

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
 * small base

| | | REGION | | | | | | HOUSEHOLD INCOME | | | HOUSEHOLD COMPOSITION | |
|--|------------------|--------|-----|-------|---------|--------|----------|------------------|----------------|----------|-----------------------|---------|
| | Total | BC | AB | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids | No Kids |
| | | A | B | C | D | E | F | G | H | I | J | K |
| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| | Weighted 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| Employed full-time (35 or more hours a week) | 1406 | 187 | 138 | 93 | 538 | 345 | 106 | 158 | 385 | 863 | 488 | 918 |
| | 93% | 94% | 89% | 94% | 93% | 93% | 95% | 85% | 93% G | 95% G | 94% | 93% |
| Self-employed | 108 | 13 | 16 | 6 | 42 | 25 | 6 | 28 | 31 | 49 | 34 | 74 |
| | 7% | 6% | 11% | 6% | 7% | 7% | 5% | 15% HI | 7% | 5% | 6% | 7% |

US1. When do you typically 'power down' - i.e. when are you electronically inaccessible to your work colleagues?

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| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| After 5PM | 648 43% | 94 47% | 69 45% | 44 44% | 251 43% | 148 40% | 42 37% | 65 35% | 170 41% | 413 45% | 222 43% | 426 43% |
| After 7PM | 201 13% | 23 12% | 20 13% | 10 10% | 89 15% | 42 11% | 16 14% | 19 10% | 50 12% | 132 15% | 72 14% | 129 13% |
| After 10PM | 228 15% | 29 14% | 25 16% | 17 17% | 58 10% | 77 21% | 22 20% | 32 17% | 70 17% | 126 14% | 79 15% | 149 15% |
| After Midnight | 77 5% | 9 5% | 8 5% | 4 4% | 32 6% | 20 6% | 4 4% | 17 9% | 29 7% | 31 3% | 17 3% | 60 6% |
| On weekends only | 45 3% | 5 3% | 1 1% | 0 - | 29 5% | 9 2% | 1 1% | 1 1% | 15 4% | 28 3% | 16 3% | 28 3% |
| I am always connected | 314 21% | 39 20% | 31 20% | 24 24% | 121 21% | 72 20% | 26 23% | 51 27% | 82 20% | 182 20% | 114 22% | 200 20% |

US2_1. (I live to work - I enjoy it, and it's not just to pay the bills) What is the extent to which you agree or disagree with the following statements?

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| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I live to work - I enjoy it, and it's not just to pay the bills | | | | | | | | | | | | |
| Strongly agree | 163 11% | 18 9% | 15 9% | 5 6% | 77 13% C | 40 11% | 8 7% | 33 18% HI | 45 11% | 85 9% | 48 9% | 115 12% |
| Somewhat agree | 480 32% | 76 38% DE | 56 36% | 40 41% DE | 168 29% | 104 28% | 35 32% | 46 25% | 123 30% | 311 34% G | 148 28% | 332 33% J |
| Somewhat disagree | 499 33% | 58 29% | 54 35% | 31 31% | 182 31% | 132 36% | 41 37% | 55 29% | 137 33% | 307 34% | 192 37% K | 307 31% |
| Strongly disagree | 372 25% | 47 24% | 30 19% | 22 22% | 152 26% | 93 25% | 28 25% | 53 28% | 111 27% | 209 23% | 134 26% | 238 24% |
| Summary | | | | | | | | | | | | |
| Top2Box - Agree | 643 42% | 95 47% E | 70 45% | 46 47% | 245 42% | 144 39% | 43 38% | 79 42% | 168 40% | 397 43% | 195 37% | 448 45% J |
| Low2Box - Disagree | 871 58% | 105 53% | 84 55% | 53 53% | 335 58% | 225 61% A | 69 62% | 107 58% | 248 60% | 516 57% | 326 63% K | 545 55% |

US2_2. (I work to live - I need the paycheque, but prefer to leave work at work) What is the extent to which you agree or disagree with the following statements?

