

SWAA March 2025 Updates*

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6 March 2025



Latest survey wave included: February 2025

To sign up for regular results updates, please sign up [here](#).

* Many thanks to Mert Akan and Diego Álvarez for excellent research assistance.

- **Source of all data (unless noted):** Survey of Working Arrangements and Attitudes (SWAA), see www.wfhresearch.com

- **When referring to these results please cite:**

Barrero, Jose Maria, Nicholas Bloom, and Steven J. Davis, 2021. “Why working from home will stick,” National Bureau of Economic Research Working Paper 28731.

www.wfhresearch.com

The Survey of Working Arrangements and Attitudes



- Monthly online survey since May 2020, >200,000 observations to date.
- We design the survey instrument.
- Target population: U.S. residents, 20-64, who earned \geq \$10K in 2019 (\geq \$20K in early survey waves). From January to March 2022, we transitioned to earned \geq \$10K in the prior year. As of July 2023, we also now developed a dataset for 2022 and later that does not impose an earnings requirement.
- The SWAA is fielded by market research firms that rely on wholesale aggregators (e.g., [Lucid](#)) for lists of potential survey participants.
- After dropping “speeders” (~16% of sample), we re-weight to match 2010-2019 CPS worker shares in age-sex-education-earnings cells. Dropping those who fail attention checks (roughly another 12%) sharpens some results.
- Median response time: 7 to 12 minutes, after dropping speeders
- Results, micro data, survey instruments, and more are freely available at www.WFHresearch.com.

