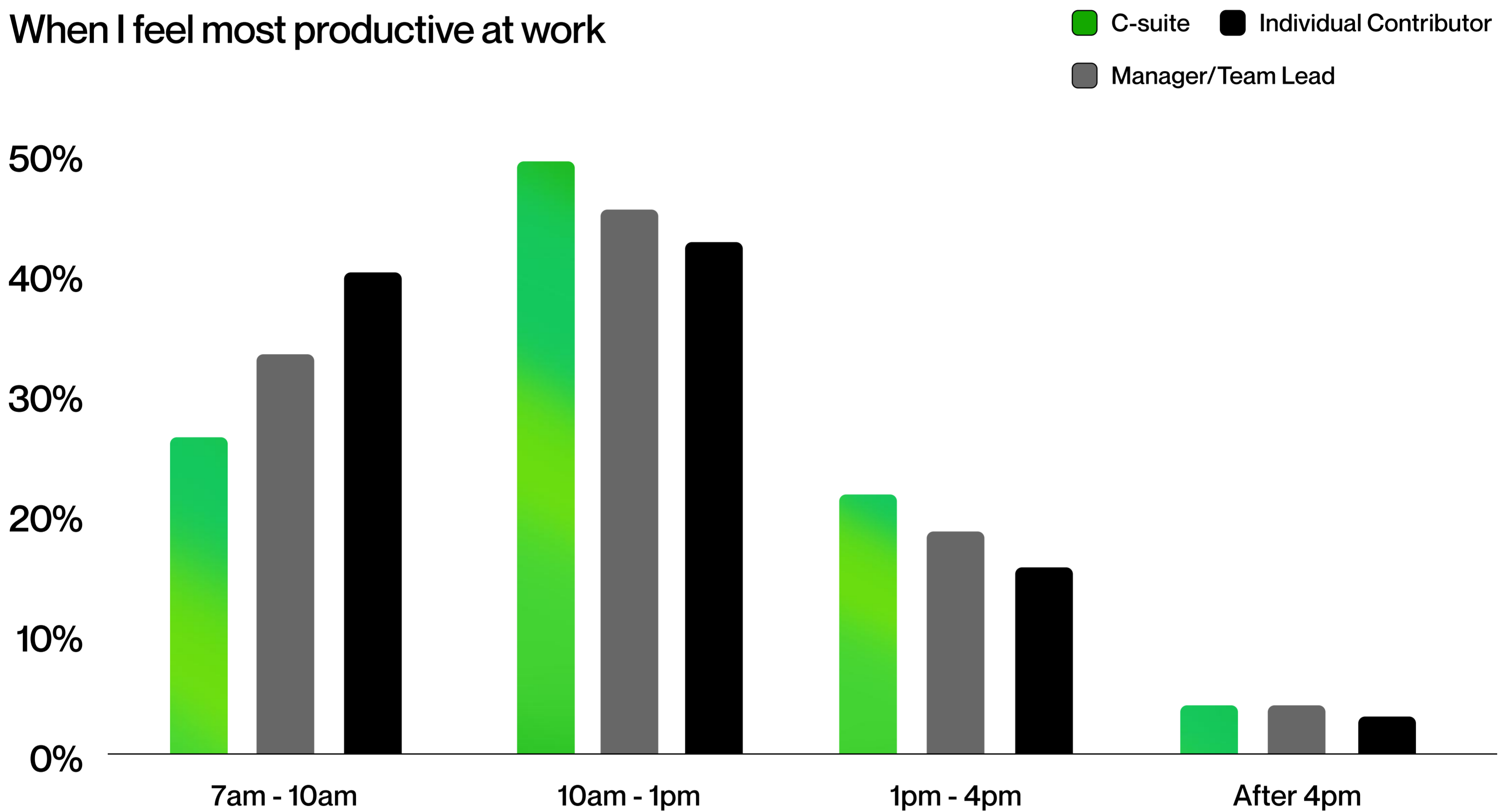


More on productivity from our research

Are You Capturing the Golden Hour of Productivity?

