



# Benefits of a 4-day workweek

Recent studies by 4 Day Week Global and Qualtrics pulled back the curtain on the benefits of a shortened workweek and who stands to benefit. (Spoiler alert: Everyone stands to benefit!) Here are the results:



**63%** of employers say the 4-day workweek helps them attract and retain talent.



**92%** of employees report wanting a shorter workweek.



**37%** of employees would be willing to take at least a 5% pay cut for a 4-day workweek.



**82%** of employees say a 4-day workweek would make them more productive.

**81%** of employees say a 4-day workweek would make them more loyal to their company.



**78%** of employees with 4-day workweeks are happier and less stressed.



## A 4-day workweek can improve:

Well-being

Engagement

Recruitment

Sustainability

Gender Equality

Innovation

Productivity



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Statistics: 4 Day Week Global, [www.4dayweek.com/access-white-paper](http://www.4dayweek.com/access-white-paper)  
Qualtrics, [www.qualtrics.com/news/most-u-s-employees-want-a-four-day-work-week-even-if-it-means-working-longer-hours/](http://www.qualtrics.com/news/most-u-s-employees-want-a-four-day-work-week-even-if-it-means-working-longer-hours/)