
THE SOUND OF PRODUCTIVITY

Analysing attitudes
towards music listening
in the workplace



In collaboration with
Dr Anneli Haake and Deezer UK

totalJobs

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FOREWORD

MUSIC TO EMPLOYERS' EARS?

Listening to music while working is by no means a new innovation. Songs, for a long time, helped people synchronise their movements and made the day go quicker. In the 1930s, recorded music was often used in factories to improve productivity and reduce boredom and fatigue.

Today, technology has made it easier to listen to your own music at work. Many employees have access to music through mp3 players, smartphones and via the internet, and can make choices about what to listen to that previously would not have been possible.

But does it always work?

Academic research shows that listening to music at work can help improve your mood, relax you and make you feel happier. However, it can have its drawbacks, too. Loud music can irritate your co-workers and headphones can isolate you from your team, which is not always a good thing.

Generally, it's most beneficial when you have control over what you are listening to. If music is forced upon people, it can be irritating and annoying, and we know from research that office noise can have severe negative effects on employee health, well-being and productivity.

But when employees can have control over when, where and what they listen to, music can clearly bring about real benefits to individual employees, and ultimately to the company.

In fact, data from 'The Sound of Productivity' reveals that 79% of employees would benefit from listening to music at work. However, over one third of employees (38%) are not allowed to listen to music at work (though many would benefit from it).

While the research headlines speak for themselves, it's the science behind the stats that can offer employers a real insight into the benefits of music in the workplace.

Enjoyed as a private activity, music in offices can be seen by employees as a perk; a positive route to personal happiness and well-being. What's more, it's a clever way to help manage work environments and minimise interruptions; a cost effective way to combat stress; and a positive technique for encouraging employee self-care.

Looking to the future, 'The Sound of Productivity' is seemingly a step towards helping employees to regulate their personal well-being in a public space. Which should be music to employers' ears.



Dr Anneli Haake,
music psychologist

Read more from Dr Haake on [totaljobs](https://totaljobs.com/insidejob).

1 INTRODUCTION

Totaljobs is one of the UK's leading jobs boards, attracting around 6 million jobseekers every month.

One of totaljobs' key areas of focus is raising awareness of employees' well-being in the workplace and what can be done to increase their satisfaction and retention.

ABOUT THIS PROJECT

People listen to music for 36% of their working week: that's what research carried out by Dr Anneli Haake in 2010 has shown. Based on her PhD research at the University of Sheffield, totaljobs created 'The Sound of Productivity', a tool meant to encourage people to discover if music could boost their productivity at work.

After assessing their personality, taste and work environment through the tool, users learn whether listening to music could help or hinder their productivity and what factors have an impact on their focus.

Totaljobs is now releasing the data on users' age, industry and location, collected through the tool, to provide key insights into employees' behaviour related to music at work, and how employers can improve staff well-being in the workplace.

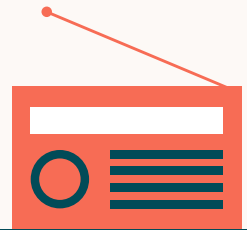
We hope the findings will encourage debate on what makes people not only more productive, but also happier in the workplace.



2 EXECUTIVE SUMMARY

Listening to music at work: just for leisure or a productivity aid?

Our findings demonstrate that the majority of people would benefit from listening to music at work, and that some workspaces tend to hinder people's productivity. However, not all professions and sectors allow for music listening.



KEY FINDINGS

In total, the responses of **4,553 tool users** were analysed.



79% of users would benefit from listening to music at work, regardless of their age, occupation, location and personal taste or habits.

The Foo Fighters, Drake and Kendrick Lamar are among the top artists users listen to at work.



35% of UK users said their favourite genres are "Pop, Charts, Folk & Indie".



People born in the 1990s-2000s require more demanding music to focus than people born in the 1950s-1980s (45% vs 29%).



99% of people working in open-plan spaces would benefit from listening to music at work.

People in London and the North East are less likely to find music an interruption compared to the rest of the country (18% and 17% vs 21%, respectively).



42% of people who have access to and control of music would not be recommended to listen to music.

Insurance, Banking, Accountancy and Customer service are the least music-friendly industries (57% on average are not allowed music).

Computer programming, Data analytics, Advertising and Marketing are the most music-friendly industries (67% on average are allowed to listen to and choose their own music).

84% of those who said that they cannot listen to music at work would benefit from it.

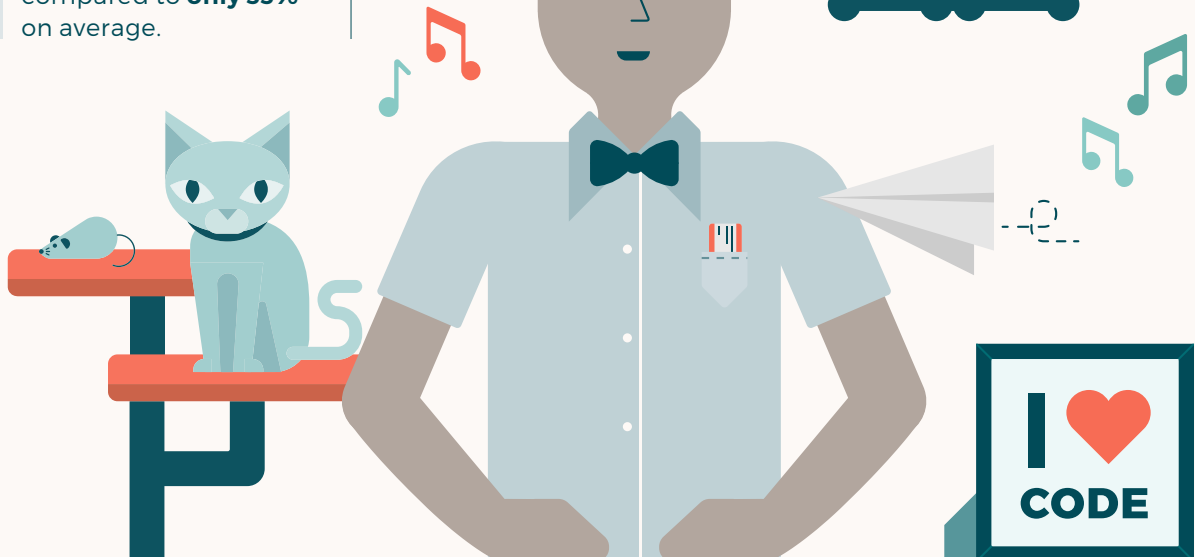
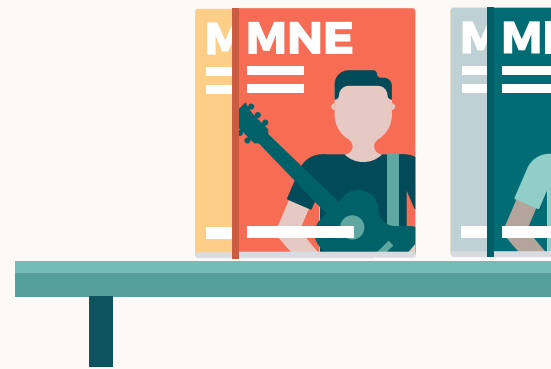
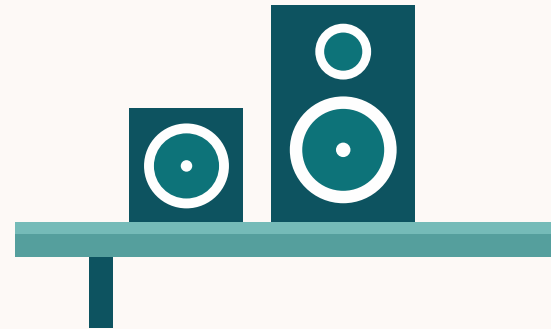
86% of people working in Computer programming tend to have more challenging workloads and to be more introverted, compared to **only 33%** on average.

Those working in Marketing are interrupted by surrounding noise more than other sectors (40% vs 20% on average).

38% of people are not allowed to listen to music at work, while **26% can** but have no control over it.

33% of people who are alone in their workspace would not benefit from listening to music, vs **only 3% of people** who share their workspace with 26+ people.

Only 1% of users said they don't like music at all, and **4% say** they rarely or never listen to music.



