In the U.S., the **average**, one-way **commute time** is 26.1 minutes, according to the U.S. Census Bureau. If you **commute** to a full-**time**, 5-day-a-week job, roundtrip that adds up to 4.35 hours a week and over 200 hours (nearly nine days) per year. But if the travel is getting to you, you might consider moving.

[The average commute - CNBC.com](https://www.cnbc.com/2018/02/22/study-states-with-the-longest-and-shortest-commutes.html)

According to ABC News, the average American drives **16 miles** to work each way, with a daily commute totaling nearly an hour round trip.

**[How Far Do Americans Drive to Work on Average? - It Still Runs](https://itstillruns.com/far-americans-drive-work-average-7446397.html)**

[itstillruns.com › General Information](https://itstillruns.com/far-americans-drive-work-average-7446397.html)

* Required space for 10 employees at a high density ratio of one employee per two hundred feet results in a need for 2,000 square feet
* 2,000 square feet at $21/foot/year plus $3/foot/year for parking for a total of $24/foot/year = $48,000/year/rent
* 100 meg cable modem and 12.5 meg DSL line for internet is $800/month = $9,600/year
* Used furniture or new IKEA furniture is $300 per person (including desks, conference tables, etc) = $3,000 total
* Herman Miller Aeron chairs are $800 per person (I’m a fan of getting really nice chairs and just average tables) = $8,000 total
* Total for 24 months for 10 person startup is $96,000 rent + $19,200 + $3,000 + $8,000 = $126,200

<https://davidcummings.org/2012/12/27/per-person-per-month-office-space-vs-traditional-office-space/>

The eight-hour [workday](https://www.inc.com/leigh-buchanan/stephan-aarstol-why-this-company-thrives-on-5-hour-workday.html) is not based on the optimal number of hours a human can [concentrate](https://www.inc.com/rhett-power/improve-your-concentration-and-focus-in-5-easy-steps.html). In fact, it has almost nothing to do with the [kind of work](https://www.inc.com/adam-fridman/it-pays-to-upgrade-your-skills-in-a-knowledge-economy.html) most people do now: Its origins lie in the Industrial Revolution, not the Information Age.

In the late 18th century, 10-16 hour workdays were normal because factories “needed” to be run 24/7. When it became clear that such long days were both brutal and unsustainable, leaders like Welsh activist Robert Owen advocated for shorter workdays. In 1817, his slogan became: “Eight hours labour, eight hours recreation, eight hours rest.”

However, this eight-hour movement didn’t become standard until nearly a century later, when, in 1914, Ford Motor Company astonished everyone by cutting daily hours down to eight while simultaneously doubling wages. The result? Increased productivity.

Thus, while it may be hard for some to believe, the eight-hour workday was initially instituted as way of making the average workday *more* humane.

Now, the workday is ripe for another disruption. Research suggests that in an eight-hour day, the average worker is only productive for two hours and 53 minutes.

That’s right–you’re probably only productive for **around three hours a day**.

According to the Bureau of Labor Statistics, the average American works 8.8 hours every day. Yet a [study](https://www.vouchercloud.com/blog/office-worker-productivity/) of nearly 2,000 full-time office workers revealed that most people aren’t working for most of the time they’re at work.

The most popular unproductive activities listed were:

1. Reading news websites–1 hour, 5 minutes
2. Checking social media–44 minutes
3. Discussing non-work-related things with co-workers–
4. Searching for new jobs–26 minutes
5. Taking smoke breaks–23 minutes
6. Making calls to partners or friends–18 minutes
7. Making hot drinks–17 minutes
8. Texting or instant messaging–14 minutes
9. Eating snacks–8 minutes
10. Making food in office–7 minutes

This is particularly good news for freelancers and others who work from home. It’s easy to feel like you’re not “doing” enough when you don’t have to go into an office. Yet this research suggests that if you’re productive for just three hours a day, you’re outputting the same amount as someone in the office for eight hours.

And imagine if we truly embraced this information. Even if we didn’t cut a workday down to three hours, what if we cut it to six? What if the norm was a workday of 11 a.m.-5 p.m.?

People would be better rested, more focused, and likely more productive.

The only question is, which company will again lead the charge to truly disrupt the workday?

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