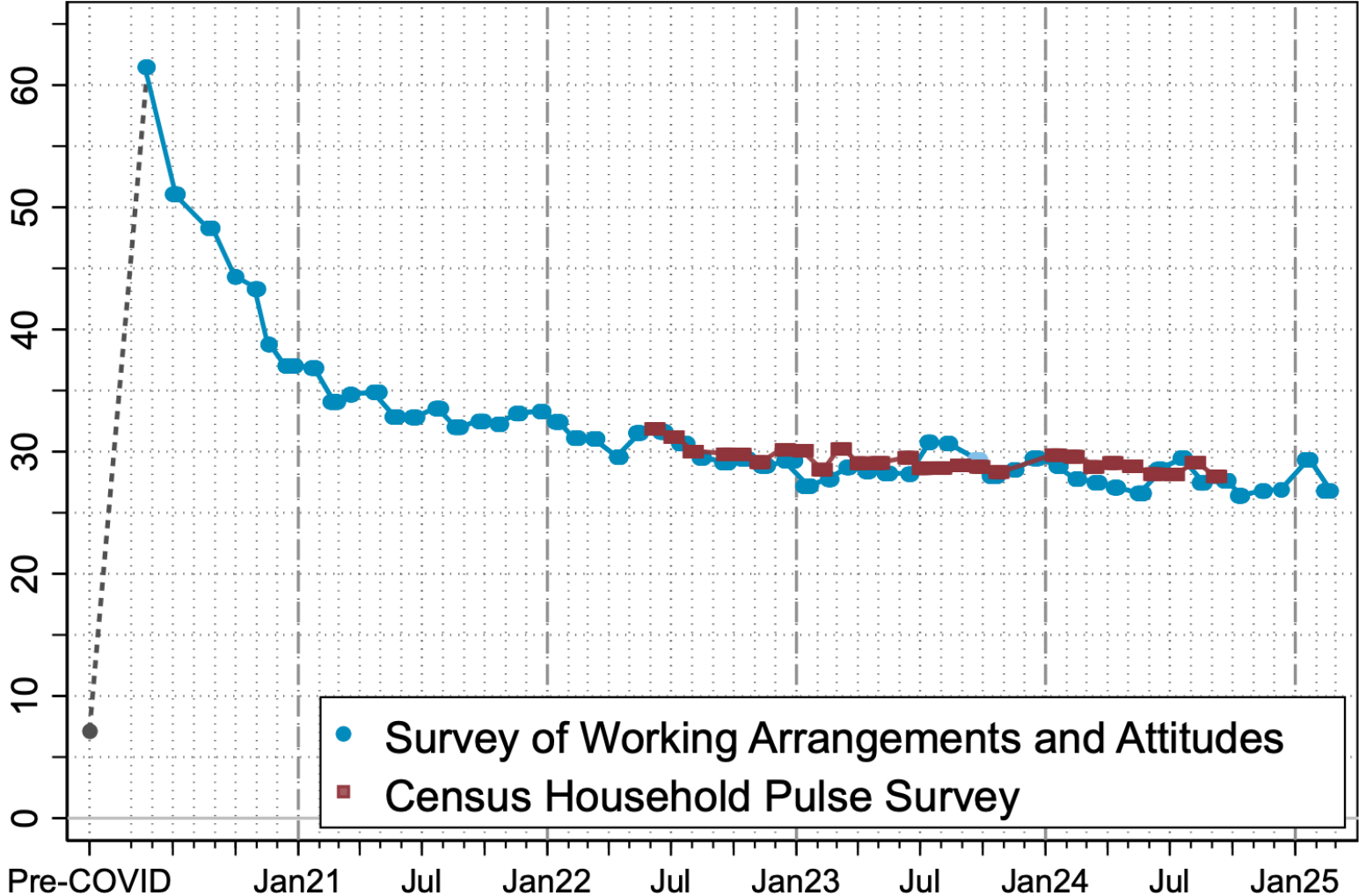
Representativeness

- By design, we focus on persons who exhibit some attachment to the workforce, as evidenced by prior earnings. When noted, some results using 2022 and later data do not impose an earnings requirement.
- No respondents are recruited based on an interest in our topics.
- Since respondents take the survey using a computer, smartphone, iPad or like device, we miss people who never use such devices.
- Before re-weighting, the SWAA under samples the less educated, particularly those who did not finish high school.
- Even after re-weighting, we may over sample those who are more tech and internet savvy, especially among the least educated.

About 26% of Paid Days in the US in February 2025 Were Work-From-Home Days



Percentage of paid full days worked from home



Source: Responses to the questions:

- **Currently (this week) what is your work status?** (SWAA)
- **For each day last week, did you work a full day (6 or more hours), and if so where?** (SWAA)
- **In the last 7 days, have you...teleworked or worked from home?** (HHP)

