

Time to ditch the office? One in five Brits feel more productive working from home

- **Brits actually spend a third of the working week working from home**
- **More than half (51%) would prefer to work from home more often**
- **Revealed: The home office habits that are affecting your productivity**

While working in an office comes with its perks and privileges, many struggle with the 9-5 life (and aircon politics), which may explain why more and more people are opting to work from home.*

Online furniture retailer, [Furniture Choice](#), polled the nation to find out why Brits are choosing to work from home, how often and where in their house they are setting up office. And since working from home can be distracting and a daunting prospect for some, Furniture Choice has developed the best layouts, lighting and even scents that can help professionals focus.

Remote and flexible working is increasingly popular and more than half (58%) of Brits work from home during the week, for an average of 13 hours a week. A huge 51% said they would prefer to work remotely more often.

The top five reasons British workers like working from home are:

1. Flexibility and convenience (52%)
2. Not having a commute (44%)
3. Comfort (43%)
4. Freedom to start and finish whenever (37%)
5. More family time (22%)

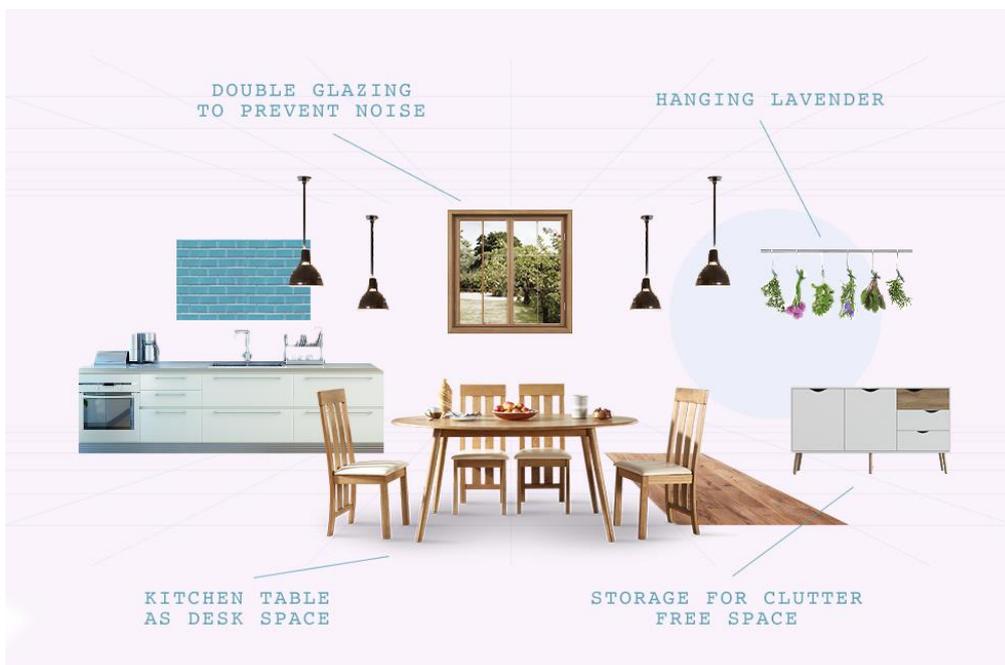
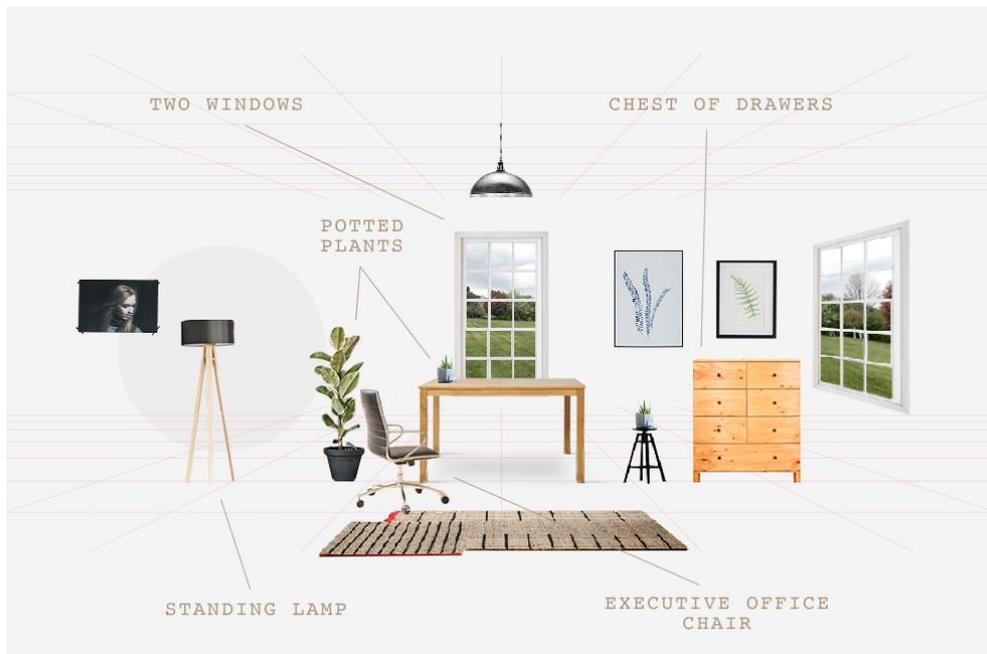
Respondents also said that the facilities at home are better (15%) and they like not having to abide by a dress code (21%). In true British fashion, many respondents commented on the fact that they love working from home because they get to spend more time with their dog!