3 METHODOLOGY

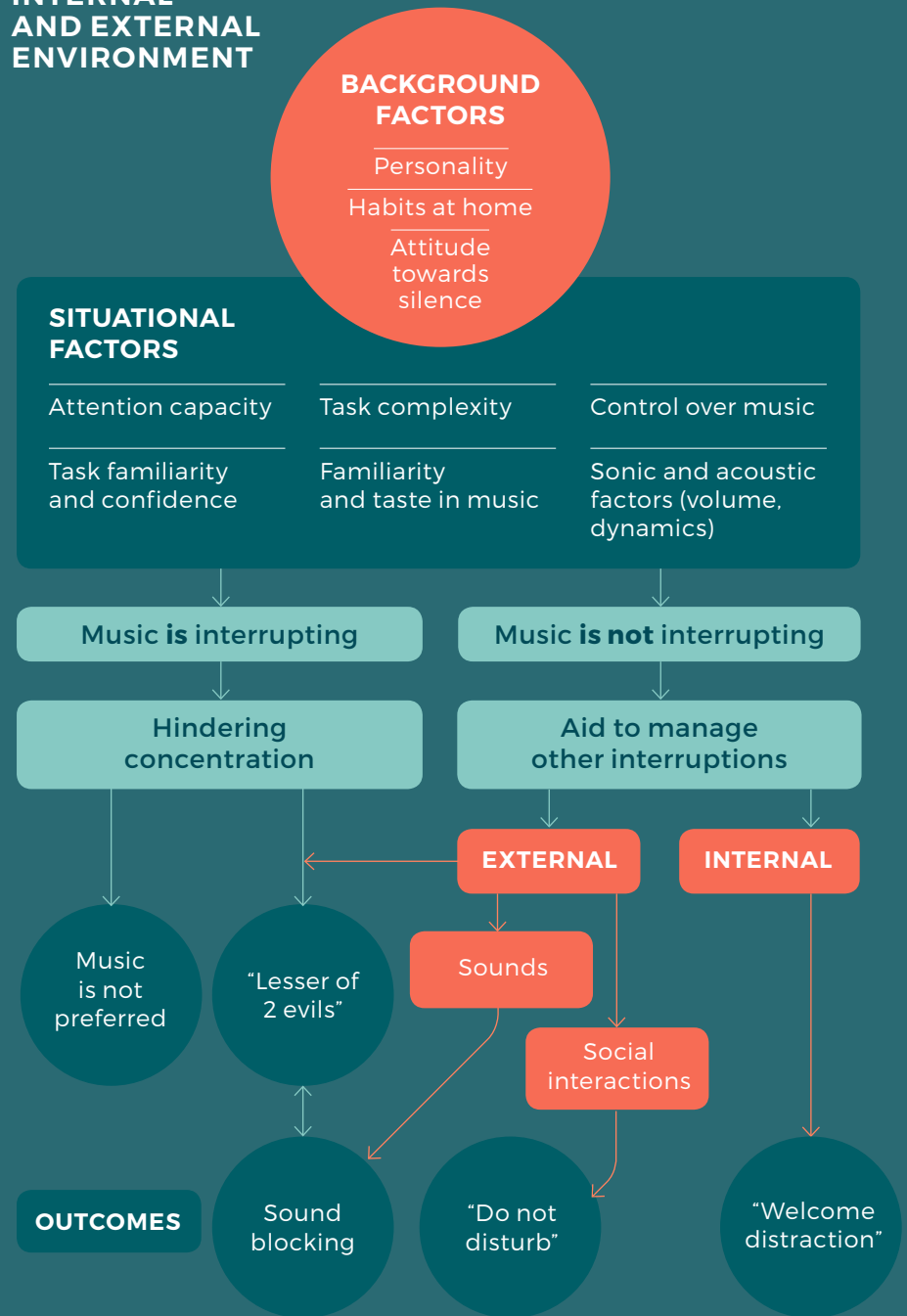
THE TOOL

Totaljobs' tool 'The Sound of Productivity' is based on Dr Anneli Haake's research on the role of music in office-based workplace settings*. Her examination of more than 300 employees and how music affected their work performance helped establish that employees balance their internal needs and motivation to listen to music with external requirements based on their situation. This 'responsible listening' model was used as a framework and transferred into the tool.

'The Sound of Productivity' was created in full collaboration with Dr Haake and tested among a sample group to verify the accuracy of the results. All responses to the tool were recorded anonymously to enlarge the scope of Dr Haake's research.

Based on the tool's logic and objectives, music streaming service Deezer UK put together 15 distinct playlists that are suggested to users at the end of the tool. The playlists are informed by the users' quiz interactions and profile, including personality and workplace factors such as soundscape and complexity of tasks, as well as their favourite music genres.

MANAGING INTERNAL AND EXTERNAL ENVIRONMENT



*Haake, A.B. (2011) Individual music listening in workplace settings: an exploratory survey of offices in the UK. *Musicae Scientiae*, 15 (1) ; Haake, A.B. (2010). Music listening in UK offices: Balancing internal needs and external considerations. Doctoral thesis. Music Department, University of Sheffield, UK.

For this report, users' interactions with the tool from 27 June to 4 October 2016 were analysed and split based on different factors such as industry and age.

This report consists primarily of percentages with no statistical analysis.

The aim of this report is simply to present and summarise the data and highlight the main learnings. The actual number of data being reported will be noted as 'N'.

For the purpose of this report, people working outside of the UK were excluded.

LOGIC

Dr Haake's research suggests that the more complex the work and tasks are, and the more introverted the person is, the simpler the music they listen to should be. This is reflected in the beats per minute and density of the playlists recommended and their potential impact on focus.

- People who are recommended downbeat music tend to execute more complex and challenging tasks, and tend to be more introverted.
- Those who are recommended upbeat music tend to execute simpler and more repetitive tasks and tend to be more extroverted.
- Medium playlists were recommended for people who did not specifically fall into one or the other extreme based on all responses to the tool (e.g. challenging workload but an extroverted personality).

LIMITATIONS

In order to offer suggested playlists to users, only one question addressed users' taste and was comprised of a grouping of main genres based on music industry insights. This list is broad and only one answer could be chosen. It potentially does not reflect the taste of users accurately.

The playlists are not prescriptions but recommendations on the intensity and density of the music that people should listen to, based on the assessment made through the tool. In no way do totaljobs, Dr Anneli Haake or Deezer UK suggest that those songs will actually improve people's productivity.

A large number of users chose 'Other' when asked for their job, indicating that some industries were not reflected in the list. This may include people who are currently not working.

4 PARTICIPANTS

01. Date of birth and gender

N = 4,553

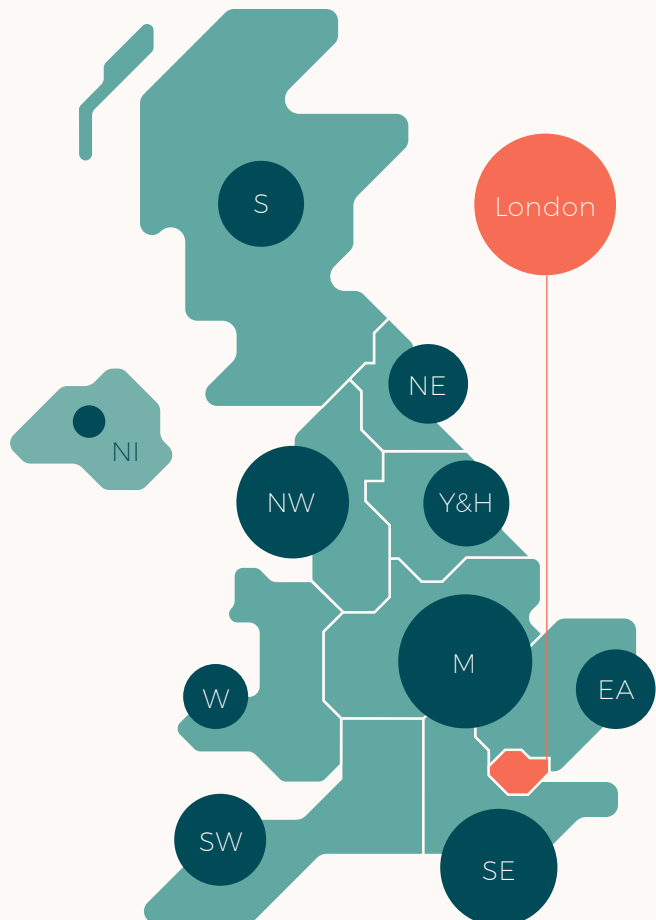
WOMEN			MEN			PREFER NOT TO SAY		
1940s	0.22%	•	1940s	0.31%	•	1940s	0.00%	•
1950s	4.11%	•	1950s	6.92%	•	1950s	0.20%	•
1960s	13.44%	•	1960s	11.09%	•	1960s	0.55%	•
1970s	10.26%	•	1970s	9.77%	•	1970s	0.48%	•
1980s	10.87%	•	1980s	8.96%	•	1980s	0.29%	•
1990s	10.37%	•	1990s	10.83%	•	1990s	0.20%	•
2000s	0.51%	•	2000s	0.37%	•	2000s	0.02%	•
2010s	0.09%	•	2010s	0.11%	•	2010s	0.04%	•
TOTAL	50.00%		TOTAL	48.36%		TOTAL	1.78%	

02. Location of work

N = 4,553

WHERE DO YOU WORK?

