

WorkForce Mobilemania

Smartphone: Got to Get You into My Life

Top responses to smartphone detachment are:



Happy
7 percent



Fine
41 percent



Sad
51 percent

Without a smartphone for a week, mobile workers would feel:

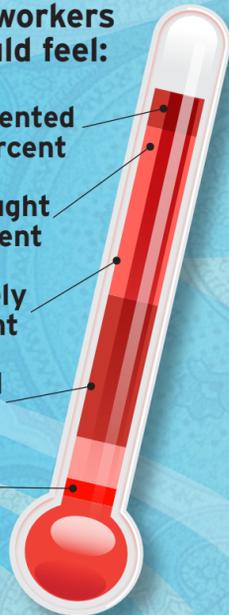
Disoriented
40 percent

Distraught
34 percent

Lonely
10 percent

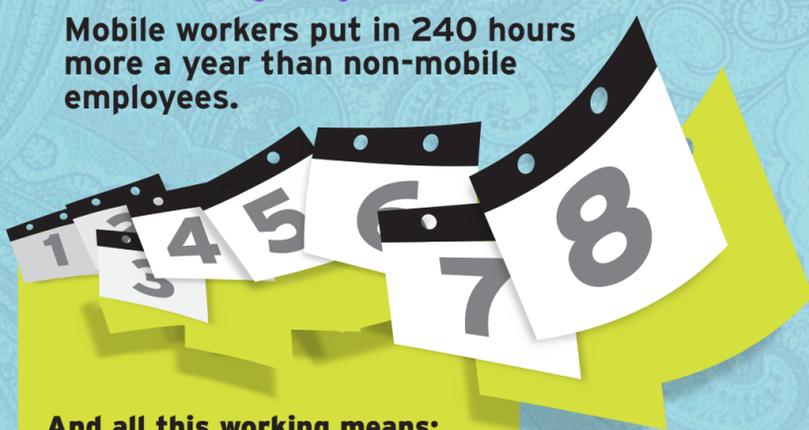
Physically ill
4 percent

Relieved
9 percent



Working eight days a week

Mobile workers put in 240 hours more a year than non-mobile employees.



And all this working means:

No sleep! • No exercise!

One in four mobile employees sleep less than six hours a night

One in three get less sleep because of work

56 percent exercise erratically or not at all

60 percent blame work for not getting as much exercise as they should

And it is worse for the business traveler

They work:

Before the commute •38 percent

During lunch •37 percent

In the evening •37 percent

In the middle of the night •8 percent

A long and winding business road

One in three mobile employees spend a week or more a month on the road



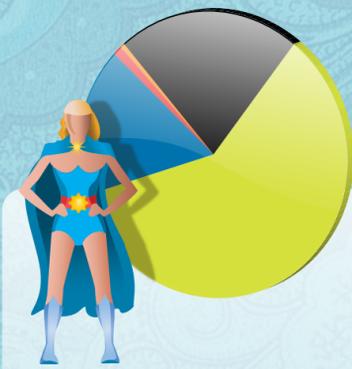
44 percent say business travel is bad for their overall health

Help! I don't need it



Access to resources is the largest barrier to mobile work. Barriers:

- Network coverage outside the office - 33 percent
- Access to applications on the go - 25 percent
- Unable to effectively interact with co-workers - 16 percent



Yet, 81 percent would contact IT only as a last resort, or not at all. Contact IT?

- Not me! Never - 22 percent
- As a last resort - 59 percent
- Sometimes - 17 percent
- Frequently - 1 percent
- Always - 0.4 percent



Mobile employees are technically proficient

- 69 percent highly proficient
- 25 percent moderately proficient
- 4 percent fairly proficient
- 2 percent non-proficient

Are mobile workers really working hard or hardly working?

Distractions:

Mobile workers spend only 28 minutes a day on "technology distractions"

Top three "technology distractions"

1. Work email - 43 percent
2. Technical difficulties - 30 percent
3. Social media - 13 percent

When there are too many "technology distractions" what suffers?

- Personal life suffers - 68 percent
 - Personal time - 26 percent
 - Family and friends - 18 percent
 - Exercise - 15 percent
- Work suffers - 60 percent



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