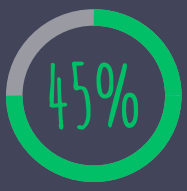
John Hancock Mindfulness Survey

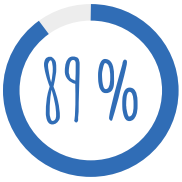
John Hancock | Vitality



of Americans are getting **less than six hours of sleep nightly**, citing that the top three things preventing them from falling asleep are **general stress, family & financial concerns**.

practice meditation or mindfulness when they are stressed. Of those who do, **nearly 70% say it's the most effective activity for managing their stress**, ranked above listening to music, sleeping or exercising.

While Americans are glued to their smart phones, they aren't using them to access mindfulness tools. Only three in ten agree that apps and wearables help them integrate mindfulness into their daily routine. However, **almost half (44%) want to learn more about how technology can help them be more mindful**.



agree that **overall wellness** is much more than physical health, exercise & nutrition, saying it also includes **mental & financial** well-being. But our survey shows:

Only 15 % of Americans primarily focus on their financial well-being

Only 19% of Americans primarily focus on their mental well-being

Americans view 10 minutes

of **daily meditation as an achievable goal** – with 72 percent saying they could find that amount of time in their average day to be mindful.

The John Hancock Mindfulness Survey was conducted online by Qualtrics on behalf of John Hancock. Interviews were completed in May 2018 among 1,500 U.S. adults over 30 years of age with a household income greater than $50,000. The data reflects the US population in terms of age, income and gender. Vitality is the provider of the John Hancock Vitality Program in connection with policies issued by John Hancock. Insurance products are issued by: John Hancock Life Insurance Company (U.S.A.), Boston, MA 02210 (not licensed in New York) and John Hancock Life Insurance Company of New York, Valhalla, NY 10595. MLINY061518143