



THE GREAT

# SLEEP

RANKING

Fortune 100's most sleep-friendly companies





# TABLE OF CONTENTS

<b>Sleep score breakdown</b>	<b>4</b>
<b>The Great Sleep Ranking Results</b>	<b>6</b>
- Wells Fargo	7
- Cisco, IBM	8
- Facebook, Dell	9
- Fedex, Microsoft	10
- Google, Oracle	11
- AIG, Apple	12
- Capital One, HP	13
- Caterpillar, 3M	14
- JP Morgan Chase, Citi	15
- Bank of America, Chevron	16
- Metlife, Exxon Mobil	17
- Amazon, GE	18
- Intel, GM	19
<b>Sleep Wellness Programs</b>	<b>20</b>
<b>About dayzz</b>	<b>22</b>

# ABOUT THE RANKING

A decorative graphic consisting of five horizontal bars of varying lengths, stacked vertically. The bars alternate in color between a medium blue and a light grey. From top to bottom, the colors are: blue, grey, blue, grey, blue.

The first ever Great Sleep Ranking ranks corporations by their sleep-friendly work culture, or lack thereof. Dayzz, a tech company developing personalized sleep training programs, partnered with Ipsos, a global market research firm, to survey a total of 825 respondents from 25 of the leading Fortune 100 companies.

Participating organizations were given an overall 'Sleep Score' that determines how well their employees sleep and how it affects workplace productivity. In addition, every company was awarded a 'Performance Score' to demonstrate employee performance considering sleep/work circumstances.

# SLEEP SCORE BREAKDOWN

A company's sleep score determines how sleep-friendly their organizational work culture is. In order to accurately calculate the score, respondent data was granted numerical values that were then combined to produce an overall score.

The final score dictates how well employees are sleeping and, as a result, how it affects workplace productivity.



## Average sleep

The average number of sleep hours per night during a typical work week.



## Sleep deprivation

The average number of sleep hours that employees lack per night in order to perform their perceived best during work hours.



## Sleep quality

The amount of nights per work week that employees consider good quality sleep.



## Work-related interference

The amount of nights per week that good quality sleep is affected by work-related problems and concerns.

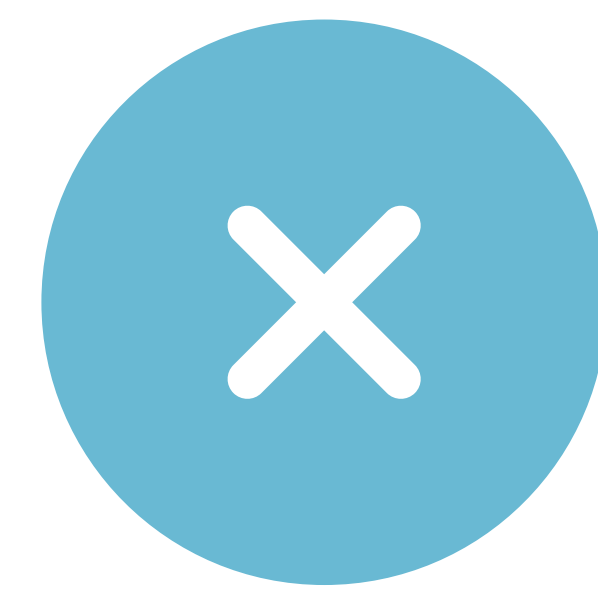
# The Performance Score is based on the following sleep-related parameters:



Number of days a week with poor work performance



Number of days a week driving to work feeling drowsy or fatigued



Perceived frequency of mistakes made at work



Average amount of caffeinated drinks consumed a day in order to improve alertness





# THE GREAT SLEEP RANKING RESULTS

#1  92  
FINANCE

## WELLS FARGO

#2	Cisco	91	High tech	#10	AIG	60	Finance	#18	Bank of America	34	Finance
#3	IBM	87	High tech	#11	Apple	59	High tech	#19	Chevron	33	Shifts
#4	Facebook	83	High tech	#12	Capital One	51	Finance	#20	Metlife	33	Finance
#5	Dell	79	High tech	#13	HP	49	High tech	#21	Exxon Mobil	29	Shifts
#6	Fedex	79	Shifts	#14	Caterpillar	47	Shifts	#22	Amazon	24	High tech
#7	Microsoft	74	High tech	#15	3M	43	Shifts	#23	GE	19	Shifts
#8	Google	72	High tech	#16	JPMorgan Chase	39	Finance	#24	Intel	13	Shifts
#9	Oracle	69	High tech	#17	Citi	36	Finance	#25	GM	5	Shifts

