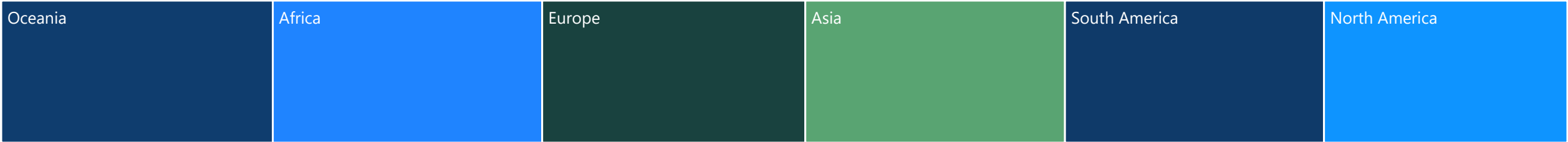
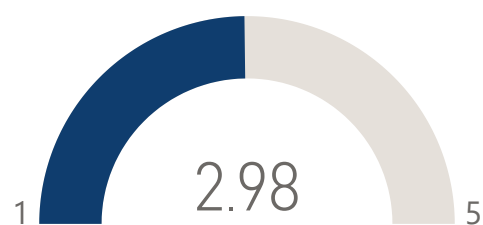


# Mental Health of Remote Work Employees

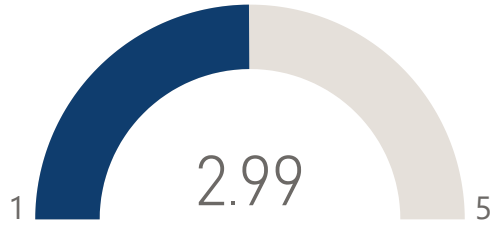
Region



Average Work-Life Balance Rating

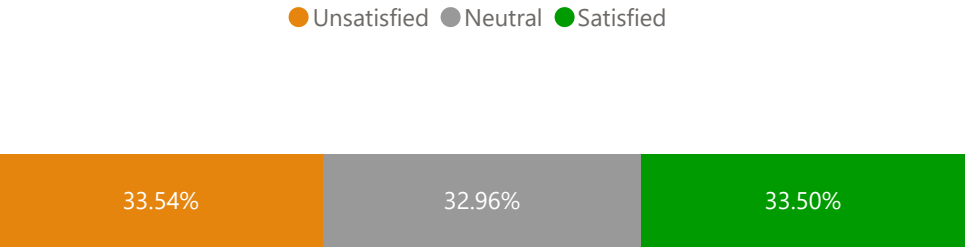


Average Work Isolation Rating

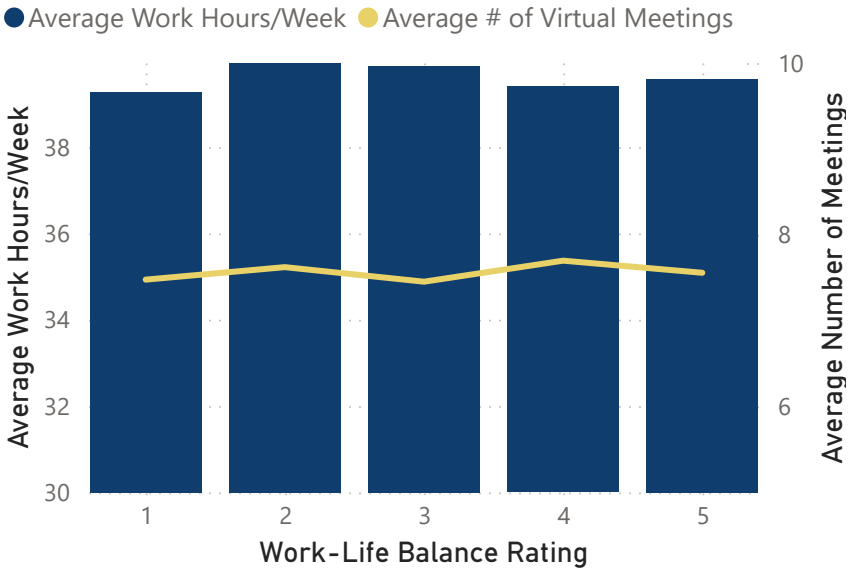


5000  
Employees Surveyed

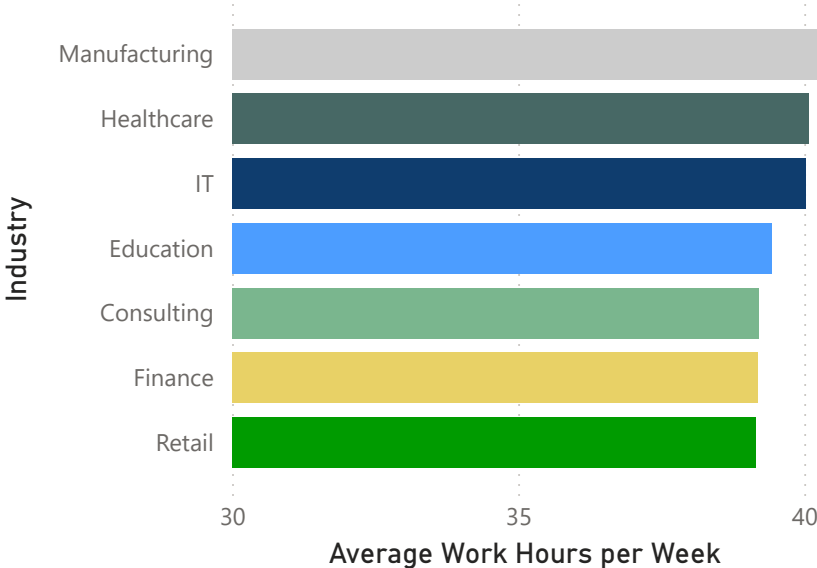
Remote Work Satisfaction



Hours Worked and Total Meetings vs Work-Life Balance



Average of Hours Worked Per Week by Industry



Variance of Hours Worked Per Week by Sleep Quality