Greater London	19%
Midlands	17%
South East	13%
North West	12%
South West	8%
Scotland	7%
Yorkshire & Humber	7%
East Anglia	6%
North East	6%
Wales	4%
Northern Ireland	1%

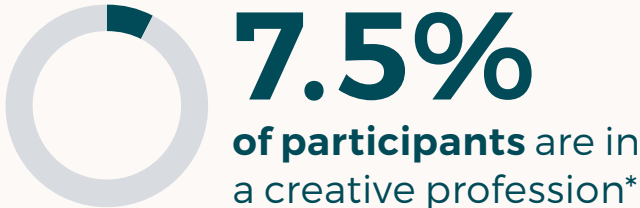


03. PROFESSION

N = 4,553

WHAT IS YOUR JOB?

Admin	12.74%	●	Legal	1.03%	●
Retail	6.24%	●	Data analytics	0.99%	●
Customer service	6.11%	●	Security	0.94%	●
Engineering	4.70%	●	Banking	0.64%	●
Accountancy	4.35%	●	Insurance	0.64%	●
Manufacturing	4.22%	●	Advertising	0.59%	●
Sales	3.76%	●	Sports	0.44%	●
IT	3.40%	●	PR	0.31%	●
Construction	3.23%	●	Faith-based	0.13%	●
Healthcare	3.18%	●	Other	12.32%	●
Logistics	3.14%	●			
Education	3.07%	●			
Marketing	2.79%	●			
Hospitality	2.57%	●			
Catering	2.22%	●			
HR	2.22%	●			
Design	1.84%	●			
Finance	1.82%	●			
Volunteering	1.69%	●			
Social care	1.67%	●			
Consultancy	1.52%	●			
Media	1.23%	●			
Science	1.10%	●			
Computer programming	1.08%	●			
Arts	1.05%	●			
Academia	1.03%	●			



*This includes Marketing, Design, Media, Arts and Advertising

THE AVERAGE JO



She was born in the 1960s,
working in admin in Greater London.



She feels she's not curious when it comes to music and she prefers pop and folk.



She listens to music on her commute,
when exercising and to cheer up.



Downbeat music would help her focus
at work as she must deal with external interruptions, but her boss doesn't allow her to.



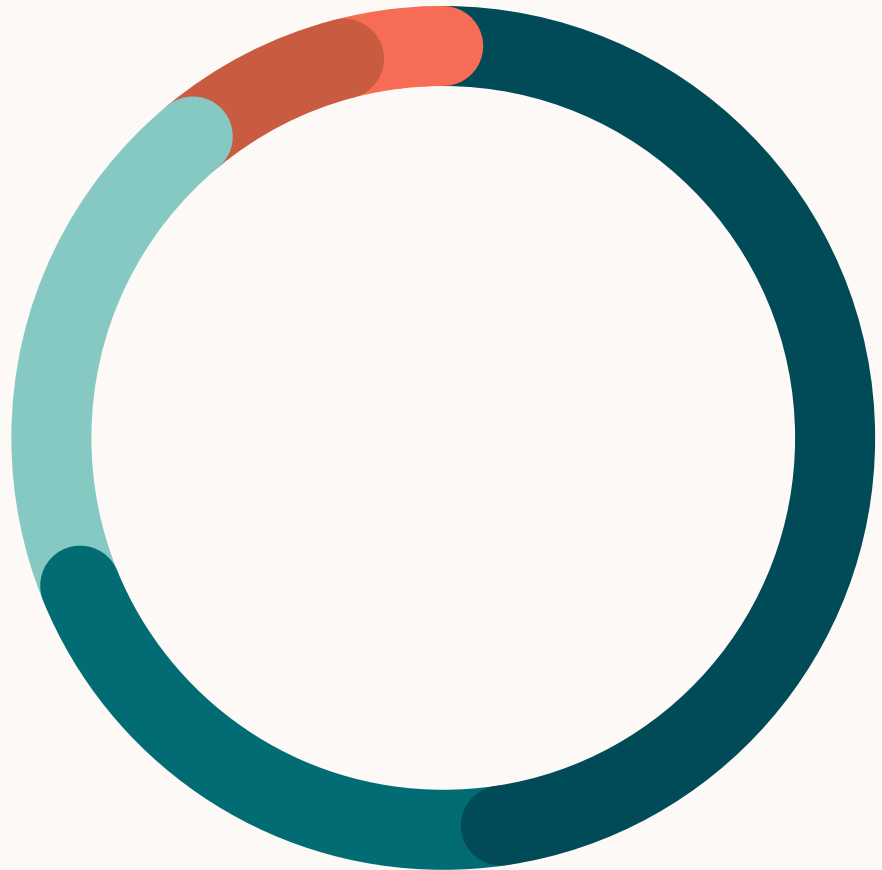
5 FINDINGS

The following pages will look at some of the data gathered through the tool, "The Sound of Productivity", and provide short commentary on what it means. For more insights, [read Dr Anneli Haake's article](#).

USER PROFILES | N = 4,553

1A. Main results

- Music is an interruption but actually helps focus 48%
- Music is a negative distraction from work 21%
- Music helps manage external interruptions such as noise 20%
- Music helps manage internal interruptions such as distracting thoughts 7%
- Music helps manage external interruptions such as people talking 4%



79%

would benefit from listening to music at work, regardless of their age, occupation, location and personal taste or habits

26%
of people working
in London are
interrupted by the
noise around them

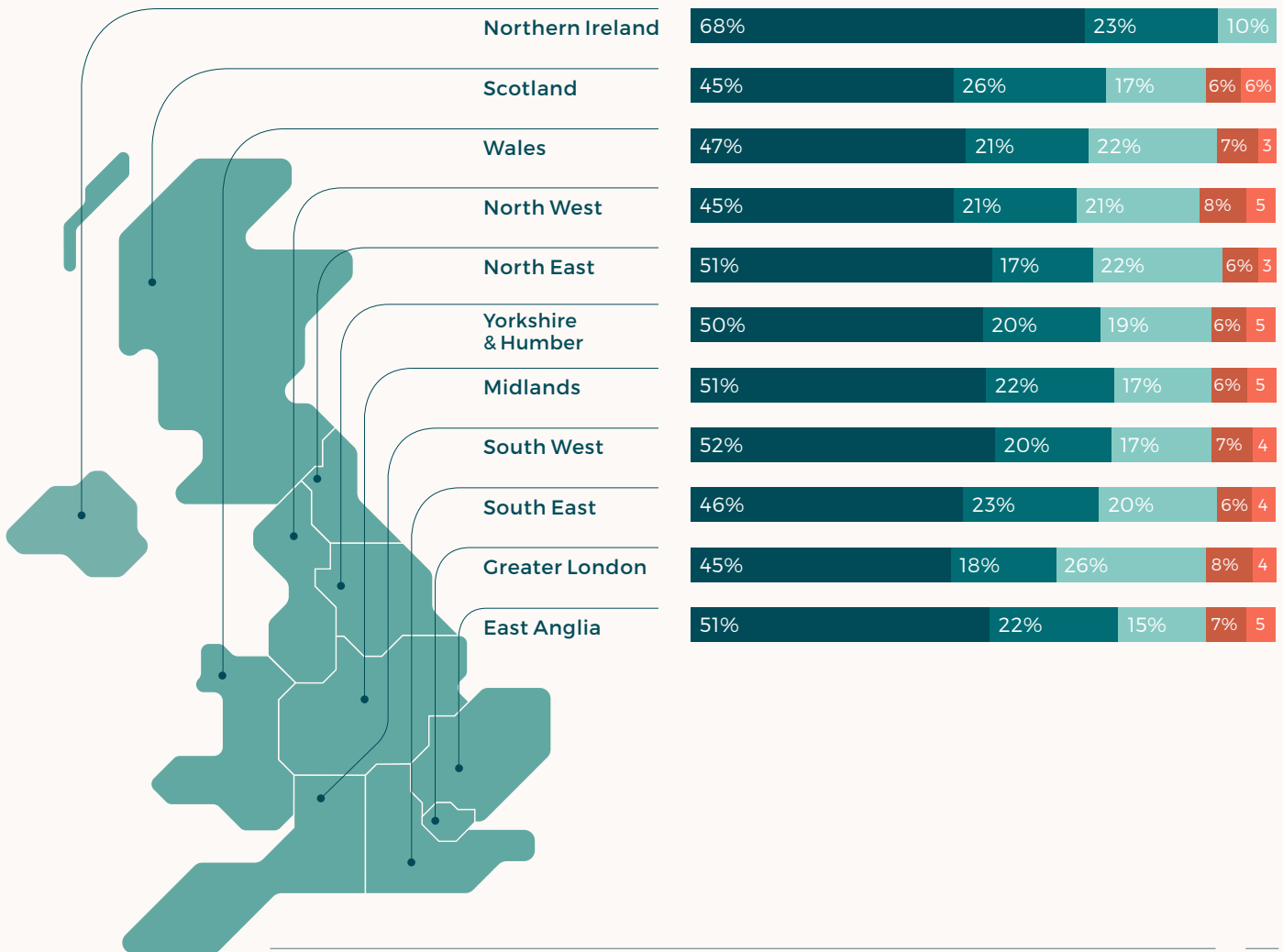
People working in London tend to be, on average, interrupted by the noise around them more than in other regions (26% vs 20%). For people based in Scotland, music is a distraction and not recommended at 5 points more than in other regions (26% vs 21%).