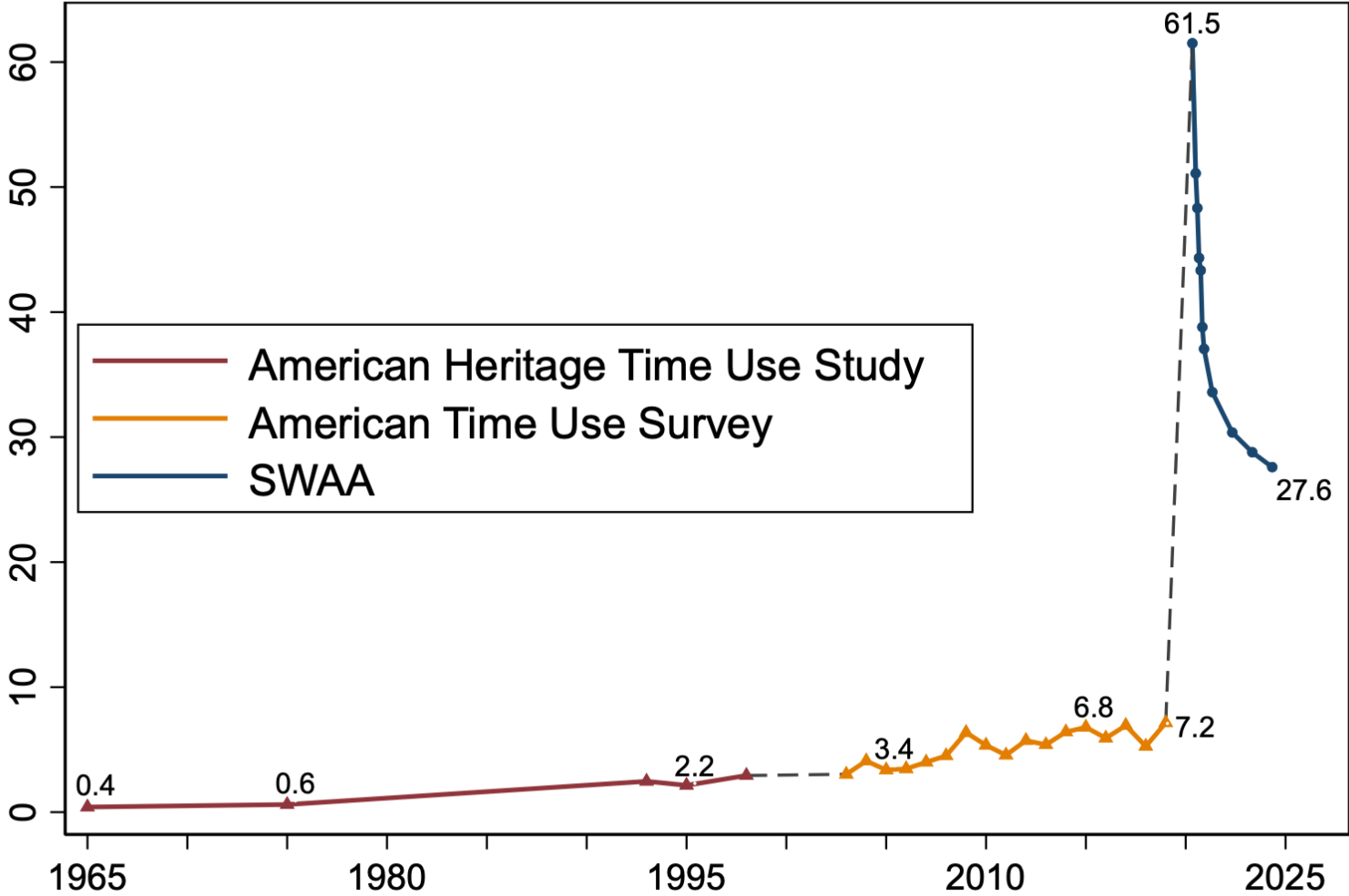
Notes: For each wave, we compute the percent of paid full days worked from home in the SWAA and Household Pulse Survey (HHP) and plot it on the vertical axis. The horizontal-axis location shows when the survey was in the field. The pre-COVID figure is from the 2017-2018 American Time Use Survey. SWAA: Before November 2020, we asked the first question above. Since November 2021, we have asked the second question. From November 2020 to October 2021, we back-cast responses to the current question using a regression model based on current-question responses and another question (not shown). We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match CPS shares by age-sex-education-earnings cells. HHP: We focus on individuals aged 20 to 64 with household incomes above \$25,000 per year. We assign 30% of days WFH if the respondent did so for “for 1-2 days;” 70% if they did so “for 3-4 days;” 100% if “5 or more days;” and 0 for “No.”

N = 226,112 (SWAA) N = 923,587 (HHP)

The Pandemic Permanently Increased WFH, Equivalent to Almost 40 Years of Pre-Pandemic Growth



Full Days Worked at Home, Percent of Paid Workdays



Source: Responses to the questions:

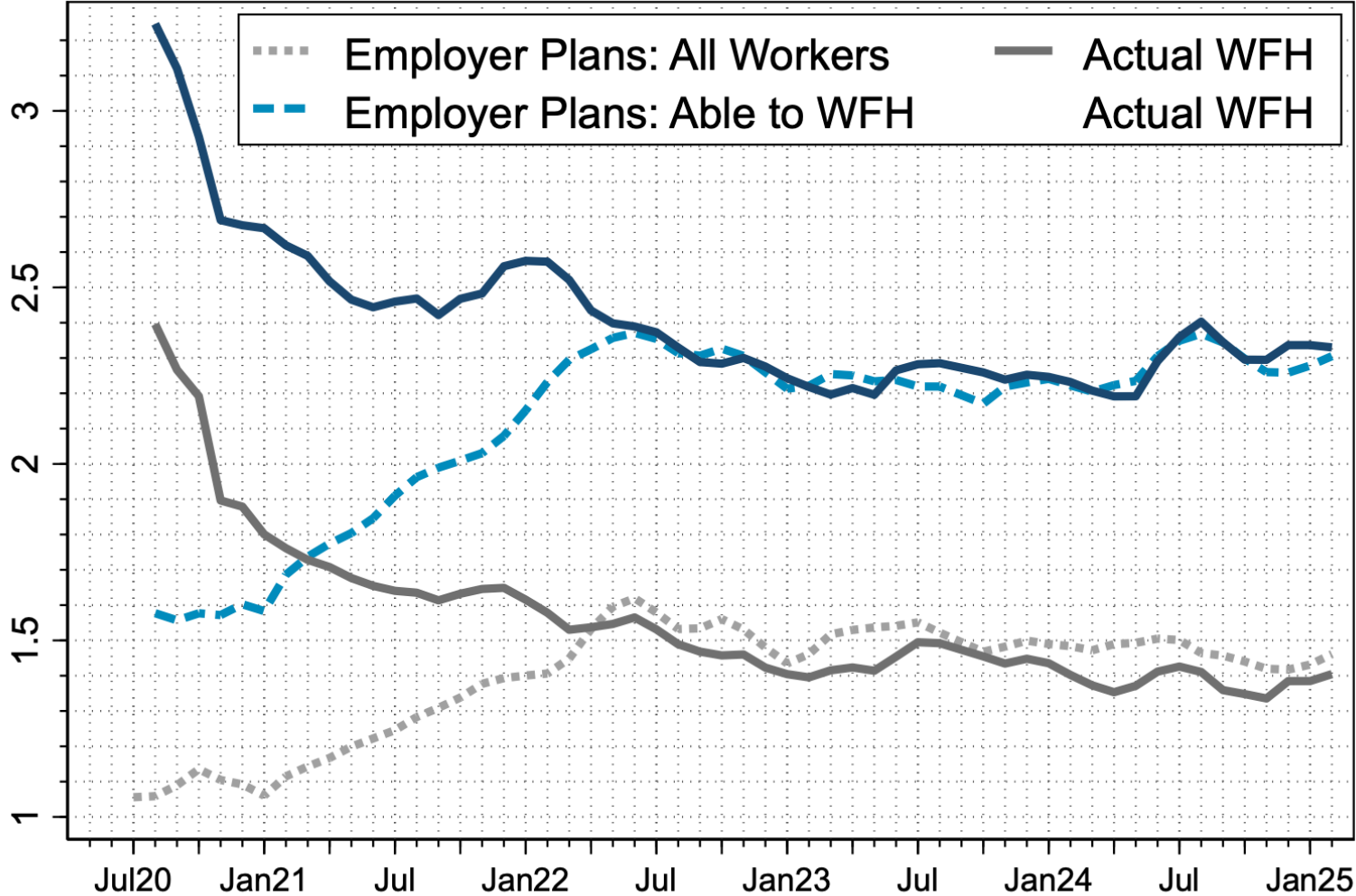
- In their time diary the respondent listed the activity "Paid work at home" for **6 or more hours**. (AHTUS)
- How did this person **usually** get to work last week? (ACS)
- For each day last week, did you **work a full day (6 or more hours)**, and, if so, **where?** (SWAA)

Notes: For each dataset, we compute the percent of working individuals who worked full days at home during the survey's reference period. For the AHTUS and ACS, if an individual reports usually working from home, we mark them as working from home 100% of the time. In SWAA we compute the percent of full paid days at home to account for a hybrid work schedule, and calculate monthly averages. We report those monthly values in 2020 and combine them into yearly averages from 2021 onwards. Then we plot each percentage on the vertical axis. We re-weight the sample of US residents aged 20 to 64 earning \$20,000 or more in 2019 dollars to overall population shares. We impute the September 2023 data value as the average of August and October due to data quality issues.

