

# How to balance home, office lives

By Paige Parker, Vegas Inc.

If it seems like your day job is taking over your night hours, you're right. The Pew Research Center reports nearly half of all Americans do at least some work from home.

"In particular for those who run their own businesses, there is an epidemic of people working 24/7 and taking work home with them," said Tina Forsyth, a business consultant and author of "The Entrepreneur's Trap."

The pressure to be constantly on the clock can have serious health consequences, according to the American Psychological Association, which found in 2012 that 65 percent of Americans cited work as a top source of stress. Untreated, chronic stress can lead to anxiety, insomnia, obesity and heart disease.

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