People in London and the North East are less likely to find music interruptive compared to the rest of the country (18% and 17% vs 21%, respectively).

USER PROFILES | N = 4,553

1B. Results by location

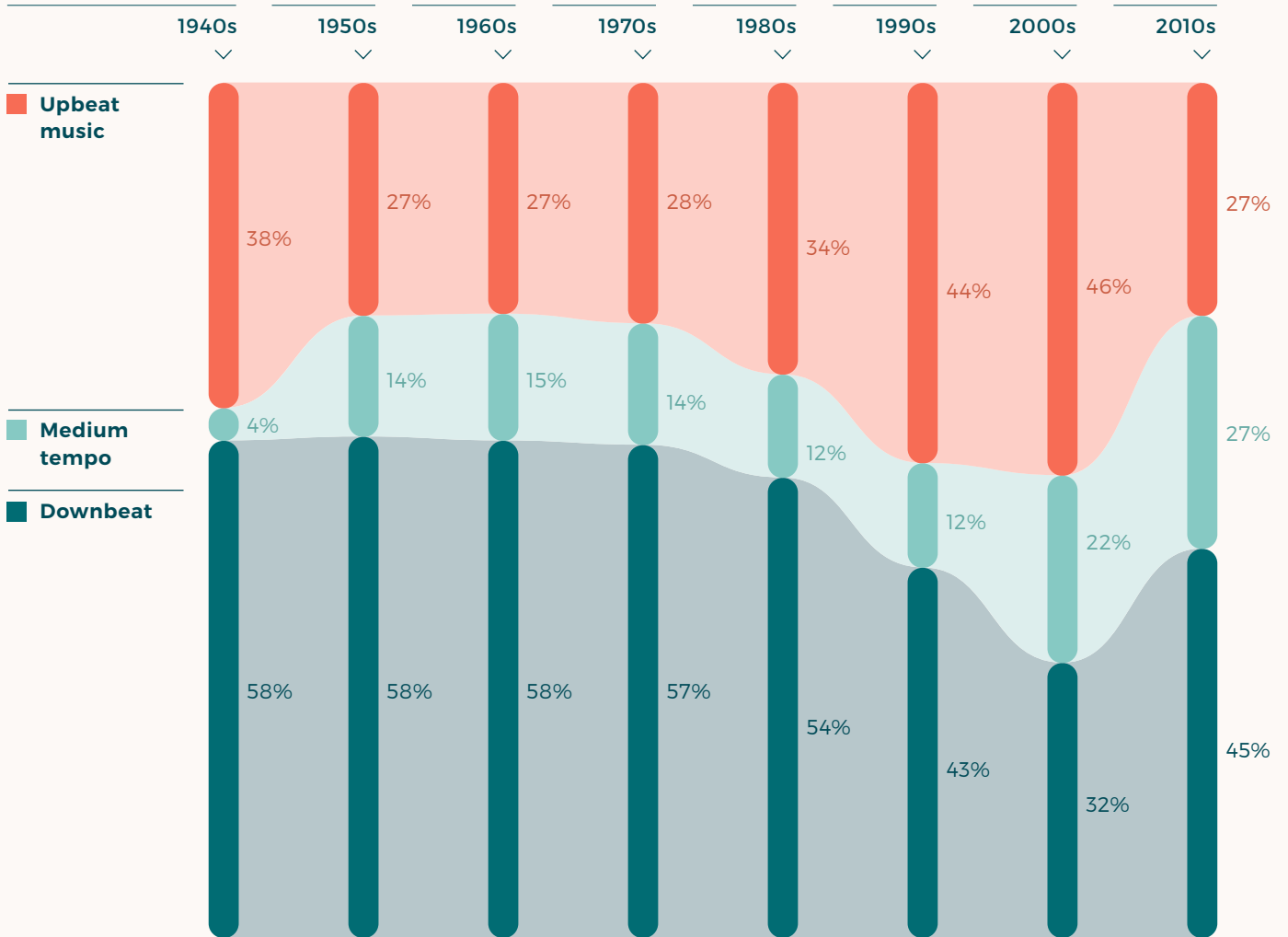
- Music is an interruption but actually helps focus
- Music is a negative distraction from work
- Music helps manage external interruptions such as noise
- Music helps manage internal interruptions such as distracting thoughts
- Music helps manage external interruptions such as people talking



USER PROFILES | N = 4,553

1C. Age and complexity of work

BORN IN...



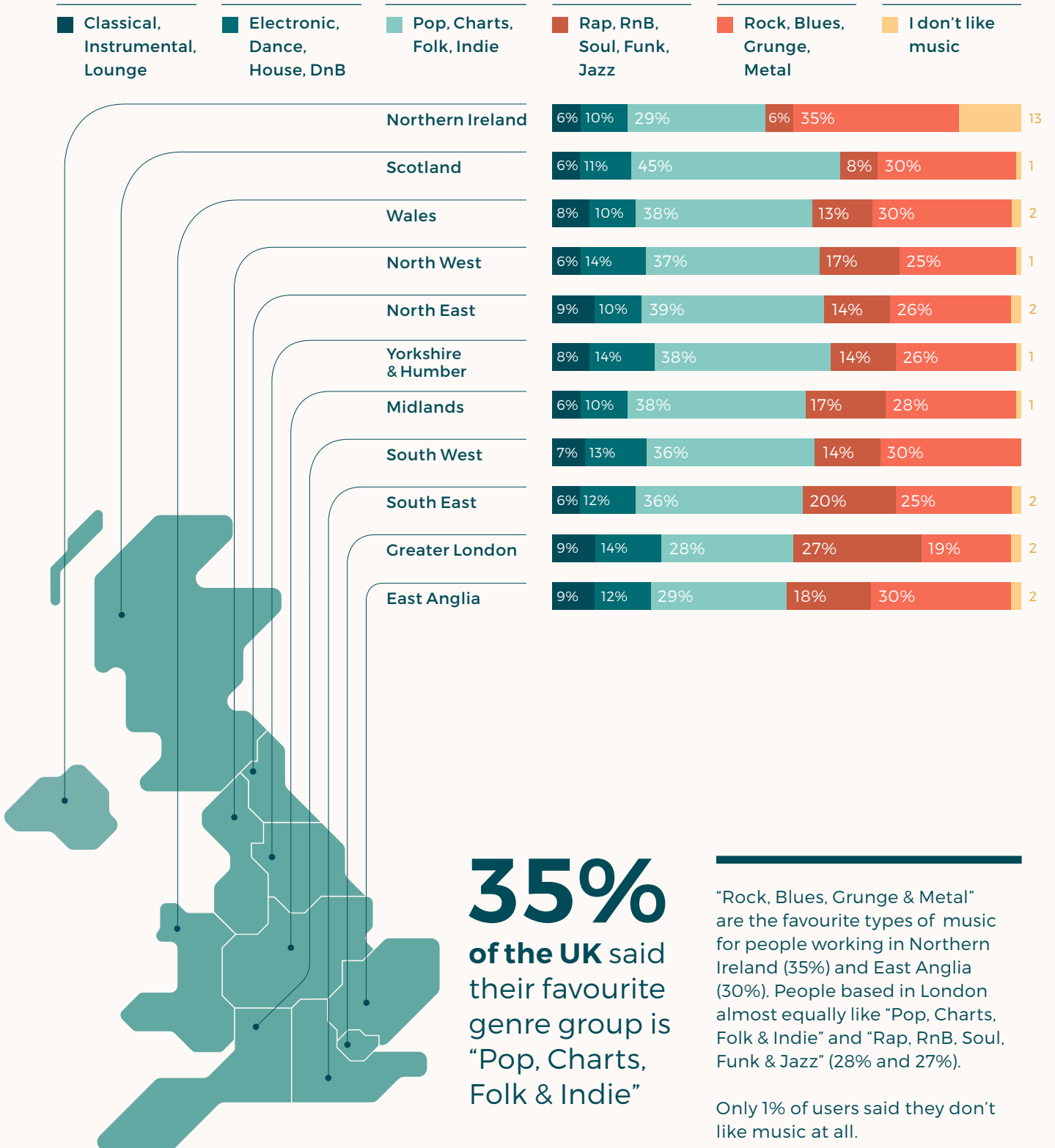
45%
of people born in the 1990s-2000s require more demanding music to focus

People born in the 1990s-2000s require more demanding music to focus than people born in the 1950s-1980s (45% vs 29%), indicating that, on average, younger people's tasks and work tend to be less challenging and less complex, and their personalities tend to be more extroverted.

