

# Statistics of Remote Work

## Study by Tiny Pulse:

<https://cdn2.hubspot.net/hubfs/443262/>

[TINYpulse\\_What\\_Leaders\\_Need\\_to\\_Know\\_About\\_Remote\\_Workers.pdf?t=1462203875281](https://www.tinypulse.com/insights/what-leaders-need-to-know-about-remote-workers)

### Highlights:

- 93% of respondents are more productive when working remotely
- Remote workers are happier, healthier and feel more valued

## Statistics from Remote.co:

<https://remote.co/10-stats-about-remote-work/>

### Highlights:

- 82% of telecommuters report lower stress
- Remote workers cite they accomplish 30% more in less time

## Study by Fast Company:

<https://www.fastcompany.com/3044667/work-smart/the-hidden-costs-of-interruptions-at-work>

### Highlights:

- Workplace interruptions cost companies **\$588 billion** a year
- Ineffective communication is one of the largest productivity drains
- The avg employee wastes 31 hours a month in unproductive meetings

## Studies on Benefits of Remote Work:

[www.flexjobs.com](http://www.flexjobs.com)

### Highlights:

- Remote workers are 20% more productive
- On average, companies save \$11,000 per remote employee per year
- Flexibility increases loyalty; 85% of millennials want flexible work
- Saved commute time, a 30 min commute results in 20 hrs wasted a month
- Remote work gives access to new markets and networking opportunities