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| | Total | BC | AB | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids | No Kids |
| | | A | B | C | D | E | F | G | H | I | J | K |
| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I work to live - I need the paycheque, but prefer to leave work at work | | | | | | | | | | | | |
| Strongly agree | 624 41% | 82 41% | 61 39% | 38 39% | 257 44% | 140 38% | 45 40% | 71 38% | 188 45% | 364 40% | 239 46% K | 385 39% |
| Somewhat agree | 602 40% | 79 40% | 65 42% | 45 46% | 205 35% | 166 45% | 42 37% | 77 41% | 157 38% | 368 40% | 199 38% | 403 41% |
| Somewhat disagree | 187 12% | 29 15% | 20 13% | 8 8% | 69 12% | 48 13% | 13 12% | 26 14% | 46 11% | 115 13% | 59 11% | 127 13% |
| Strongly disagree | 102 7% | 9 5% | 9 6% | 7 7% | 49 8% AE | 16 4% | 12 10% AE | 12 7% | 25 6% | 65 7% | 24 5% | 78 8% J |
| Summary | | | | | | | | | | | | |
| Top2Box - Agree | 1225 81% | 162 81% | 125 81% | 83 85% | 462 80% | 306 83% | 87 78% | 148 80% | 345 83% | 733 80% | 438 84% K | 787 79% |
| Low2Box - Disagree | 289 19% | 38 19% | 29 19% | 15 15% | 118 20% | 63 17% | 25 22% | 38 20% | 71 17% | 180 20% | 84 16% | 205 21% J |

US2_3. (I have difficulty achieving work-life balance, at the expense of my personal life) What is the extent to which you agree or disagree with the following statements?

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| | Total | BC | AB | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids | No Kids |
| | | A | B | C | D | E | F | G | H | I | J | K |
| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I have difficulty achieving work-life balance, at the expense of my personal life | | | | | | | | | | | | |
| Strongly agree | 120 8% | 14 7% | 13 9% | 8 8% | 54 9% | 25 7% | 5 5% | 19 10% | 31 7% | 71 8% | 48 9% | 73 7% |
| Somewhat agree | 429 28% | 59 29% | 55 36% | 25 26% | 160 28% | 102 27% | 29 25% | 54 29% | 117 28% | 258 28% | 150 29% | 279 28% |
| Somewhat disagree | 546 36% | 77 39% | 52 34% | 36 36% | 195 34% | 135 36% | 52 46% D | 70 38% | 137 33% | 339 37% | 185 35% | 362 36% |
| Strongly disagree | 419 28% | 50 25% | 34 22% | 30 30% | 171 29% | 108 29% | 27 24% | 44 24% | 130 31% | 245 27% | 139 27% | 279 28% |
| Summary | | | | | | | | | | | | |
| Top2Box - Agree | 549 36% | 73 36% | 69 44% EF | 33 34% | 214 37% | 127 34% | 34 30% | 72 39% | 148 36% | 329 36% | 198 38% | 351 35% |
| Low2Box - Disagree | 965 64% | 127 64% | 86 56% | 65 66% | 366 63% | 243 66% B | 78 70% B | 114 61% | 267 64% | 584 64% | 324 62% | 641 65% |

US2_4. (I have difficulty achieving work-life balance, at the expense of my career) What is the extent to which you agree or disagree with the following statements?

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|--|-------------|------------|------------|-----------|------------|------------|-----------|------------------|----------------|------------|-----------------------|------------|
| | Total | BC | AB | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids | No Kids |
| | | A | B | C | D | E | F | G | H | I | J | K |
| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I have difficulty achieving work-life balance, at the expense of my career | | | | | | | | | | | | |
| Strongly agree | 56 4% | 8 4% | 6 4% | 3 3% | 22 4% | 13 4% | 6 5% | 9 5% | 14 3% | 33 4% | 22 4% | 34 3% |
| Somewhat agree | 303 20% | 38 19% | 35 23% | 28 28% | 122 21% | 50 14% | 31 27% | 38 20% | 68 16% | 197 22% | 111 21% | 192 19% |
| Somewhat disagree | 665 44% | 96 48% | 64 41% | 42 42% | 237 41% | 184 50% | 41 37% | 81 44% | 178 43% | 405 44% | 229 44% | 436 44% |
| Strongly disagree | 490 32% | 58 29% | 50 33% | 26 27% | 199 34% | 122 33% | 35 31% | 58 31% | 155 37% | 277 30% | 160 31% | 330 33% |
| Summary | | | | | | | | | | | | |
| Top2Box - Agree | 359 24% | 45 23% | 40 26% | 31 31% | 144 25% | 63 17% | 36 32% | 46 25% | 82 20% | 230 25% | 132 25% | 227 23% |
| Low2Box - Disagree | 1155 76% | 155 77% | 114 74% | 68 69% | 436 75% | 306 83% | 76 68% | 139 75% | 333 80% | 682 75% | 389 75% | 766 77% |

US2. (Top2Box - Agree Summary) What is the extent to which you agree or disagree with the following statements?