In comparison, older generations might need simpler music for more complex tasks, which could be explained by different degrees of seniority at work.

MUSIC-RELATED INSIGHTS | N = 4,553

2A. Location and favourite music genres



GENRE POPULARITY



7%
preferred Classical,
Instrumental, Lounge



12%
preferred Electronic,
Dance, House, DnB



35%
preferred Pop,
Charts, Folk, Indie



18%
preferred Rap, RnB,
Soul, Funk, Jazz



26%
preferred Rock,
Blues, Grunge, Metal


















1%
said they
don't like music

5 FINDINGS

MUSIC-RELATED INSIGHTS

2B. Most popular playlists

Playlist name	Tempo	Genre	% of total listens		Most played track
Pop & Chill	Downbeat	Pop, Charts, Folk, Indie	18.00%		Jose Gonzalez Heartbeats
Soft Focus	Downbeat	Rock, Blues, Grunge, Metal	15.08%		Foo Fighters Learn To Fly
Office Party	Upbeat	Pop, Charts, Folk, Indie	10.50%		MNEK At Night
Mellow Motivation	Downbeat	Rap, RnB, Soul, Funk, Jazz	8.86%		Drake One Dance
Tropical Trip	Downbeat	Electronic, Dance, House, DnB	8.11%		Jonas Blue Fast Car
Intense Anthems	Upbeat	Rock, Blues, Grunge, Metal	6.58%		Torche Loose Men
In the Zone	Upbeat	Rap, RnB, Soul, Funk, Jazz	6.22%		D'Angelo Sugar Daddy
Cinematic Relaxation	Downbeat	Classical, Instrumental, Lounge	6.19%		The xx Angels
Motivational Pop	Medium	Pop, Charts, Folk, Indie	5.33%		Major Lazer Lean On
Beatz & Bangerz	Upbeat	Electronic, Dance, House, DnB	3.69%		Tourist Run
Ultimate Concentration	Medium	Rock, Blues, Grunge, Metal	3.33%		Catfish & The Bottlemen - 7
Uplifting Vibes	Medium	Rap, RnB, Soul, Funk, Jazz	2.97%		Kendrick Lamar King Kunta
Pure Focus	Medium	Classical, Instrumental, Lounge	1.86%		Moby Porcelain
Ambient Concentration	Upbeat	Classical, Instrumental, Lounge	1.72%		Portico Quartet News From Verona
Rave Radio	Medium	Electronic, Dance, House, DnB	1.56%		N/A

34%

of playlist listens were Pop, Charts, Folk, Indie

When looking at when and why people listen to music, a few factors can translate to the workplace. If 68% of people listen to music on their journey to and from work, it's also true that...

36% say they listen to music when it's either too quiet or too loud around them, indicating that more than 1 in 3 can find themselves more comfortable when listening to music.

More than half of people use music to change their mood, e.g. cheer up (59%) ; or to mirror their emotions, i.e. match their mood (53%).

4% say they rarely or never listen to music.

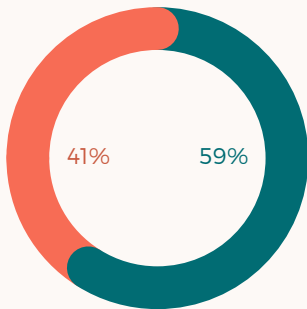
MUSIC-RELATED INSIGHTS | N = 4,553

2C. When and why people listen to music

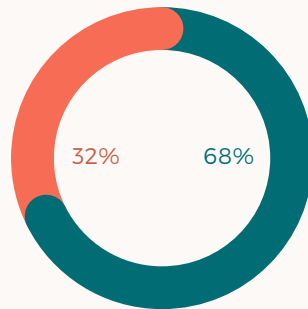
No

Yes

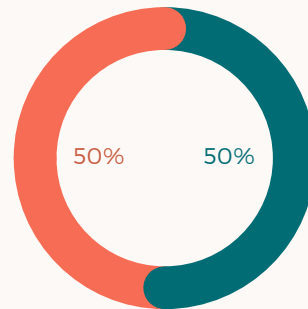
To cheer me up



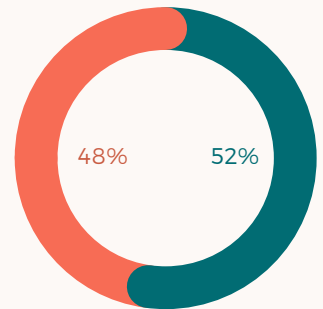
During my commute



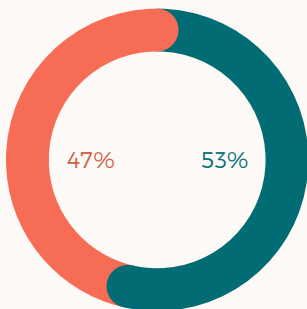
At social events



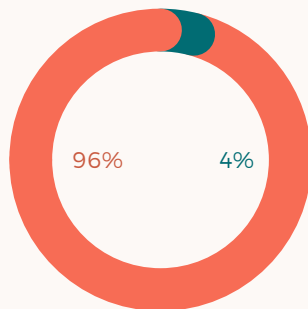
While exercising



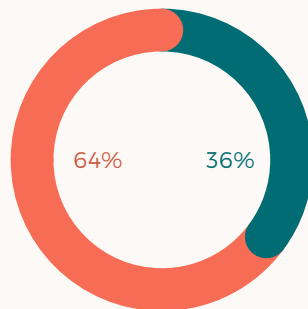
To match my mood



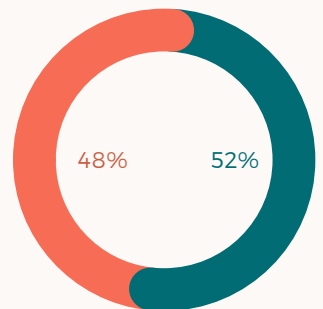
Rarely or never



When it's too quiet or too loud



Whenever I get the chance



Different team sizes, different interruptions...

As the team sizes and number of surrounding colleagues increases, more interruptions are related to noise: 14% of people who say they are alone in their workspace would benefit from music to manage external interruptions such as noise, versus 33% of those who share their workspace with 26+ people.

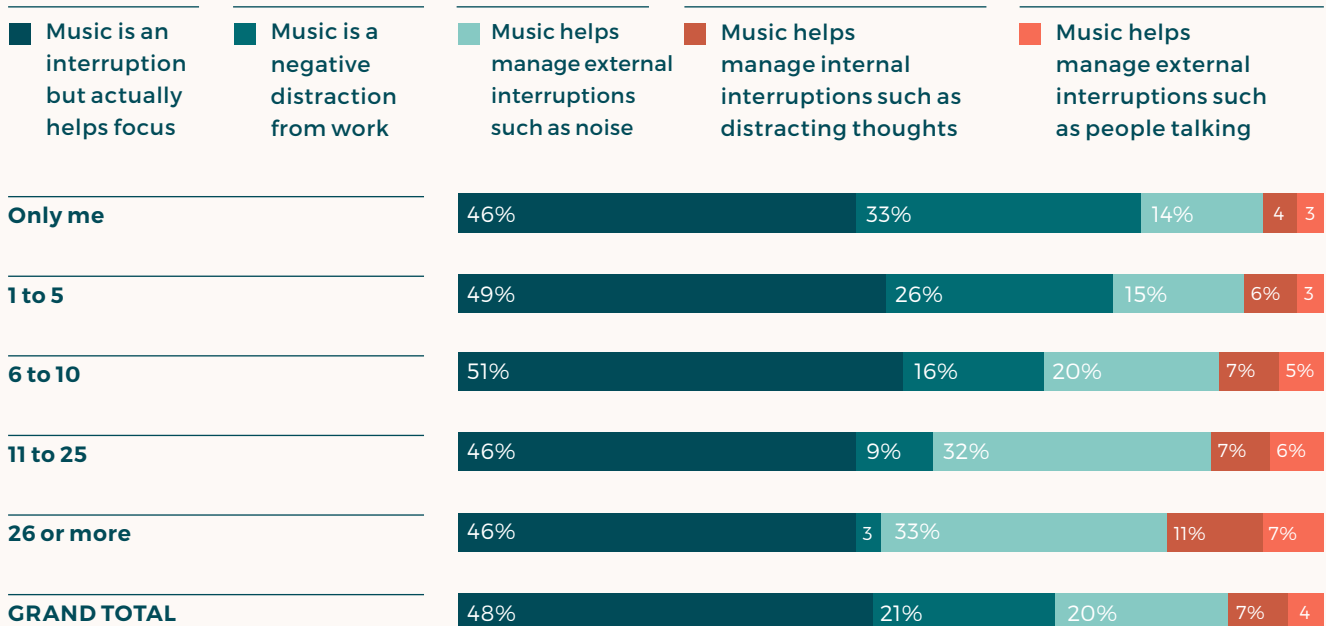
The smaller the team, the more music is seen as a distraction and hindering

concentration, and would not be recommended: 33% of people who say there are alone in their workspace would be interrupted by music, versus 3% of people who share their workspace with 26+ people.