#1 

WELLS FARGO

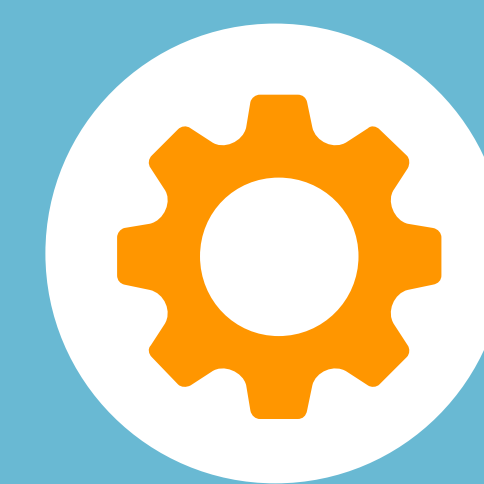


Overall sleep score:

92



Respondents: 35



Industry: Finance

## SCORE BREAKDOWN:



Average sleep per night (H/N): 6.9



Sleep deprivation (H/N): 0.8



Sleep quality (D/W): 3.5



Work-related interference (D/W): 3.5



Performance score: 49



Performance rank: 17



Poor performance caused by sleep deprivation (D/W): 1.3



Perceived frequency of mistakes caused by poor sleep: 89%



Driving to work while drowsy or fatigued (D/W): 2.5













Average caffeinated drinks: 2.4

# #2 CISCO

★★★★★ Score 91

 Respondents: 31  Industry: Tech

## SCORE BREAKDOWN:











-  Average sleep per night (H/N): 6.9
-  Sleep deprivation (H/N): 0.5
-  Sleep quality (D/W): 3.7
-  Work-related interference (D/W): 3.3
-  Performance score: 84
-  Performance rank: 1
-  Poor performance caused by sleep deprivation (D/W): 1.2
-  Perceived frequency of mistakes caused by poor sleep: 77%
-  Driving to work while drowsy or fatigued (D/W): 1.3
-  Average caffeinated drinks: 1.7

# #3 IBM

★★★★★ Score 87

 Respondents: 31  Industry: Tech

## SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.8
-  Sleep deprivation (H/N): 0.7
-  Sleep quality (D/W): 3.4
-  Work-related interference (D/W): 3.6
-  Performance score: 57
-  Performance rank: 7
-  Poor performance caused by sleep deprivation (D/W): 1.3
-  Perceived frequency of mistakes caused by poor sleep: 94%
-  Driving to work while drowsy or fatigued (D/W): 2.1
-  Average caffeinated drinks: 2.4













# #4

## FACEBOOK

★★★★☆ Score 83

 Respondents: 34  Industry: Tech

### SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.7
-  Sleep deprivation (H/N): 0.9
-  Sleep quality (D/W): 3.4
-  Work-related interference (D/W): 3.6
-  Performance score: 70
-  Performance rank: 2
-  Poor performance caused by sleep deprivation (D/W): 1.9
-  Perceived frequency of mistakes caused by poor sleep: 65%
-  Driving to work while drowsy or fatigued (D/W): 2.2
-  Average caffeinated drinks: 2

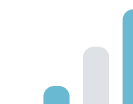









# #5

## DELL

★★★★☆ Score 79

 Respondents: 32  Industry: Tech

### SCORE BREAKDOWN:











-  Average sleep per night (H/N): 6.7
-  Sleep deprivation (H/N): 1
-  Sleep quality (D/W): 3.5
-  Work-related interference (D/W): 3.5
-  Performance score: 59
-  Performance rank: 6
-  Poor performance caused by sleep deprivation (D/W): 1.4
-  Perceived frequency of mistakes caused by poor sleep: 84%
-  Driving to work while drowsy or fatigued (D/W): 1.6
-  Average caffeinated drinks: 2.4

