The Power of Space

Space is Good for You

A Better You: 87% of Americans believe having space to themselves makes them better people.

Top Benefits:
- 55 minutes of “me” time is optimal to recharge
- Mood is contagious and can set the vibe for your travel experience
- Top Excuses:
  - Throwing more space on the road
  - Making an imaginary call
  - Pretending to work earlier or later

Space is Good for Parenting

No Shame: 71% of parents believe having the space to play matters more than tons of toys.

Top Excuses:
- Bye-bye parental guilt
- Kids need room too!

Space is Good for Business

99% of employers say equal satisfaction among employees is optimal to recharging.

Top Benefits:
- Pomo: 78% of parents say they are more productive and creative with more space options.
- Roommate: 20% of parents say they would have more space if they lived with a roommate.

Space is Good for Travel

Top Mood Breakers:
- Snoring roommates: 20%
- Groceries, companions: 40%
- More creative: 31%
- Calmer: 40%

For more on The Power of Space survey, conducted by Wakefield Research on behalf of Embassy Suites, Homewood Suites and Home2 Suites by Hilton, visit newsroom.hilton.com.

© Hilton 2019

© Embassy Suites 2019

© Home2 Suites by Hilton 2019

© Homewood Suites by Hilton 2019

For more on The Power of Space survey, conducted by Wakefield Research on behalf of Embassy Suites, Homewood Suites and Home2 Suites by Hilton, visit newsroom.hilton.com.

HiltonBringIt.com