

MOST PRODUCTIVE TIME FOR A UK OFFICE WORKER? BETWEEN 10AM & 11AM ON A TUESDAY, SAYS WORKTHERE

- Money is biggest motivator for going to work, but the younger generation is less motivated by cash than their older counterparts

New research¹ from flexible office specialist, [Workthere](#) has revealed that the majority of UK office workers are most productive in the middle of the morning between 10am and 11am.

Asking respondents about their productivity, almost a third (31%) said they feel the same level of productiveness every day. However, when breaking the results down on a day-by-day basis, the top three most productive days, are:

1. Tuesday (24%)
2. Monday (16%)
3. Wednesday (15%)

Not only are the most productive days at the beginning of the week, but it also appears that workers are also more productive earlier in the day too. On average, one in five (19%) respondents said they were most productive between 8am and 11am, with just 2% claiming they work best between 4pm and 6pm.

Workthere's research also revealed an insight into UK office worker's sleeping patterns in order to draw a potential link to sleep and productivity and found that, out of those who responded, the average worker goes to sleep at 22:30pm and wakes up at 6:45am. Respondents who sleep or wake up any later than this tend to experience a drop in productivity levels, as only 2% of respondents who wake up between 9 and 10am, and 7% who go to sleep later than 1am, said they feel productive all day.

In addition, Workthere delved into participants' motivations for getting up in the morning and going to work and found that money is naturally the main motivator. However, the younger generations, especially those aged between 25-34 (53%) are less driven by money compared to their older counterparts aged 65 and above (76%) and the 55-64 age group (71%). In comparison, 18-24-year olds (33%) and 25-34-year olds (32%) are more motivated to go to work by knowing they'll learn something new, compared to just 13% of 55-64 year olds and 10% of over 65s who said the same.

Commenting on the research findings, Cal Lee, global head of Workthere, says: "Whilst overall productivity levels for UK office workers will inevitably vary from day to day it is interesting to see the average optimum times for productivity, particularly in terms of time and a specific day.

"It's important to remember that each person works differently, and while some may prefer to work a 9-5, others like to work around their lives and schedule. One potential benefit of flexible working is the possibility for workers to manage their day around when their productivity levels may be at their highest, therefore helping to manage their time more efficiently. By their nature, flexible and serviced office spaces complement flexible working arrangements perfectly and allow employees to work at a time or location where they'll be the most productive."

To find out more about Workthere's research, please visit: [\(link to blog when live\)](#)

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Notes to Editors

1. Research conducted on behalf of Workthere with 2,000 UK office workers who work Monday-Friday between the hours of 8am-6pm in July 2019
2. Stat taken from: <https://smallbusiness.co.uk/lack-of-sleep-work-costs-uk-2543203/>

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About Workthere

Launched in February 2017, Workthere is a Savills venture introduced to help businesses find flexible, co-working and serviced office space across Europe, America and Asia. Workthere is an entirely new brokerage service and website listing platform - workthere.com - combining tech with an expert human touch. Workthere is a completely free service for occupiers and covers the entire flexible work space market as well as covering more specialist space such as laboratories. The concept was formed by Cal Lee, a former graduate and development surveyor at Savills, who saw the opportunity to offer a new platform for growing co-working and flexible work space providers to market their space. www.workthere.com

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