Employer Plans for WFH Trend Near 2.3 Days per Week for Persons Able to Work From Home



Average Days per Week Working From Home



Responses to the questions:

- Looking one year ahead, how often is your employer planning for you to work full days at home?
- For each day last week, did you work a full day (6 or more hours), and if so where? (November 2021 and later) **Currently (this week)** what is your work status? (Before November 2021)

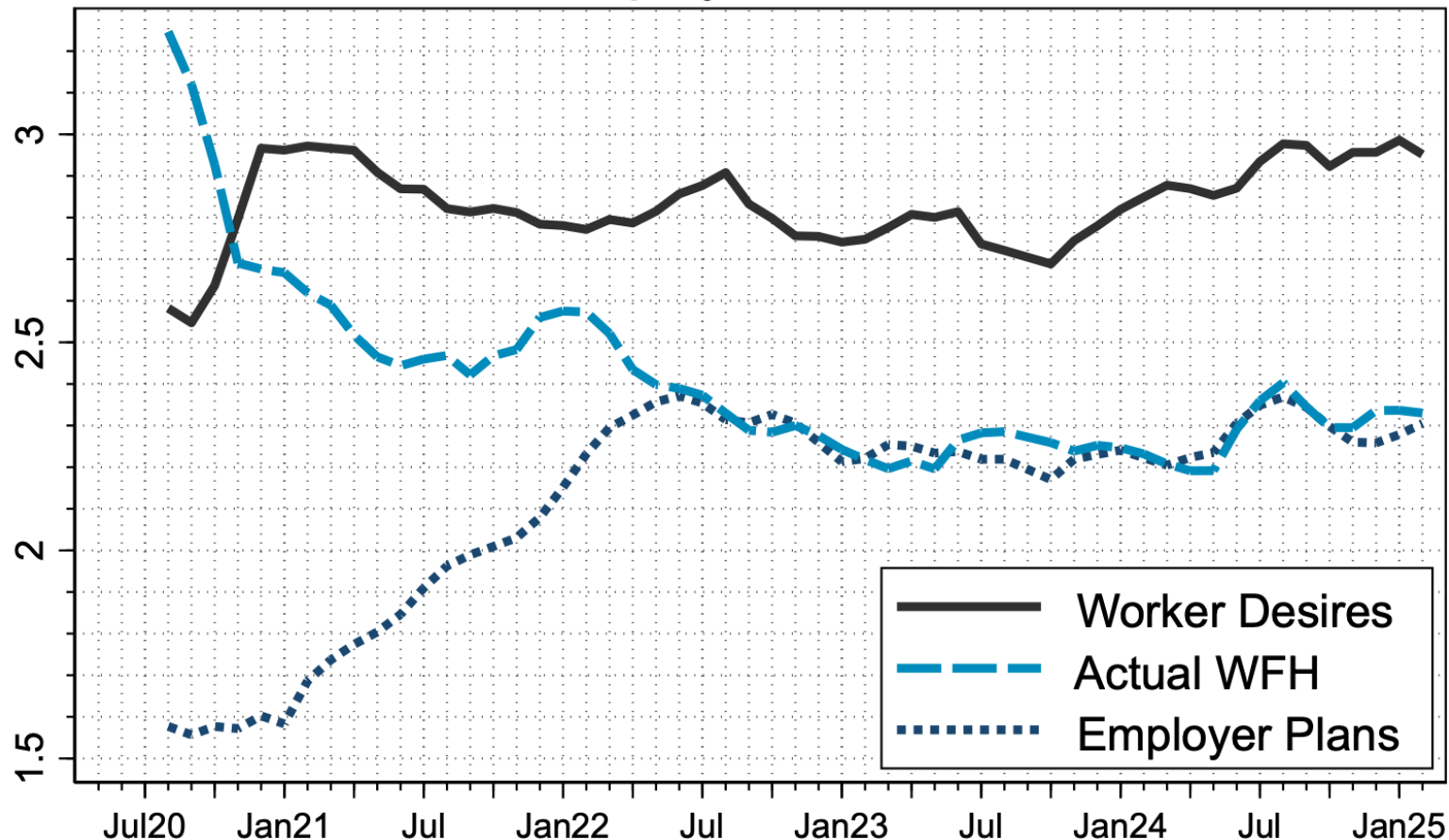
Sample: Data are from all SWAA waves, covering July 2020 to February 2025. The sample includes all respondents who reported their employer’s plans for WFH as the pandemic ends, or who worked the prior week (“All workers” series), but the blue-colored series labeled “Able to WFH” restrict attention to workers who have work-from-home experience in 2020 or later. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match Current Population Survey on age, sex, education, and earnings. We impute September 2023 data as the average between August and October due to data quality issues.

