

UK businesses trial and adopt the four-day working week

What is it?

Since late 2022, 61 UK companies signed up to trial the four-day working week, including Sainsbury's, Marks & Spencer, Superdry and Morrisons. Employees are asked to do the same amount of work over four days with the same pay.

Why does this matter?

The four-day week challenges the current model of work and could bring potential benefits to society, the economy and the environment.

Strategic implications

According to the 4 Day Week Global report, overall satisfaction with work and life is higher after the trial, with employees reporting lower rates of burnout and better physical and mental health.

STEPIC drivers/Winning strategies

Power in the hands of workers
Breaking barriers



What we stand for



UK results summary

(61 companies and approximately 2,900 workers, trial taking place from June to December 2022)

Business outcomes: 92% of organisations are continuing with a four-day week.

Employee outcomes: 90% of employees said they definitely want to continue on a four-day week, with no one saying they definitely don't want to continue.

Health and wellbeing: 71% of employees had reduced levels of burnout by the end of the trial.

Family and household life: 73% of workers said they had greater satisfaction with their time.

