



## SNOOZE ALARM

Do your company meetings bore you?

Well, you're not alone: 37 percent of American workers have attended a meeting where at least one person has fallen asleep.

According to a random telephone survey of 1,216 American workers conducted by Interactive Meeting Solutions, a meeting facilitation firm in Santa Rosa, Calif., almost a third of the country's workforce now attends three or more meetings a week. Thirty-four percent say many of the meetings are a "complete waste of time."

That's not all.

Of those people who work at big corporations, 50 percent say they have attended a meeting at which a participant actually fell asleep, compared to only 26 percent of small-company workers who witnessed that event. Overall, 37 percent of American workers have attended a workplace meeting where at least one participant has just plain fallen asleep.

"Despite all of our advances in science and technology, the art of the American meeting is still very low-tech and low-touch," said Chuck McPherson, president of Interactive Meeting Solutions. "As far as bringing high tech to the meeting room, our new survey shows this: The most widespread uses of technology in America's meeting rooms are the use of Palm Pilots and cell phones by meeting participants to play games, and the use of the pager to get oneself called out of a dull meeting using a phony excuse."

According to the survey, 8 percent of American workers admit to playing electronic games during a company meeting, with that number surging to one out of 7 among workers aged 18-24. And 5 percent of American workers say they have had a friend or co-worker give them a bogus page or cell phone call as a phony excuse to get out of a boring meeting. Six percent of American workers admit to faking illness to get out of a potentially dull workplace meeting.

The random telephone survey was conducted Nov. 28 to Dec. 7.