# #6 FEDEX

★★★★☆ | Score 79

 Respondents: 31  Industry: Shift-based

## SCORE BREAKDOWN:

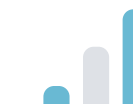









-  Average sleep per night (H/N): 6.6
-  Sleep deprivation (H/N): 0.7
-  Sleep quality (D/W): 2.6
-  Work-related interference (D/W): 4.4
-  Performance score: 64
-  Performance rank: 4
-  Poor performance caused by sleep deprivation (D/W): 1.1
-  Perceived frequency of mistakes caused by poor sleep: 90%
-  Driving to work while drowsy or fatigued (D/W): 2.4
-  Average caffeinated drinks: 1.9

# #7 MICROSOFT

★★★★☆ | Score 74

 Respondents: 33  Industry: Tech

## SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.8
-  Sleep deprivation (H/N): 0.6
-  Sleep quality (D/W): 3.3
-  Work-related interference (D/W): 3.7
-  Performance score: 52
-  Performance rank: 23
-  Poor performance caused by sleep deprivation (D/W): 1.4
-  Perceived frequency of mistakes caused by poor sleep: 82%
-  Driving to work while drowsy or fatigued (D/W): 2.3
-  Average caffeinated drinks: 2.9













# #8 GOOGLE

★★★★ Score 72

 Respondents: 30  Industry: Tech

## SCORE BREAKDOWN:











-  Average sleep per night (H/N): 6.5
-  Sleep deprivation (H/N): 1
-  Sleep quality (D/W): 3.2
-  Work-related interference (D/W): 3.8
-  Performance score: 60
-  Performance rank: 5
-  Poor performance caused by sleep deprivation (D/W): 1.6
-  Perceived frequency of mistakes caused by poor sleep: 67%
-  Driving to work while drowsy or fatigued (D/W): 2
-  Average caffeinated drinks: 3

# #9 ORACLE

★★★★ Score 69

 Respondents: 31  Industry: Tech

## SCORE BREAKDOWN:











-  Average sleep per night (H/N): 6.5
-  Sleep deprivation (H/N): 1
-  Sleep quality (D/W): 3.4
-  Work-related interference (D/W): 3.6
-  Performance score: 65
-  Performance rank: 3
-  Poor performance caused by sleep deprivation (D/W): 1.6
-  Perceived frequency of mistakes caused by poor sleep: 74%
-  Driving to work while drowsy or fatigued (D/W): 2.3
-  Average caffeinated drinks: 2.2

# #10 AIG

☆☆☆☆ Score 60

 Respondents: 30  Industry: Finance

## SCORE BREAKDOWN:











-  Average sleep per night (H/N): 6.5
-  Sleep deprivation (H/N): 1.1
-  Sleep quality (D/W): 3.4
-  Work-related interference (D/W): 3.6
-  Performance score: 52
-  Performance rank: 13
-  Poor performance caused by sleep deprivation (D/W): 2.1
-  Perceived frequency of mistakes caused by poor sleep: 77%
-  Driving to work while drowsy or fatigued (D/W): 3
-  Average caffeinated drinks: 1.8

# #11 APPLE

☆☆☆☆ Score 59

 Respondents: 32  Industry: Tech

## SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.6
-  Sleep deprivation (H/N): 1
-  Sleep quality (D/W): 3.1
-  Work-related interference (D/W): 3.9
-  Performance score: 51
-  Performance rank: 16
-  Poor performance caused by sleep deprivation (D/W): 2.5
-  Perceived frequency of mistakes caused by poor sleep: 63%
-  Driving to work while drowsy or fatigued (D/W): 3.3
-  Average caffeinated drinks: 1.9













# #12 CAPITAL ONE

☆☆☆ Score 51

 Respondents: 34  Industry: Finance

## SCORE BREAKDOWN:

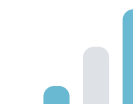









-  Average sleep per night (H/N): 6.5
-  Sleep deprivation (H/N): 1.4
-  Sleep quality (D/W): 3
-  Work-related interference (D/W): 4
-  Performance score: 55
-  Performance rank: 9
-  Poor performance caused by sleep deprivation (D/W): 1.6
-  Perceived frequency of mistakes caused by poor sleep: 82%
-  Driving to work while drowsy or fatigued (D/W): 2.1
-  Average caffeinated drinks: 2.4

