Cutting a 60 min. commute each way is the happiness equivalent of making an extra $40,000 a year if you're at the $50- to $60,000 level. [Source](http://www.npr.org/2011/10/19/141514467/small-changes-can-help-you-thrive-happily)

Commuters travelling less than 30 mins gain an additional seven days’ worth of productive time each year compared to those with commutes of 60 mins or more. [Source](https://www.uk.mercer.com/newsroom/britains-healthiest-workplace-flexible-working-and-commuting.html)

Commuters travelling more than 30 mins each way report higher levels of stress and anxiety. [Source](http://time.com/9912/10-things-your-commute-does-to-your-body/)

Riding a bus for 30 minutes or longer was associated with the lowest levels of life satisfaction and happiness. [Source](http://time.com/9912/10-things-your-commute-does-to-your-body/)