110)	100% (135)	100% (196)	100% (95)

5. Current Situation

Which best describes your current job situation?

Asked of those who are currently working

	Gender		Age - 4 Point				Race - 4 Point				
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
My job offers paid vacation time, and I feel comfortable using all of it	44%	45%	43%	36%	43%	53%	27%	47%	33%	38%	49%
My job offers paid vacation time, but I wouldn't feel comfortable using all of it	13%	15%	10%	12%	19%	8%	5%	13%	14%	9%	13%
My job doesn't offer paid vacation time	24%	21%	27%	29%	18%	24%	36%	24%	26%	27%	18%
Not sure	4%	4%	3%	5%	4%	3%	—	1%	9%	9%	9%
This question doesn't apply to me	16%	15%	17%	18%	15%	12%	33%	16%	18%	17%	11%
Totals (Unweighted N)	100% (536)	100% (287)	100% (249)	100% (109)	100% (184)	100% (219)	100% (24)	100% (358)	100% (68)	100% (67)	100% (43)

	Party ID - 3 Point			Family Income - 3 Point				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
My job offers paid vacation time, and I feel comfortable using all of it	44%	52%	38%	43%	37%	58%	59%	22%	41%	42%	48%	42%
My job offers paid vacation time, but I wouldn't feel comfortable using all of it	13%	8%	15%	15%	11%	16%	11%	14%	10%	16%	10%	16%
My job doesn't offer paid vacation time	24%	21%	26%	23%	33%	14%	11%	30%	20%	26%	23%	28%
Not sure	4%	4%	5%	1%	2%	3%	—	10%	4%	3%	5%	2%

continued on the next page . . .

	continued from previous page											
		Party ID - 3 Point			Family Income - 3 Point				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
This question doesn't apply to me	16%	15%	16%	17%	17%	9%	19%	24%	25%	13%	14%	13%
Totals (Unweighted N)	100% (536)	100% (186)	100% (211)	100% (139)	100% (211)	100% (160)	100% (98)	100% (66)	100% (110)	100% (135)	100% (195)	100% (96)

Interviewing Dates	December 3 - 7, 2015
Target population	U.S. adults, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by age, gender, race, education, and region) was selected from the 2010 American Community Study. Voter registration was imputed from the November 2010 Current Population Survey Registration and Voting Supplement. Religion, minor party identification, and non-placement on an ideology scale, were imputed from the 2008 Pew Religion in American Life Survey.
Weighting	The sample was weighted using propensity scores based on age, gender, race, education, voter registration, and non-placement on an ideology scale. The weights range from 0.173 to 4.195, with a mean of one and a standard deviation of 0.872.
Number of respondents	1000
Margin of error	± 4.1% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	20 questions not reported.