# #13 HP

☆☆☆ Score 49

 Respondents: 35  Industry: Tech

## SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.4
-  Sleep deprivation (H/N): 1.1
-  Sleep quality (D/W): 2.8
-  Work-related interference (D/W): 4.2
-  Performance score: 56
-  Performance rank: 8
-  Poor performance caused by sleep deprivation (D/W): 1.6
-  Perceived frequency of mistakes caused by poor sleep: 80%
-  Driving to work while drowsy or fatigued (D/W): 2.5
-  Average caffeinated drinks: 2.3











# #14

## CATERPILLAR

☆☆☆ Score 47

 Respondents: 31  Industry: Shift-based

### SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.1
-  Sleep deprivation (H/N): 1.2
-  Sleep quality (D/W): 2.5
-  Work-related interference (D/W): 4.5
-  Performance score: 53
-  Performance rank: 12
-  Poor performance caused by sleep deprivation (D/W): 1.6
-  Perceived frequency of mistakes caused by poor sleep: 84%
-  Driving to work while drowsy or fatigued (D/W): 2.8
-  Average caffeinated drinks: 1.9











# #15

## 3M

☆☆☆ Score 43

 Respondents: 31  Industry: Shift-based

### SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.4
-  Sleep deprivation (H/N): 1.3
-  Sleep quality (D/W): 2.7
-  Work-related interference (D/W): 4.3
-  Performance score: 54
-  Performance rank: 11
-  Poor performance caused by sleep deprivation (D/W): 2
-  Perceived frequency of mistakes caused by poor sleep: 84%
-  Driving to work while drowsy or fatigued (D/W): 2.7
-  Average caffeinated drinks: 1.7



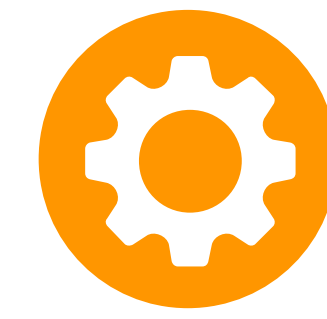
# #16

## JP MORGAN CHASE

☆☆ | Score 39



Respondents: 34



Industry: Finance

### SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 6.4
- zz Sleep deprivation (H/N): 1.2
- ★ Sleep quality (D/W): 2.5
- 📁 Work-related interference (D/W): 4.5
- ✓ Performance score: 48
- 🏆 Performance rank: 18
- ⚠️ Poor performance caused by sleep deprivation (D/W): 1.9
- ✗ Perceived frequency of mistakes caused by poor sleep: 79%
- 🚗 Driving to work while drowsy or fatigued (D/W): 2.9
- ☕ Average caffeinated drinks: 2.2

# #17

## CITI

☆☆ | Score 36



Respondents: 34



Industry: Finance

### SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 6.3
- zz Sleep deprivation (H/N): 1.4
- ★ Sleep quality (D/W): 2.5
- 📁 Work-related interference (D/W): 4.5
- ✓ Performance score: 52
- 🏆 Performance rank: 14
- ⚠️ Poor performance caused by sleep deprivation (D/W): 1.9
- ✗ Perceived frequency of mistakes caused by poor sleep: 68%
- 🚗 Driving to work while drowsy or fatigued (D/W): 2.6
- ☕ Average caffeinated drinks: 2.5

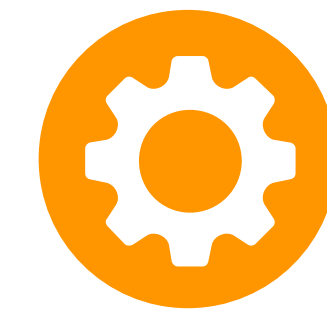
# #18

## BANK OF AMERICA

☆☆ Score 34



Respondents: 32



Industry: Finance

### SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 6.5
- zz Sleep deprivation (H/N): 1.3
- ★ Sleep quality (D/W): 2.1
- 📁 Work-related interference (D/W): 4.9
- ✓ Performance score: 43
- 🏆 Performance rank: 20
- ⚠️ Poor performance caused by sleep deprivation (D/W): 2.3
- ✖ Perceived frequency of mistakes caused by poor sleep: 69%
- 🚗 Driving to work while drowsy or fatigued (D/W): 3.3
- ☕ Average caffeinated drinks: 2.1