Colleagues actively interrupting people is the least common reason for reduced focus at work, with only 4% who would benefit from music to block this distraction.

WORKPLACE-RELATED INSIGHTS | N = 4,553

3A. Team sizes and interruptions



Of people who say they are alone in their workspace

14% would benefit from music to manage external interruptions such as noise

33% would be interrupted by music

DISTRACTIONS

Of all respondents...

20%

find that music helps them manage external interruptions such as noise

45%

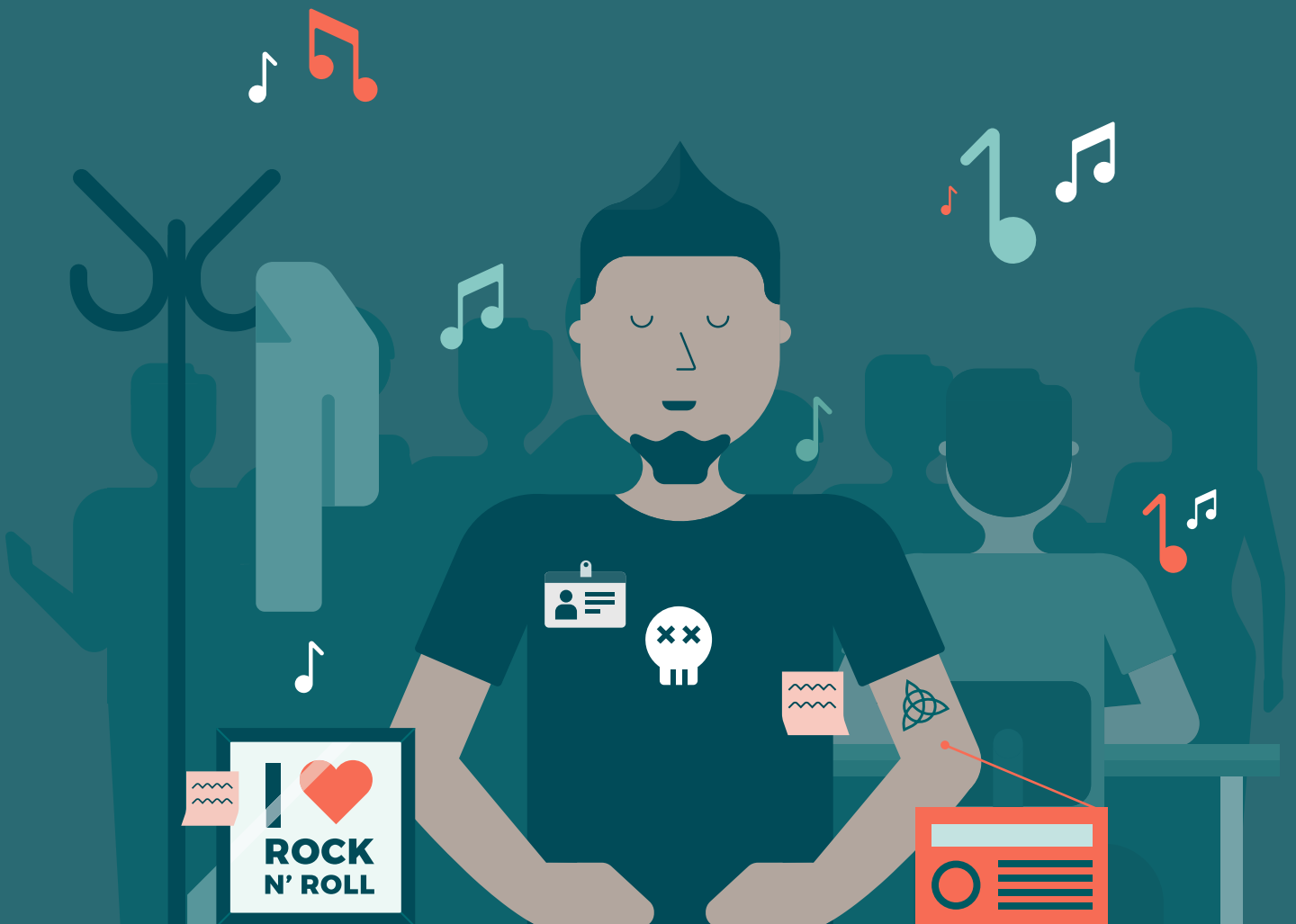
disagree that noise around them is distracting

46%

agree that they daydream

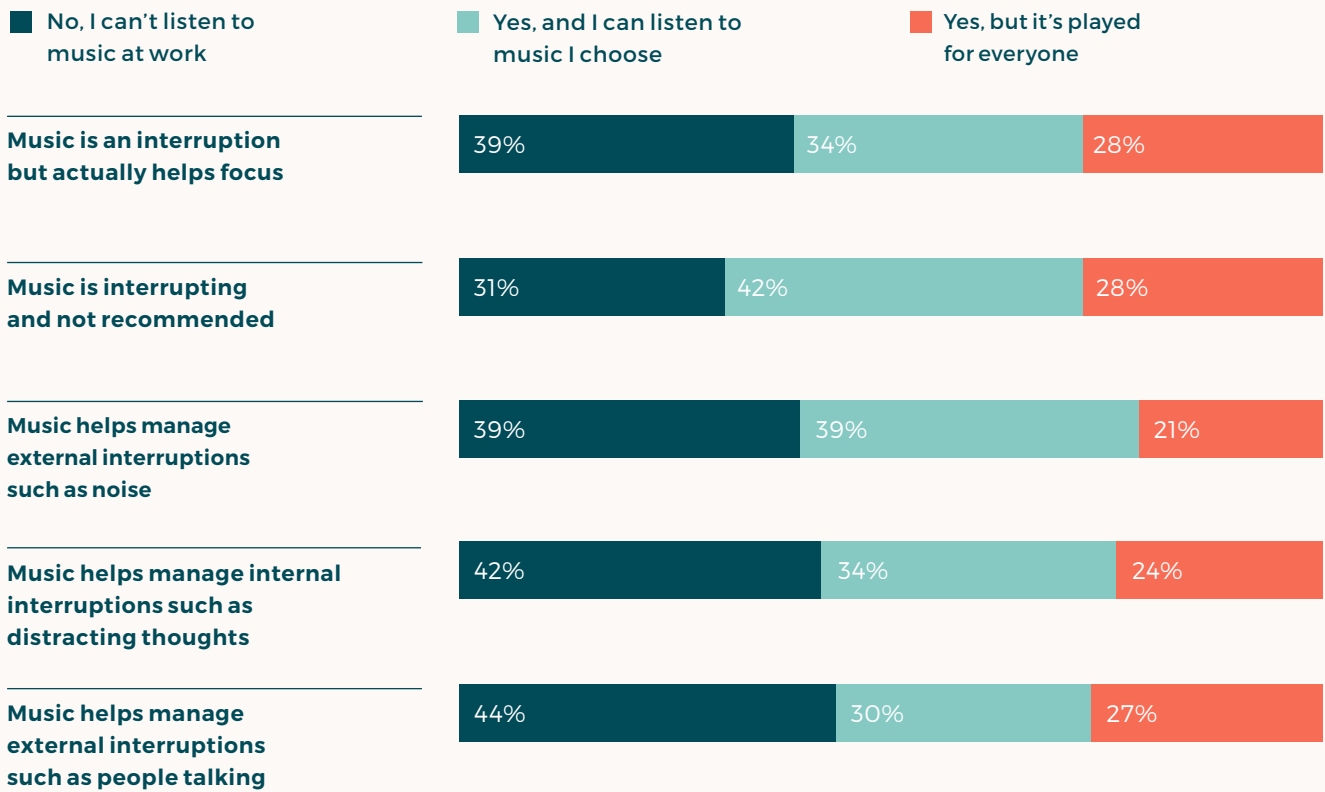
20%

think their colleagues distract them from their work



WORKPLACE-RELATED INSIGHTS | N = 4,490

3B. Control and access to music



42% of people who can listen to music and choose what they listen to are not recommended to listen to music. If they were to, their listening habits would be qualified as 'irresponsible' and wouldn't encourage efficient work.