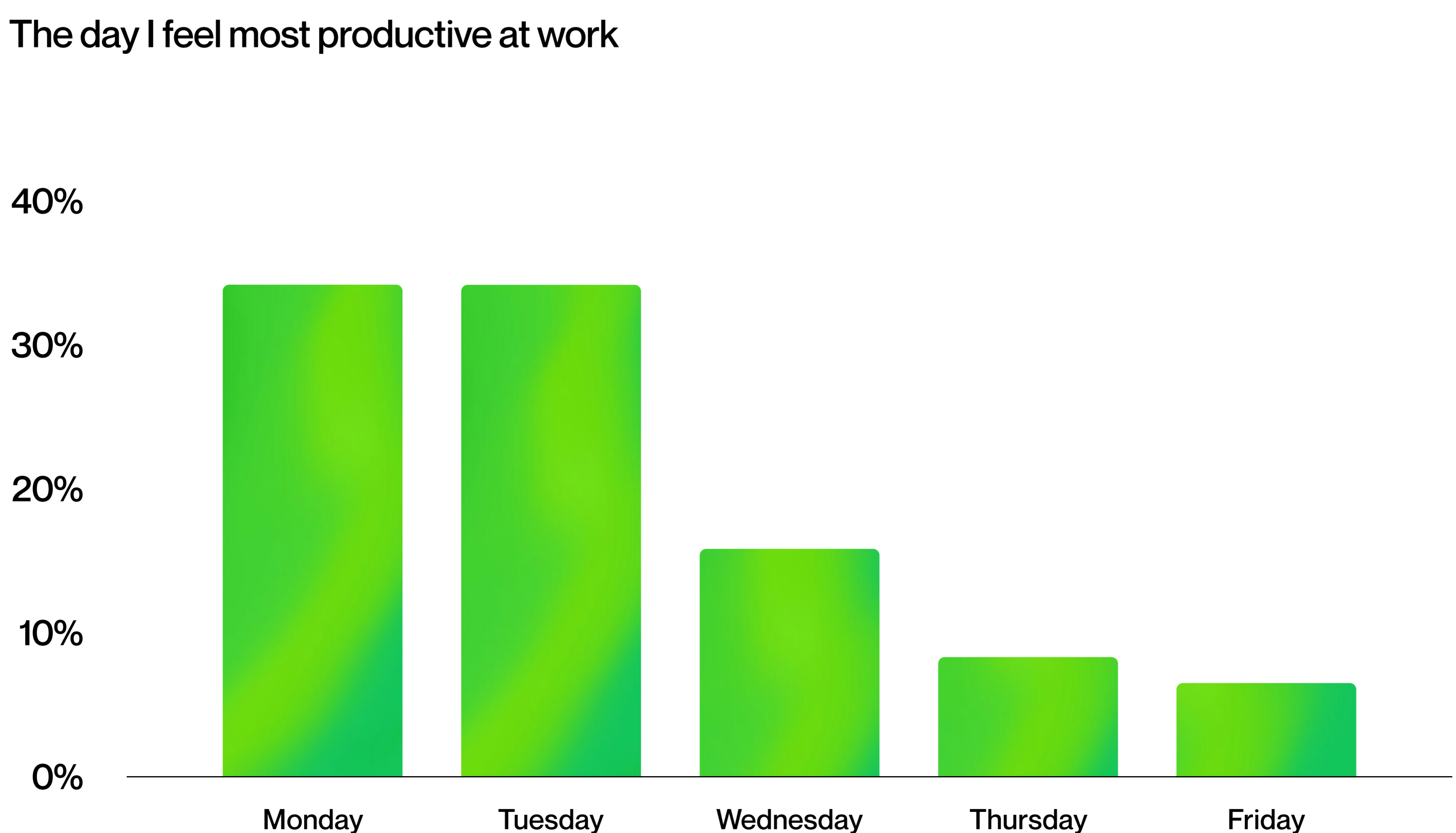
Our research indicates that across all organizational levels, the majority of people feel most productive between 10 am and 1 pm, with productivity steadily declining as the day progresses. Individual contributors often report higher productivity early in the morning, suggesting that commuting during these hours may negatively impact their productivity. Additionally, Monday and Tuesday emerged as the days when people felt most productive.

When I feel most productive at work



Source: Upwork Research Institute, 2024

The day I feel most productive at work



Source: Upwork Research Institute, 2024