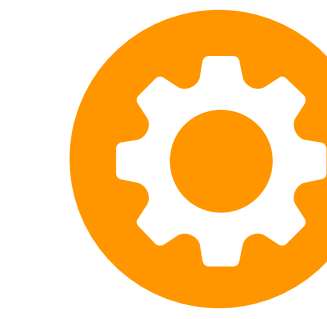
# #19

## CHEVRON

☆☆ Score 33



Respondents: 31



Industry: Shift-based

### SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 5.7
- zz Sleep deprivation (H/N): 1.3
- ★ Sleep quality (D/W): 2.2
- 📁 Work-related interference (D/W): 4.8
- ✓ Performance score: 38
- 🏆 Performance rank: 21
- ⚠️ Poor performance caused by sleep deprivation (D/W): 2.2
- ✖ Perceived frequency of mistakes caused by poor sleep: 71%
- 🚗 Driving to work while drowsy or fatigued (D/W): 2.9
- ☕ Average caffeinated drinks: 2.9



# #20 METLIFE

★★ Score 33

👤 Respondents: 31    ⚙️ Industry: **Finance**

## SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 6.3
- zz Sleep deprivation (H/N): 1.2
- ★ Sleep quality (D/W): 2.3
- 📁 Work-related interference (D/W): 4.7
- ✓ Performance score: 37
- 🏆 Performance rank: 24
- ⚠️ Poor performance caused by sleep deprivation (D/W): 2.2
- ✖ Perceived frequency of mistakes caused by poor sleep: 65%
- 🚗 Driving to work while drowsy or fatigued (D/W): 3.4
- ☕ Average caffeinated drinks: 2.5

# #21 EXXON MOBIL

★★ Score 29

👤 Respondents: 31    ⚙️ Industry: **Shift-based**

## SCORE BREAKDOWN:

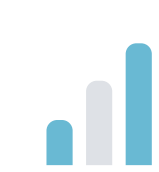









- 📊 Average sleep per night (H/N): 6.1
- zz Sleep deprivation (H/N): 1.3
- ★ Sleep quality (D/W): 2
- 📁 Work-related interference (D/W): 5
- ✓ Performance score: 38
- 🏆 Performance rank: 22
- ⚠️ Poor performance caused by sleep deprivation (D/W): 2.3
- ✖ Perceived frequency of mistakes caused by poor sleep: 52%
- 🚗 Driving to work while drowsy or fatigued (D/W): 3.3
- ☕ Average caffeinated drinks: 2.9

# #22 AMAZON

 Score 24

 Respondents: 32  Industry: Tech

## SCORE BREAKDOWN:











-  Average sleep per night (H/N): 6.4
-  Sleep deprivation (H/N): 1.4
-  Sleep quality (D/W): 2.3
-  Work-related interference (D/W): 4.7
-  Performance score: 37
-  Performance rank: 23
-  Poor performance caused by sleep deprivation (D/W): 2.7
-  Perceived frequency of mistakes caused by poor sleep: 50%
-  Driving to work while drowsy or fatigued (D/W): 3.1
-  Average caffeinated drinks: 3.5

# #23 GE

 Score 19

 Respondents: 42  Industry: Shift-based

## SCORE BREAKDOWN:

-  Average sleep per night (H/N): 6.1
-  Sleep deprivation (H/N): 1.3
-  Sleep quality (D/W): 2.2
-  Work-related interference (D/W): 4.8
-  Performance score: 46
-  Performance rank: 19
-  Poor performance caused by sleep deprivation (D/W): 2
-  Perceived frequency of mistakes caused by poor sleep: 74%
-  Driving to work while drowsy or fatigued (D/W): 3.3
-  Average caffeinated drinks: 2.2



# #24 INTEL

🏆 Score 13

👤 Respondents: 32    ⚙️ Industry: Shift-based

## SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 6
- zz Sleep deprivation (H/N): 1.7
- ★ Sleep quality (D/W): 2.1
- 📁 Work-related interference (D/W): 4.9
- ✓ Performance score: 55
- 🏆 Performance rank: 10
- ⚠️ Poor performance caused by sleep deprivation (D/W): 2.8
- ✖ Perceived frequency of mistakes caused by poor sleep: 59%
- 🚗 Driving to work while drowsy or fatigued (D/W): 3.1
- ☕ Average caffeinated drinks: 1.8

