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HEADLINE: Snoozing at Work

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BODY:

Snoozing at work?

Falling asleep at a business meeting happens more often than you might think. A recent telephone survey conducted by Interactive Meeting Solutions found that 37 percent of American workers have attended a meeting where at least one participant has fallen asleep.

The random survey of 1,216 U.S. workers conducted with the assistance of Opinion Research Corp. of Princeton, N.J., found nearly one-third of the U.S. work force attends three or more meetings a week, with 34 percent saying many of those meetings are a "complete waste of time."

Small business triumphs when it comes to livelier meetings, according to the survey. While 38 percent of workers at large companies say many of their meetings are "pretty boring," just 25 percent of small-business employees agreed with that statement. Also, just 26 percent of small-business employees have seen someone fall asleep at meeting, compared with 50 percent of employees at bigger businesses.

The survey also revealed that 8 percent of American workers admit to playing electronic games during a company meeting, and 6 percent said they've faked being ill to get out of a dull meeting.

Get help managing time

Central New York Sales & Marketing Executives is sponsoring a forum about time management 11:30 a.m. to 1:30 p.m. Friday at the Wyndham Syracuse. Ralph Simone of Simone & Associates, Inc., one of the original Franklin-Covey certified trainer/consultants, will present his approach to managing time.

The cost is \$15 for members and \$20 for non-members. Call 876-1868 for more information.

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