



AIR NEW ZEALAND

AIR NEW ZEALAND VACATION GAP STUDY Quick Facts

PERFORMANCE

- On the last day of vacation, performance was **82 percent better** than pre-vacation levels.
- Post-vacation performance **improved nearly 25 percent** compared to performance before vacation.
- People age 45 and older had **50 percent better post-vacation** performance.
- Travelers with a companion had **50 percent better** performance than those without.

HEALTH / MOOD

- **67 percent** of passengers surveyed believe that doctors should be able to write prescriptions for vacations.
- Travelers rated their overall health more than **one full point higher** (on a scale from one to five) while on vacation.
- Travelers' sadness ratings **increased 92 percent** upon leaving New Zealand.

REJUVENATION

- Travelers got **three times more deep sleep** (rejuvenating sleep when the cells physically regenerate) after their vacation.
- Travelers slept **one hour more** while in New Zealand than at home.
- Individuals slept **34 minutes less** the night before leaving on their trip than compared to all other sleep periods at home.
- Travelers continued to get almost **20 minutes more** sleep post-vacation than pre-vacation.