# #25 GM

🏆 Score 5

👤 Respondents: 43    ⚙️ Industry: Shift-based

## SCORE BREAKDOWN:

- 📊 Average sleep per night (H/N): 5.8
- zz Sleep deprivation (H/N): 1.7
- ★ Sleep quality (D/W): 1.8
- 📁 Work-related interference (D/W): 5.2
- ✓ Performance score: 25
- 🏆 Performance rank: 25
- ⚠️ Poor performance caused by sleep deprivation (D/W): 3.3
- ✖ Perceived frequency of mistakes caused by poor sleep: 63%
- 🚗 Driving to work while drowsy or fatigued (D/W): 4.9
- ☕ Average caffeinated drinks: 3.5

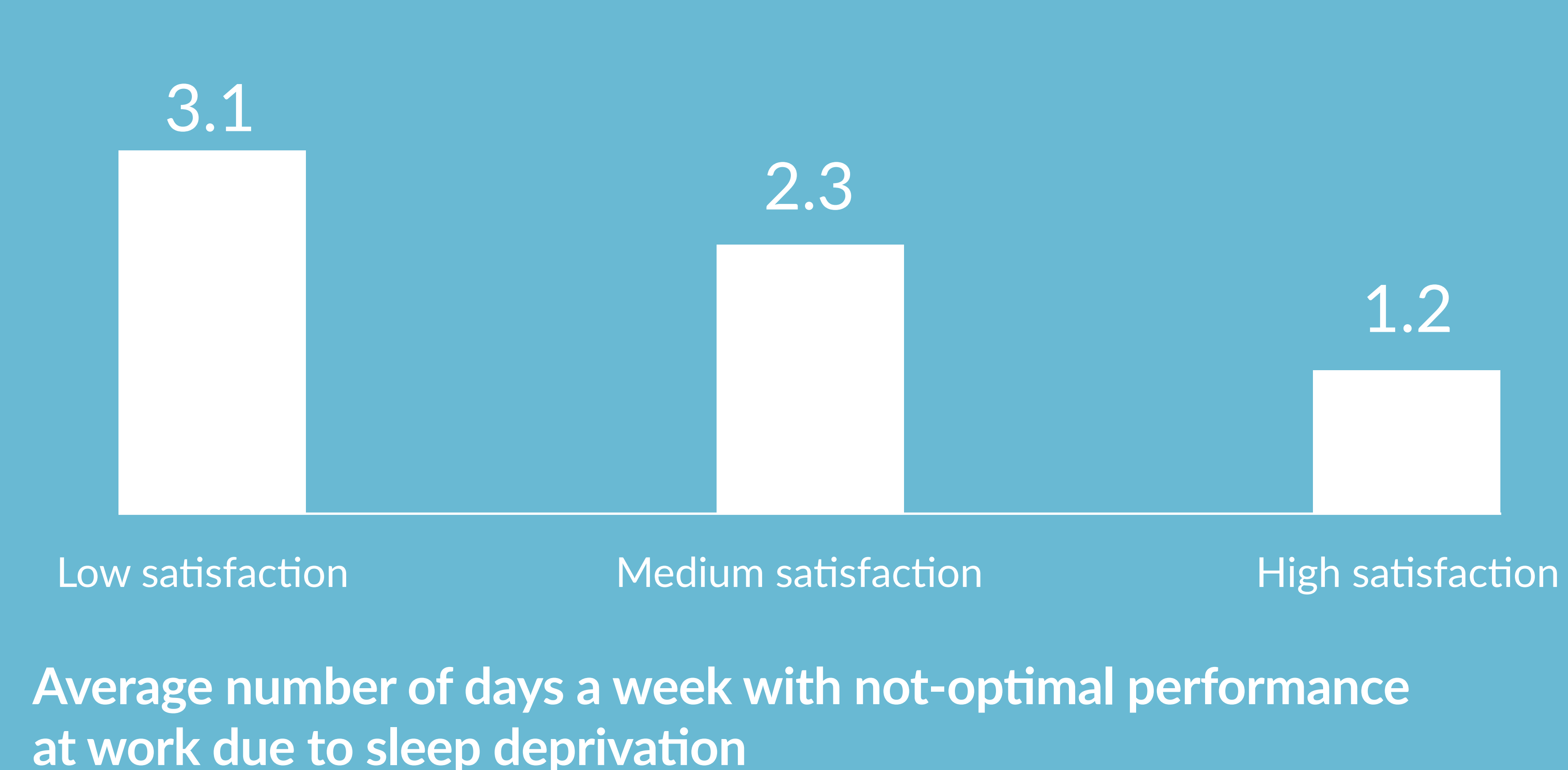
# SLEEP WELLNESS PROGRAMS

According to the survey results, 58% of respondents strongly believe that poor sleep negatively affects their motivation at work.