Comfort was high on the list of priorities for Brits, with nearly half (43%) saying that working from home affords greater comfort than their office. It therefore comes as no surprise, that Brits are not just working from spare room desks (25%) and kitchen tables (20%) - but also sofas (19%)! Thankfully, fewer than one in ten (7%) bedheads work from under duvets.

Productivity can be a concern for anyone setting up a home office, although one in five (21%) said they actually felt more productive when working remotely. To help home office workers further increase their productivity levels, Furniture Choice conducted research into the best layouts, lighting, temperature and scents to have in your home office, for optimum concentration.

Using this insight, Furniture Choice has designed the ideal working environment for your bedroom, lounge or kitchen.

- Greenery is key - Workers in spaces with plants showed 15% higher productivity than those without*
- Let the light in - Lighting conditions simulating daylight improve alertness*
- Blue colours can illicit productivity*
- Scents like pine, cinnamon, lavender and peppermint can contribute to overall concentration*
- Optimal conditions are between 21 and 25 degrees celsius. [One study](#) found that productivity suffered two percent for every degree over 25*



Rebecca Snowden, Interior Style Advisor at Furniture Choice said: "Working from home can be incredibly rewarding, and according to our research, a productive choice - who wouldn't want to skip the morning commute and start their day stress free?"

"However, creating an environment that strikes a balance between comfy and clutter-free can be difficult, which is why we've created this set of home office layouts, to inspire Brits to make their home office as productive as possible."

For more home office inspiration, head to the blog to see examples of how to set up, lay-out and style a personal and productive work space.

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Sources

*<http://smallbusiness.co.uk/half-uk-workforce-remotely-2020-2540827/>

*<https://www.entrepreneur.com/article/302732>

*<https://www.osti.gov/biblio/813396>

About Furniture Choice

Founded in 2005, FurnitureChoice.co.uk is an independent furniture retailer. The company combines a deep knowledge of contemporary furniture manufacturing with first-class e-commerce expertise.

With a dedicated UK call-centre and an experienced quality control team in Asia, Furniture Choice is able to offer customers the greatest variety of high quality contemporary furniture and best-in-class customer service, backed-up with fast, free delivery and returns. To find out more visit <http://www.furniturechoice.co.uk/about-us/>.