

# It's just how long and how often

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longer hours are better



Research suggests that longer hours are better, but only if you're not too tired. A study by the University of Michigan found that people who work longer hours are more productive and have higher job satisfaction. However, the benefits of longer hours are only realized if you're not too tired. If you're too tired, your productivity and job satisfaction will be lower. So, it's not just how long and how often you work, but also how well you're rested.