

Making Life Easier

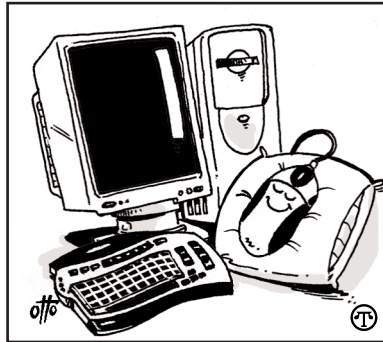
Get Back In Touch With Your Pillow

(NAPSA)—Take a few moments tonight to embrace your pillow. It turns out you might not be seeing it as much as you'd like. According to the Better Sleep Council, nearly two in three Americans are losing sleep due to stress. And, at the same time, it looks as if U.S. workers may be burning the midnight oil to keep up with demands at the office.

What might this mean for you? Well, you may find yourself behind a computer for a sizeable chunk of the day. In fact, a recent survey commissioned by Microsoft's Hardware Division revealed that two out of three office workers surveyed spend at least six hours a day with their computers, and nearly 25 percent said they spend eight hours a day at the computer—more than many people spend sleeping.

This survey suggests that most of the U.S. workforce may have their hands on a mouse and keyboard more than anything else, including their pillows.

What to do? Take a look at your work space and catalog what you've chosen to surround yourself with for those more-than-eight-



Mice and keyboards can help you take back the night.

hour days. Are you comfortable? Productive? The survey found that eight out of 10 computer users believe that high-quality mice and keyboards have an impact on their ability to be productive, and nearly 60 percent of survey respondents said high-quality mice and keyboards would boost morale in the office.

With the scales of work-life balance already tipping more and more to the office, Microsoft Hardware is developing sophisticated and reliable products that help keep workers productive and comfortable day after day. In addition,

the company offers a few simple tips that can help people get more done at work through increased productivity, comfort and, ultimately, happiness:

- **Take hold of technology.**

Computer products allow you to automate certain tasks that were once time-consuming. Consider purchasing mice and keyboards with time-saving features such as programmable hot keys, optical tracking and a tilt wheel to work more easily in spreadsheets.

- **Go ergo.** According to Stephen Pheasant in "Ergonomics, Work and Health," researchers have found that individual performance increases by 25 percent when employees use an ergonomically designed workstation.

- **Cut the clutter.** Reduce stress by planning your work area so that desktop distractions are kept to a minimum. Wireless mice and keyboards are great because they free up space on your desk and allow you to focus on the task at hand.

For more information or to read healthy computing guidelines, visit <http://www.microsoft.com/hardware>.