44% of people who are interrupted by others and 42% by their own thoughts are not allowed to listen to music at work in spite of potential benefits for their productivity.

On average, 26% of people have no control over the music they listen to at work, which can impact their well-being.

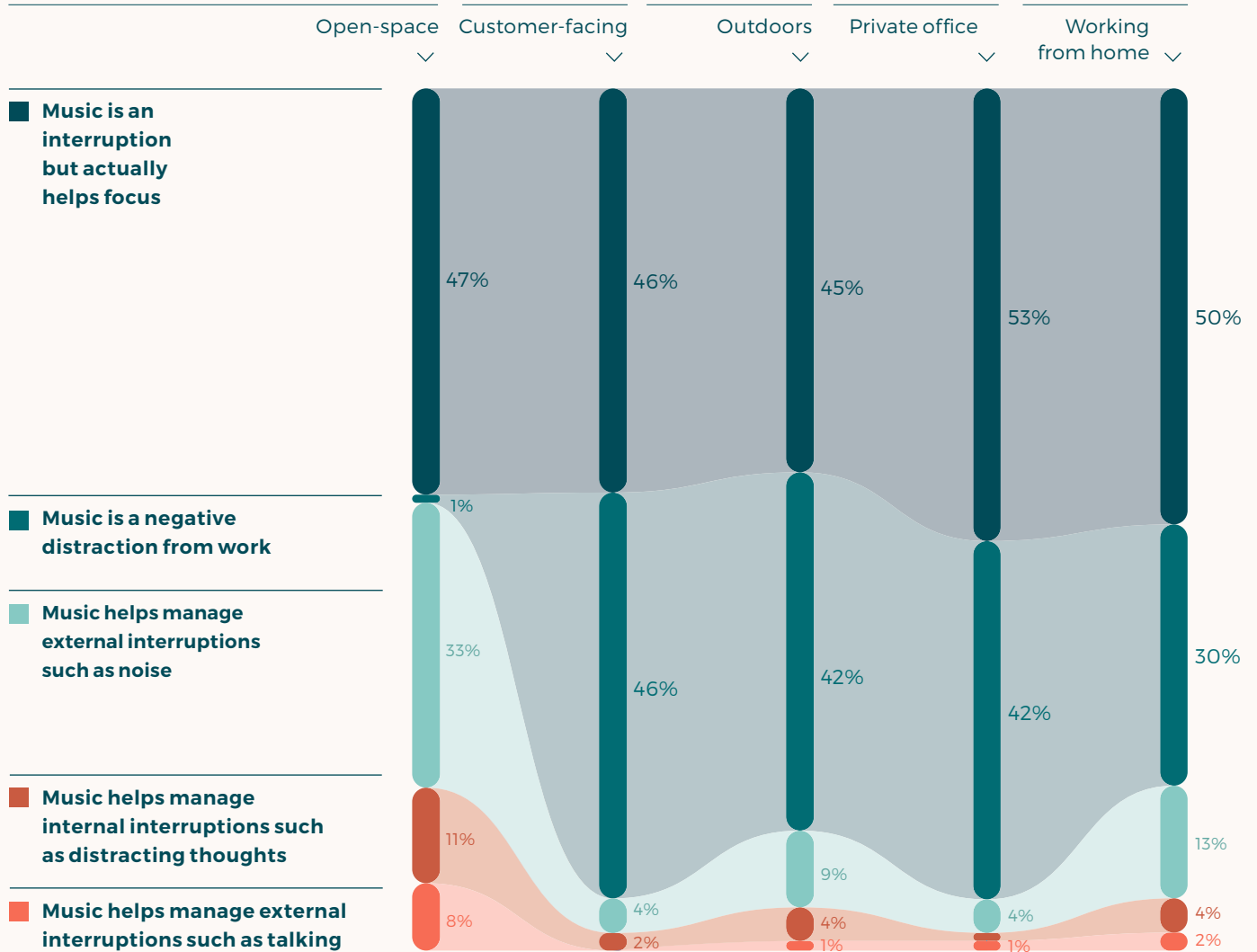
44%
of people who are interrupted by others are not allowed to listen to music

26%
of people have no control over the music they listen to at work

WORKPLACE-RELATED INSIGHTS | N = 4,553

3C. Workspace and interruptions

WORKSPACE TYPE



Different workspaces, different interruptions...

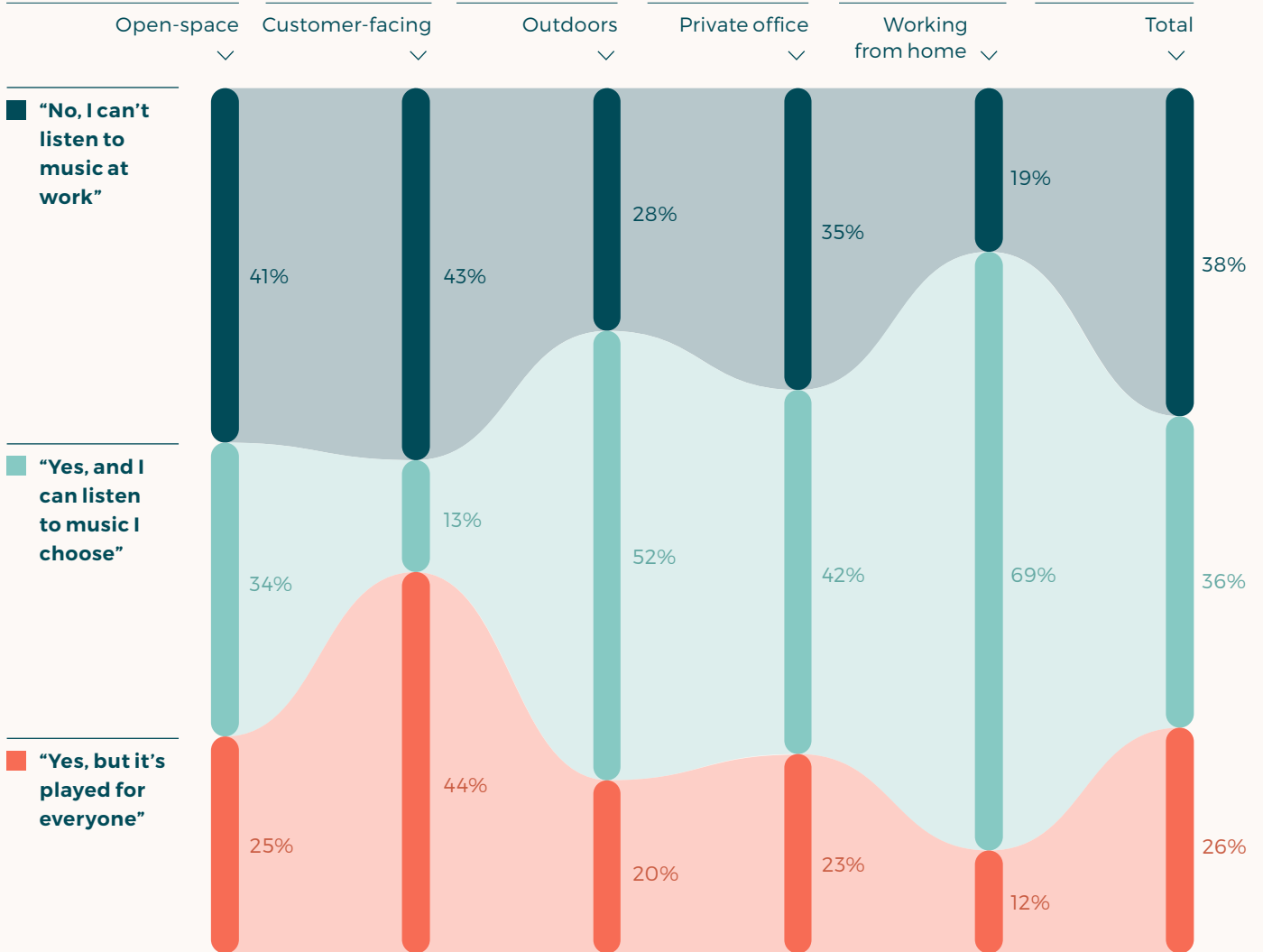
Of all users, 51% said they work in a large open space: 99% of them would benefit from listening to music at work to manage interruptions and be more focussed.

It's also true that 46% of people working in customer-facing environments should not listen to music at work.

More than half of people whose work environment provides privacy such as working from home or in a private office would benefit from listening to music when working (50% and 53%, respectively).

