



# Hangovers

COST BUSINESS £790 million

According to new research by Travelodge, hangovers will cost companies an astounding £790 million this Christmas.

**B**ritish employees envisaged that their productivity will halve and on average they will waste two and half hours doing nothing due to a hangover after their annual Christmas party.

Almost a third (30%) admitted they had called in sick when they had a hangover even though 34% were sure their manager knew they were pulling a fast one.

Alarming 18% of those questioned confessed to driving into work in spite of having a severe hangover and freely admitted that they could well be over the legal drink and driving limit.

15% of "delicate" workers divulged that they had a catnap at work after a 'big night out'.

## THE TOP 5 PLACES FOR a sly snooze were:

1. At the desk or under the desk
2. In the toilet
3. In the car
4. In a meeting
5. In the board room or stationery cupboard

For some symptoms are more acute with 21% of adults being sick in their place of work the 'morning after the night before'.

For more information on hangover cures try:  
[www.bbc.co.uk/stoke/features/christmas/hangovercures.shtmlhtm](http://www.bbc.co.uk/stoke/features/christmas/hangovercures.shtmlhtm)

[www.businessinberkshire.co.uk](http://www.businessinberkshire.co.uk)

