***Business Insider* June 26, 2019**

**Wealthy Americans don't have enough time in the day to spend their money, and it's stressing them out**

[Allana Akhtar](https://www.businessinsider.com/author/allana-akhtar)

9h

Hero Images/Getty Images

* People who make a lot of money feel stressed about the amount of time they have to spend it, according to the economist Daniel Hamermesh.
* Rich people have more incentive to work a lot, since they are sacrificing more dollars per hour by not working than lower earners.
* Even when they don't work, higher earners feel pressure to spend their time on costly experiences.
* Lower earners feel less stressed about how they spend their time, but more stressed about actually making money.

Stress at work has an income divide.

Higher earners work more because they feel rushed to make and spend money, while lower earners feel less stress over work, according to the economist Daniel Hamermesh, who recently released his book ["Spending Time: The Most Valuable Resource."](https://www.amazon.com/Spending-Time-Most-Valuable-Resource/dp/0190853832?tag=bisafetynet2-20)

On average, Americans have more money than they had 50 years ago, Hamermesh argued, but they have the same 24 hours in a day to spend it. Median household incomes have [increased in the past 50 years](https://www.pewresearch.org/fact-tank/2018/12/11/young-adult-households-are-earning-more-than-most-older-americans-did-at-the-same-age/) (though [real wages haven't budged](https://www.businessinsider.com/heres-why-wages-in-the-us-have-been-going-nowhere-2018-7)). The time we spend on things like sleeping, eating, and personal grooming hasn't changed substantially.

"Our incentives drives us to do things differently," Hamermesh said in an interview with Business Insider. "The amount of income we have, which differs substantially across people, leads us to spend the time differently as we have differently."