3D. Workspace and access to music

WORKSPACE TYPE



41%
of people working in large open-spaces are not allowed to listen to music at work

Despite the benefits, 41% of people working in large open-spaces are not allowed to listen to music at work. 25% have no control over the music played, leaving only 34% with the possibility of choosing when and what to listen to.

In total, 38% of users cannot listen to music at work.

MUSIC AT WORK

On average...



20%

of those who said that they cannot listen to music at work would benefit from it



5 FINDINGS

SECTOR-SPECIFIC INSIGHTS | N = 4,553

4A. Results by sector

	Music is an interruption but actually helps focus	Music is a negative distraction from work	Music helps manage external interruptions such as noise	Music helps manage internal interruptions such as thoughts	Music helps manage external interruptions such as people talking
Academia	38%	19%	30%	0%	13%
Accountancy	48%	23%	21%	5%	4%
Admin	48%	19%	20%	8%	5%
Advertising	37%	19%	37%	7%	0%
Arts	46%	15%	17%	19%	4%
Banking	45%	21%	28%	7%	0%
Catering	44%	30%	15%	7%	5%
Computer programming	47%	16%	22%	10%	4%
Construction	47%	26%	20%	4%	3%
Consultancy	46%	23%	25%	4%	1%
Customer service	49%	19%	22%	6%	4%
Data analytics	47%	16%	31%	4%	2%
Design	32%	29%	24%	12%	4%
Education	44%	24%	22%	6%	4%
Engineering	46%	16%	27%	6%	5%
Faith-based	50%	17%	17%	0%	17%
Finance	52%	13%	28%	4%	4%
Healthcare	54%	26%	11%	5%	3%
Hospitality	53%	26%	9%	9%	3%
HR	48%	23%	18%	11%	1%
Insurance	45%	0%	41%	14%	0%
IT	46%	11%	25%	9%	10%
Legal	60%	11%	21%	4%	4%
Logistics	47%	22%	16%	7%	8%
Manufacturing	54%	10%	23%	7%	6%
Marketing	35%	10%	40%	8%	6%
Media	64%	11%	16%	5%	4%
PR	50%	29%	7%	14%	0%
Retail	48%	34%	6%	6%	6%
Sales	51%	30%	13%	5%	1%
Science	42%	22%	30%	6%	0%
Security	53%	33%	9%	5%	0%
Social care	36%	30%	24%	8%	3%
Sports	40%	20%	25%	15%	0%
Volunteering	58%	23%	12%	3%	4%
Other	50%	17%	20%	6%	5%
GRAND TOTAL	48%	21%	20%	7%	4%

People working in Marketing are interrupted by surrounding noise more than other sectors (40% vs 20% on average).

Also, this profession is the only one that does not fall into the 'lesser of two evils' default category (i.e. music is an interruption but

actually helps focus), indicating that people in Marketing might be more aware of their surroundings and interruptions.

SECTOR-SPECIFIC INSIGHTS | N = 3,607

Tool interactions show that some industries are more music friendly than others

People working in Computer programming, Data analytics, Advertising and Marketing are more likely to be allowed to listen to music and have control over what they listen to (respectively 73%, 66%, 64% and 64% of people working in these sectors say they have access to and control of music).

People working in Sports, Retail and Catering are more likely to have no control over music played in their workspace (56%, 55% and 48%, respectively).

People working in Insurance, Banking, Accountancy and Customer service are less likely to be allowed to listen to music at work (59%, 57%, 56% and 56%, respectively).

56%
of people working in **Sports** are likely to have no control over music played in their workspace

4B. Sector and access to music

	No, I can't listen to music at work	Yes, and I can listen to music I choose	Yes, but it's played for everyone
Academia	45%	47%	8%
Accountancy	56%	28%	16%
Admin	50%	28%	22%
Advertising	27%	64%	9%
Arts	20%	59%	22%
Banking	57%	35%	9%
Catering	24%	28%	48%
Computer programming	17%	73%	10%
Construction	40%	39%	20%
Consultancy	32%	58%	9%
Customer service	56%	17%	26%
Data analytics	24%	66%	11%
Design	23%	52%	25%
Education	55%	28%	17%
Engineering	34%	45%	22%
Faith-based	20%	60%	20%
Finance	53%	29%	18%
Healthcare	43%	21%	36%
Hospitality	33%	24%	43%
HR	51%	36%	13%
Insurance	59%	31%	10%
IT	33%	57%	10%
Legal	50%	38%	12%
Logistics	29%	36%	35%
Manufacturing	38%	25%	36%
Marketing	23%	64%	13%
Media	26%	52%	22%
PR	10%	60%	30%
Retail	30%	16%	55%
Sales	37%	28%	35%
Science	41%	36%	23%
Security	38%	45%	17%
Social care	38%	23%	40%
Sports	31%	13%	56%
Volunteering	32%	29%	39%
Other	35%	39%	26%
GRANDTOTAL	39%	35%	26%

SECTOR-SPECIFIC INSIGHTS | N = 4,553

4C. Work complexity across sector

	Upbeat music		Medium tempo		Downbeat music
Academia	13%	●	17%	●	70%
Accountancy	22%	●	12%	●	66%
Admin	40%	●	14%	●	45%
Advertising	30%	●	7%	●	63%
Arts	25%	●	10%	●	65%
Banking	24%	●	10%	●	66%
Catering	46%	●	18%	●	37%
Computer programming	10%	●	4%	●	86%
Construction	21%	●	18%	●	61%
Consultancy	12%	●	4%	●	84%
Customer service	44%	●	13%	●	43%
Data analytics	20%	●	13%	●	67%
Design	8%	●	10%	●	82%
Education	21%	●	10%	●	69%
Engineering	16%	●	12%	●	72%
Faith-based	0%	●	17%	●	83%
Finance	31%	●	14%	●	54%
Healthcare	28%	●	12%	●	60%
Hospitality	52%	●	18%	●	30%
HR	16%	●	14%	●	70%
Insurance	24%	●	17%	●	59%
IT	12%	●	10%	●	78%
Legal	26%	●	9%	●	66%
Logistics	43%	●	17%	●	41%
Manufacturing	38%	●	13%	●	50%
Marketing	24%	●	16%	●	60%
Media	21%	●	9%	●	70%
PR	36%	●	7%	●	57%
Retail	57%	●	14%	●	29%
Sales	38%	●	9%	●	53%
Science	22%	●	8%	●	70%
Security	23%	●	26%	●	51%
Social care	21%	●	16%	●	63%
Sports	30%	●	20%	●	50%
Volunteering	44%	●	18%	●	38%
Other	39%	●	16%	●	45%
GRAND TOTAL	33%		14%		54%

Tool interactions show that some professions tend to have more complex and challenging workloads than others, and attract more introverted talents

86% of people working in Computer programming tend to have more challenging workloads and be more introverted. They would require more downbeat and less intense music to be focussed.

57% of people working in Retail tend to have more simple and repetitive tasks, and be more extroverted. They would require more upbeat and intense music to be focussed.

57%
of people working in **Retail** tend to have more simple and repetitive tasks, and be more extroverted

CONCLUSION

MUSIC FOR HEALTH?

It's evident from findings in 'The Sound of Productivity' report that giving individual employees access to music in the workplace offers considerable benefits.

While several smaller studies taking place in controlled settings have explored the effect of music on cognitive performance and measures of stress, 'The Sound of Productivity' is one of the first to widen the scope to over 5,000 participants across multiple geographic and work settings - to reveal surprising and valuable new insights.

Of particular relevance is the finding that people born in the 1990s-2000s need music with more stimulating musical features to focus compared to their counterparts born 50 years earlier.

It also makes clear the role of music in matching the needs of today's workforce: according to the report, 99% of people working in open-plan spaces would benefit from listening to music at work.

What's more, employees in some industries, especially marketers, are disproportionately impacted by noise compared to those working in other sectors.

Sync Project is developing personalised music technology for health and wellness. We've made it our business to discover exactly how music affects people, and to harness that knowledge in new life, health, and even, work-enhancing ways.

Our technology is designed to analyse the characteristics of your favourite music and put them to good use. [Sign up](#) to be first to try our latest product.



Sync Project

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The logo for totalJobs, featuring the word "totalJobs" in a lowercase, sans-serif font. "total" is in a light green color and "Jobs" is in a darker green color. The logo is set against a white rounded rectangular background.

This report can be downloaded from www.totaljobs.com

Read insights from music psychologist Dr Anneli Haake on the science behind the benefits of music in the workplace: totaljobs.com/insidejob/how-can-music-boost-your-performance

Read further insights from medical music initiative The Sync Project on the health benefits of music: totaljobs.com/insidejob/music-and-health/

Find out what your sound of productivity is with totalJobs' tool: totaljobs.com/music

For more information on the data in this report, please contact mimouna.mahdaoui@totaljobsgroup.com
