

Productivity Benchmarks

We analyzed **73,480,850** hours from **56,713** employees to find out...

How they spend their time

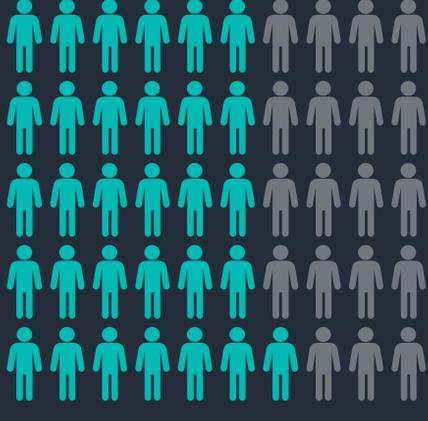


Routines matter. Employees with consistent start times appear to be more productive than their peers.

70% of employees begin their day within the same 2-hour window, yielding 1 additional hour of productivity.



There is an immediate opportunity to rebalance work and increase healthy work habits.



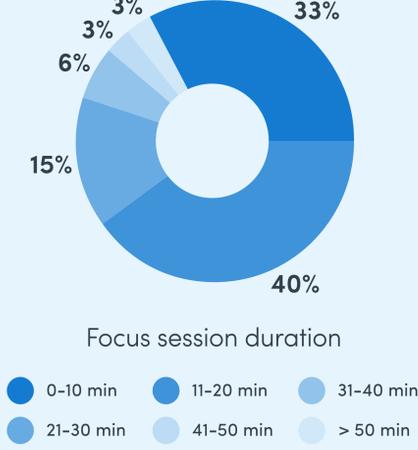
62% of employees currently have a healthy workload balance — ideally, that number should be 80%.

The average workday consists of many brief focus sessions, as opposed to longer periods of deep work.

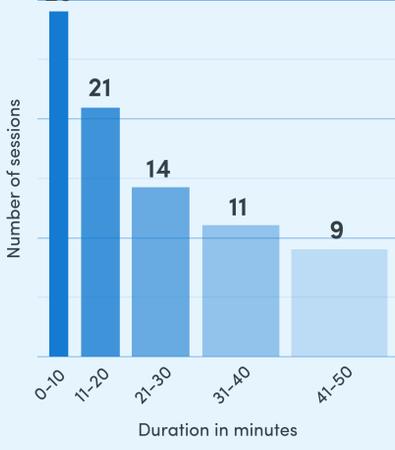
Over 70% of employees maintain focus for 20 minutes or less per session, with the average lasting 14 minutes.



Employee Breakdown

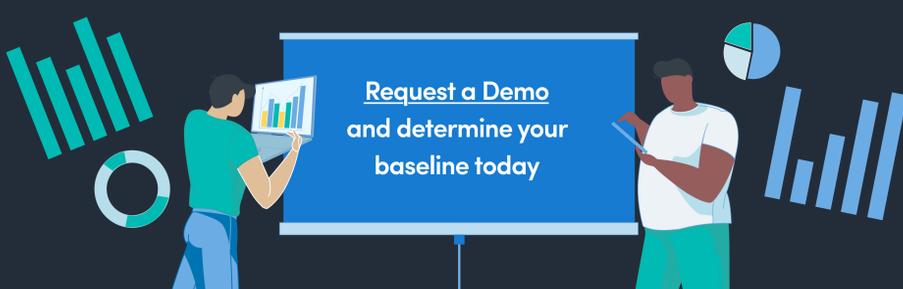


Number of Sessions



Companies have a lot to gain from understanding the work habits of their employees.

How do you measure up?



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Connect with your customer success manager to assess your productivity customersuccess@activtrak.com

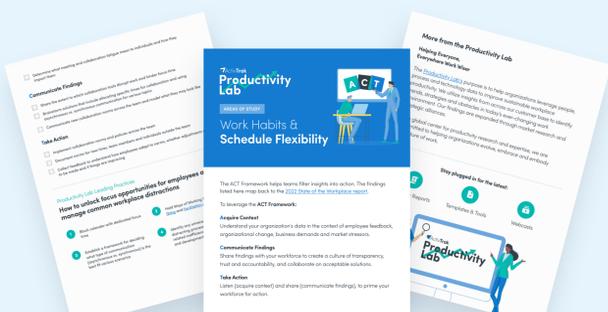
Unlock productivity in your organization



Position your organization to achieve sustainable productivity and promote employee well-being with the ACT framework.

- A** Acquire Context
- C** Communicate Findings
- T** Take Action

Learn how to take ACTion [here](#)



Methodology

This infographic is based on quantitative data collected via ActivTrak's workforce analytics platform. It reflects actual user behavior recorded over a one-year period through a uniquely coded intelligent agent network. To better understand a range of industries, we compared an industry subset to an overall data set.

Overall Data Set

56,713 employees | **73,480,852** hours

About ActivTrak and The Productivity Lab

ActivTrak helps digital workforces work wiser and thrive. More than 9,000 customers and 550,000 users have deployed our workforce analytics platform to gain insights and metrics about digital work so they can measure and optimize productivity and wellness with the employee in mind. Leveraging these innovations, the **ActivTrak Productivity Lab** is a global center for productivity research and expertise committed to helping organizations embrace the future of work. To learn more visit: <https://www.activtrak.com>.