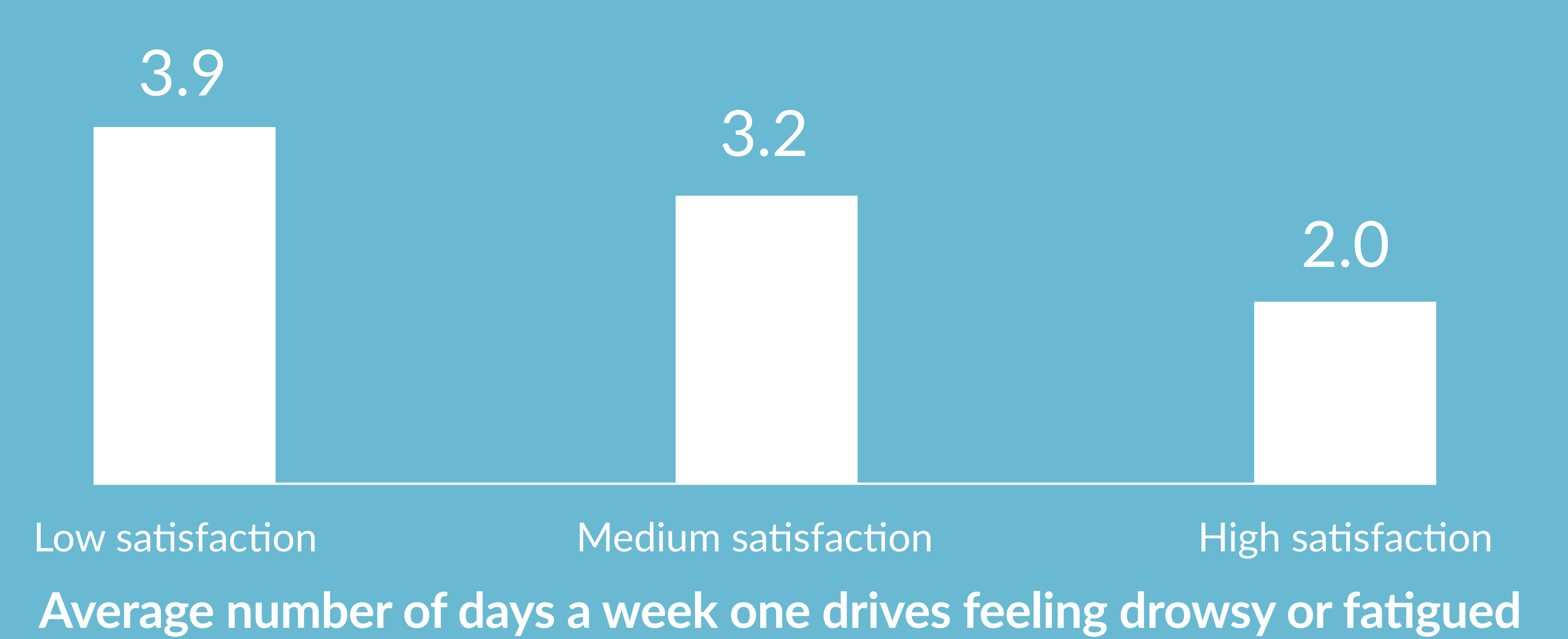
Well-rested employees are more satisfied with their workplace benefits.



