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Top three “technology distractions”

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

Mobile workers spend only 28 minutes a day on “technology distractions”

And this all 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

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

Distractions:

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

Contact IT?

□ Not at all – 22 percent
□ As a last resort – 59 percent
□ Sometimes – 17 percent
□ Frequently – 1 percent
□ Always – 0.4 percent

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 coworkers – 16 percent

69 percent highly proficient

25 percent moderately proficient

4 percent fairly proficient

2 percent non-proficient

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

A long and winding business road

Endless workday:

Before the commute

• 38 percent

During lunch

• 37 percent

In the evening

• 37 percent

In the middle of the night

• 8 percent

And all this working means:

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

No sleep! No exercise!

They work:

Before the commute

• 38 percent

During lunch

• 37 percent

In the evening

• 37 percent

In the middle of the night

• 8 percent

Are mobile workers really working hard or hardly working?

Top responses to smartphone detachment are:

Disoriented

40 percent

Distraught

34 percent

Lonely

10 percent

Physically ill

4 percent

Relieved

9 percent

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

Happy

7 percent

Fine

41 percent

Sad

51 percent

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