

New Survey: Alarming impact of work stress on sleep

76% of workers report that work stress and anxiety impacts their sleep.

LONDON, UNITED KINGDOM, April 4, 2025 /EINPresswire.com/ -- The effects of [work stress](#) don't end when employees leave the office. For many professionals, anxiety and work-related pressures follow them home, disrupting one of the most critical factors for well-being: sleep. A new [HappierMe](#) survey reveals the extent of this growing issue and its far-reaching consequences.

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A recent HappierMe poll of 4,115 respondents found:

- 44% experience significant sleep disturbances due to work-related stress and anxiety.
- 32% report moderate effects, meaning they struggle with sleep at least some of the time.
- Only 16% say their sleep is minimally or not at all affected by work stress.

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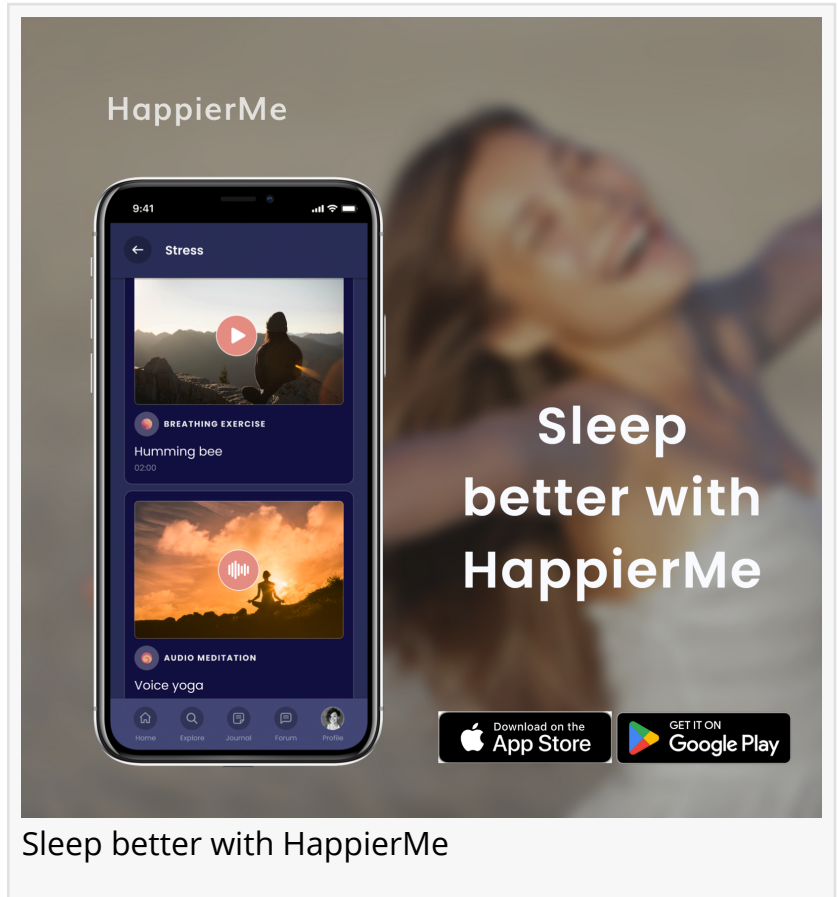
Sleep is the most under-rated determinant of our long term mental and physical health because it directly impacts our immune system”

Dr Manoj Krishna

These findings highlight an urgent need for organisations to recognise and address the toll that workplace stress takes on employee well-being.

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Adequate sleep is vital for cognitive function, emotional regulation, and overall health (NIH). Yet, work-related stress often triggers:

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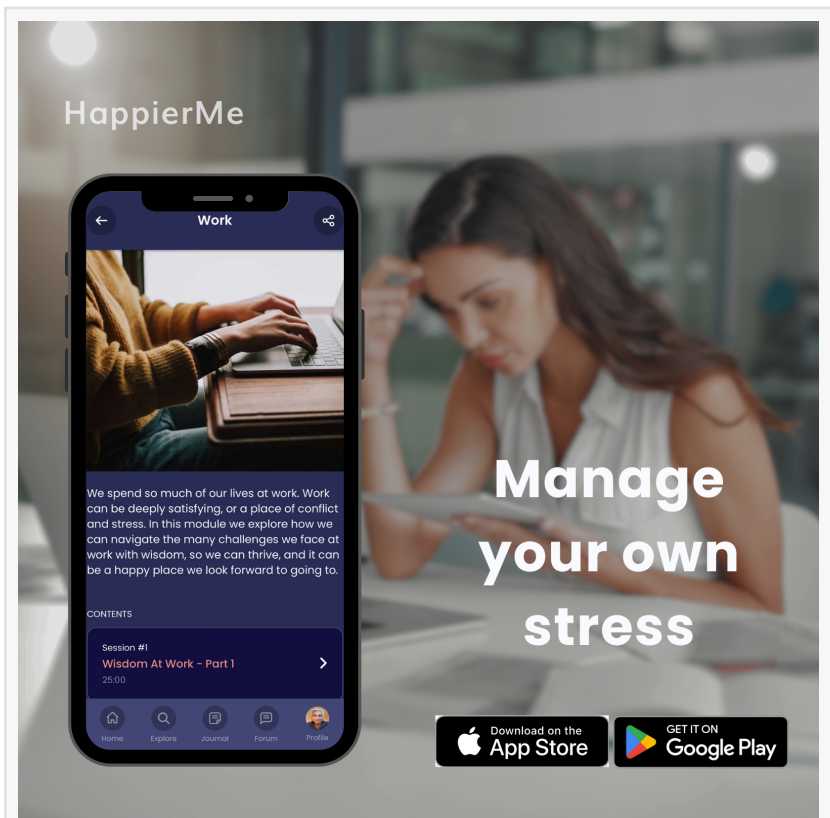
overactive worry prevent relaxation. Anxiety keeps the body in a heightened state of alertness, leading to disrupted sleep. Stress hormones can cause premature waking, resulting in exhaustion throughout the day. Even when employees get a full night in bed, stress prevents deep, restorative sleep. Stress, Sleep Deprivation, and Burnout

Work stress and poor sleep create a vicious cycle. When employees sleep poorly, they become more irritable, less focused, and more prone to mistakes - leading to even greater stress the next day. Over time, chronic sleep deprivation contributes to burnout, absenteeism, decreased job performance, and serious health issues such as high blood pressure and weakened immunity.

With 76% of employees reporting that work stress negatively impacts their sleep, businesses cannot afford to ignore this issue. Companies that fail to support employee well-being risk:

- Increased absenteeism and sick leave
- Lower productivity and engagement
- Higher staff turnover rates
- A toxic work culture

Forward-thinking organisations recognise that well-rested employees are more productive, creative, and resilient. By fostering a healthier work environment and providing stress management resources, companies can improve both employee satisfaction



Manage your stress at work with HappierMe

A testimonial for the HappierMe app. The background is a blue and yellow gradient. At the top left is the HappierMe logo with the tagline 'Learn. Grow. Flourish.'. The main text is a quote from Leah Christensen: 'HappierMe is the best app I've found that fosters self connection, awareness, and an overall happier life. As a Psychology graduate I can say the lessons that are taught on this app will stick with you for a lifetime. HappierMe is a toolkit you can use for any personal or mental struggle you may face!'. Below the quote is a circular portrait of Leah Christensen, a blonde woman smiling.

Leah is a psychologist

and overall performance.

Managing stress effectively is key to breaking the cycle of sleep deprivation. The HappierMe app

offers science-backed techniques to help users take control of their well-being:

Key features include:

- Breathing exercises to activate the body's relaxation response
- Guided meditations to calm an anxious mind before bedtime
- Journaling prompts to release worries and promote mental clarity
- Tapping exercises to reduce stress and improve emotional balance

Additional features include:

- Building self-awareness to recognise and manage stress triggers
- Emotional intelligence training to develop healthier responses to workplace pressures
- Developing a regular meditation practice to reduce reactivity and enhance resilience

At HappierMe, we understand that while employees cannot always control their work

environment, they can take charge of how they respond to workplace stress. Our app provides a range of mental health tools, including guided exercises, self-awareness programs, and stress management techniques, to help professionals navigate challenges and improve their quality of life.

Sleep should not be a casualty of workplace stress. With the right tools and mindset, professionals can regain control, sleep better, and wake up ready to tackle the day with clarity and confidence.

Find out how HappierMe can help:

□ HappierMe

□ For media inquiries, contact: team@happierme.app

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Further Notes:

This is a complementary login to the HappierMe app. Please download it and explore it yourself.

Login: hwpuser171@gmail.com, Password: hwpuser

Our mission at HappierMe is to reduce suffering and help people lead happier and more successful lives by empowering them with tools to understand their own mind and be emotionally intelligent. We aim to make the world a better place.

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