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| | | A | B | C | D | E | F | G | H | I | J | K |
| Base: All respondents | | | | | | | | | | | | |
| | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I live to work - I enjoy it, and it's not just to pay the bills | 643 | 95 | 70 | 46 | 245 | 144 | 43 | 79 | 168 | 397 | 195 | 448 |
| | 42% | 47% E | 45% | 47% | 42% | 39% | 38% | 42% | 40% | 43% | 37% J | 45% J |
| I work to live - I need the paycheque, but prefer to leave work at work | 1225 | 162 | 125 | 83 | 462 | 306 | 87 | 148 | 345 | 733 | 438 | 787 |
| | 81% | 81% | 81% | 85% | 80% | 83% | 78% | 80% | 83% | 80% | 84% K | 79% K |
| I have difficulty achieving work-life balance, at the expense of my personal life | 549 | 73 | 69 | 33 | 214 | 127 | 34 | 72 | 148 | 329 | 198 | 351 |
| | 36% | 36% | 44% EF | 34% | 37% | 34% | 30% | 39% | 36% | 36% | 38% | 35% |
| I have difficulty achieving work-life balance, at the expense of my career | 359 | 45 | 40 | 31 | 144 | 63 | 36 | 46 | 82 | 230 | 132 | 227 |
| | 24% | 23% | 26% E | 31% E | 25% E | 17% | 32% E | 25% | 20% | 25% H | 25% | 23% |

US2. (Low2Box - Disagree Summary) What is the extent to which you agree or disagree with the following statements?

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| | | A | B | C | D | E | F | G | H | I | J | K |
| Base: All respondents Weighted | | | | | | | | | | | | |
| | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I live to work - I enjoy it, and it's not just to pay the bills | 871 | 105 | 84 | 53 | 335 | 225 | 69 | 107 | 248 | 516 | 326 | 545 |
| | 58% | 53% | 55% | 53% | 58% | 61% A | 62% | 58% | 60% | 57% | 63% K | 55% |
| I work to live - I need the paycheque, but prefer to leave work at work | 289 | 38 | 29 | 15 | 118 | 63 | 25 | 38 | 71 | 180 | 84 | 205 |
| | 19% | 19% | 19% | 15% | 20% | 17% | 22% | 20% | 17% | 20% | 16% | 21% J |
| I have difficulty achieving work-life balance, at the expense of my personal life | 965 | 127 | 86 | 65 | 366 | 243 | 78 | 114 | 267 | 584 | 324 | 641 |
| | 64% | 64% | 56% | 66% | 63% | 66% B | 70% B | 61% | 64% | 64% | 62% | 65% |
| I have difficulty achieving work-life balance, at the expense of my career | 1155 | 155 | 114 | 68 | 436 | 306 | 76 | 139 | 333 | 682 | 389 | 766 |
| | 76% | 77% | 74% | 69% | 75% | 83% BCDF | 68% | 75% | 80% I | 75% | 75% | 77% |

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| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| Weighted | 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| Yes, constantly | 280 18% | 35 17% | 30 19% | 13 13% | 99 17% | 85 23% D | 18 16% | 35 19% | 86 21% | 159 17% | 101 19% | 179 18% |
| Yes, sometimes | 963 64% | 130 65% | 97 63% | 63 64% | 367 63% | 237 64% | 69 62% | 122 66% | 251 60% | 591 65% | 338 65% | 625 63% |
| No, never | 271 18% | 35 17% | 28 18% | 22 22% E | 114 20% E | 47 13% | 25 22% E | 29 16% | 79 19% | 163 18% | 83 16% | 189 19% |

US4. How accessible are you to your work colleagues when you are on vacation?

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| Base: All respondents | 1514 | 331 | 141 | 90 | 504 | 341 | 107 | 169 | 408 | 937 | 512 | 1002 |
| | Weighted 1514 | 200 | 154 | 98* | 580 | 369 | 112 | 186 | 416 | 913 | 522 | 992 |
| I keep my cell phone/mobile device on and with me | 312 | 43 | 39 | 17 | 105 | 80 | 28 | 45 | 75 | 191 | 95 | 217 |
| | 21% | 21% | 26% | 17% | 18% | 22% | 25% | 24% | 18% | 21% | 18% | 22% |
| I check in at the office periodically | 190 | 26 | 30 | 13 | 92 | 16 | 13 | 15 | 33 | 143 | 69 | 121 |
| | 13% | 13% | 19% | 13% | 16% | 4% | 12% | 8% | 8% | 16% | 13% | 12% |
| I unplug completely | E | E | E | E | E | E | E | E | E | GH | | |
| | 1012 | 131 | 85 | 68 | 383 | 274 | 71 | 126 | 308 | 578 | 358 | 654 |
| | 67% | 66% | 55% | 70% | 66% | 74% | 63% | 68% | 74% | 63% | 69% | 66% |
| | | B | | B | B | ABDF | | | I | | | |