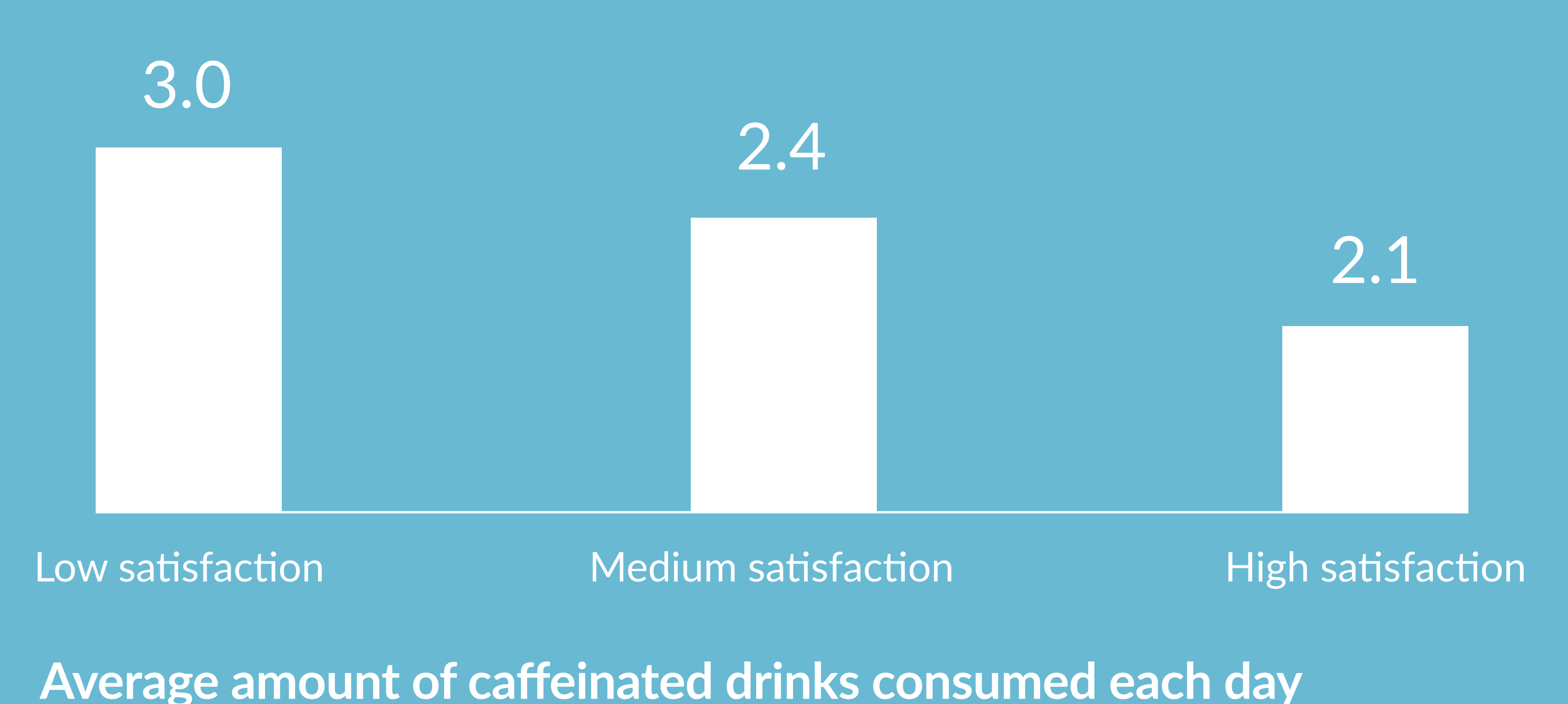
Well-rested employees experience more days with better performance.



Well-rested employees are less at risk of sleep-related driving accidents.



Well-rested employees consume less caffeinated drinks to increase their alertness.





# DID YOU KNOW?



67% of respondents agreed that by offering Sleep Wellness Programs, employers are innovative and ahead of their time.

72% of respondents agreed that by offering Sleep Wellness Programs, employers are investing wisely in their workforce.

64% of survey respondents agree that Sleep Wellness Programs make for a more attractive workplace and increased satisfaction.

Methodology Dayzz sleeping survey- Online survey using a random sampling of N> 30 employees in each company from a list of 25 companies included in the fortune 100 US firms, All respondents were US residents aged +18. The survey was conducted between June 13th and July 7th 2019. Total sample was 825 respondents with a margin of error 3.4%, CI 95%.

# ABOUT DAYZZ

Dayzz is a team of scientists, tech-savvy entrepreneurs, and therapists whose mission is to help people sleep better and improve their overall quality of life. Dayzz helps employers reduce the short and long-term costs incurred as a result of several factors such as decreased productivity, workplace accidents, and increased healthcare utilization. The app uses a smart, big-data based algorithm to provide employees with personalized sleep training plans that offer the right intervention at the right time, using unique motivational strategies and continuous support to help them reach their goals.