N = 265,633 (plans, all respondents) and 187,513 (plans, able to work from home), N = 226,283 (actual, all respondents), N = 161,907 (actual, able to WFH)

The Gap Between How Much Employees Want to Work from Home and Employer Plans Fluctuates Near 0.6 Days



Average Days per Week Working From Home:
Desired, Actual, and Employer Plans for 1+ Years Ahead



Sample: Workers able to work from home

Responses to the questions:

- Looking one year ahead, how often would you like to have full paid days at home?
- Looking one year ahead, how often is your employer planning for you to work full days at home?

Sample: Data are from all SWAA waves, covering August 2020 to January 2025. The sample includes all respondents who responded to the relevant survey and have work-from-home experience in 2020 or later. For the employer plans series, we exclude respondents who report having no employer. We impute September 2023 data as the average between August and October due to data quality issues.

N = 187,513 (employer plans, able to work from home)

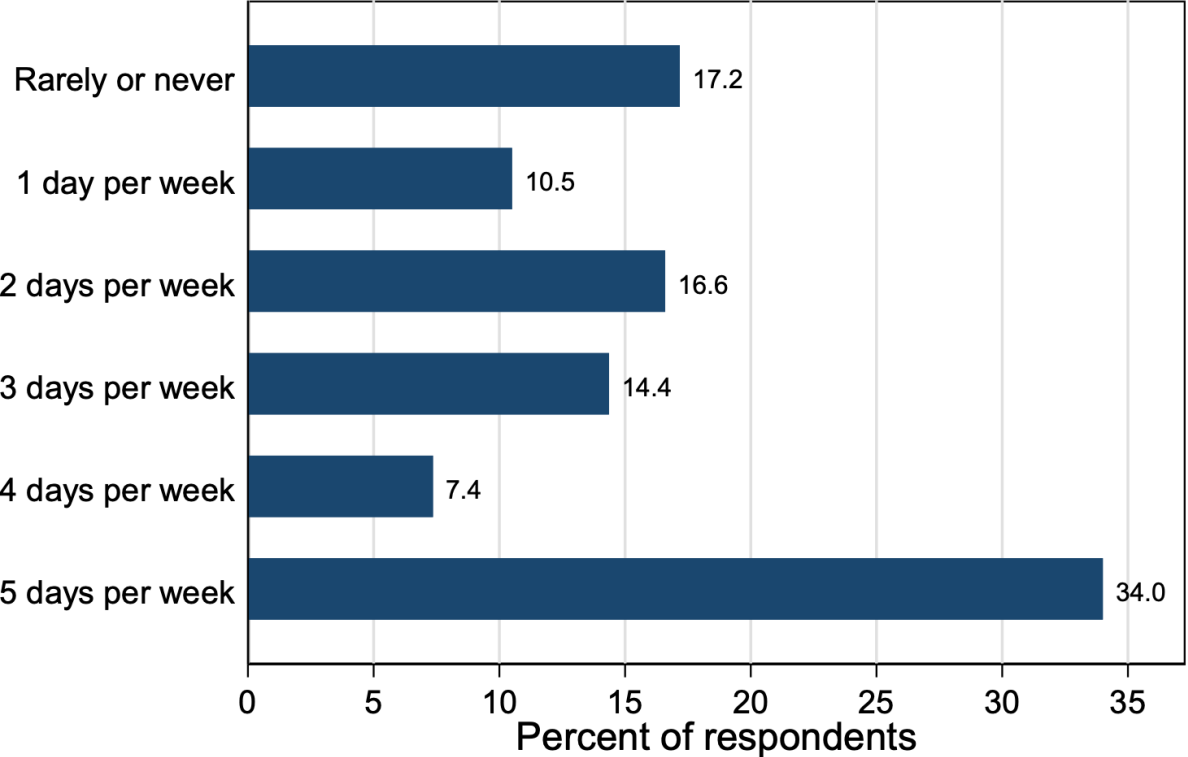
N = 202,313 (worker desires, able to work from home)

N = 161,907 (actual, able to work from home)₈

Employers Offer Fewer Fully Remote Jobs and More Fully Onsite Jobs Than Employees Want

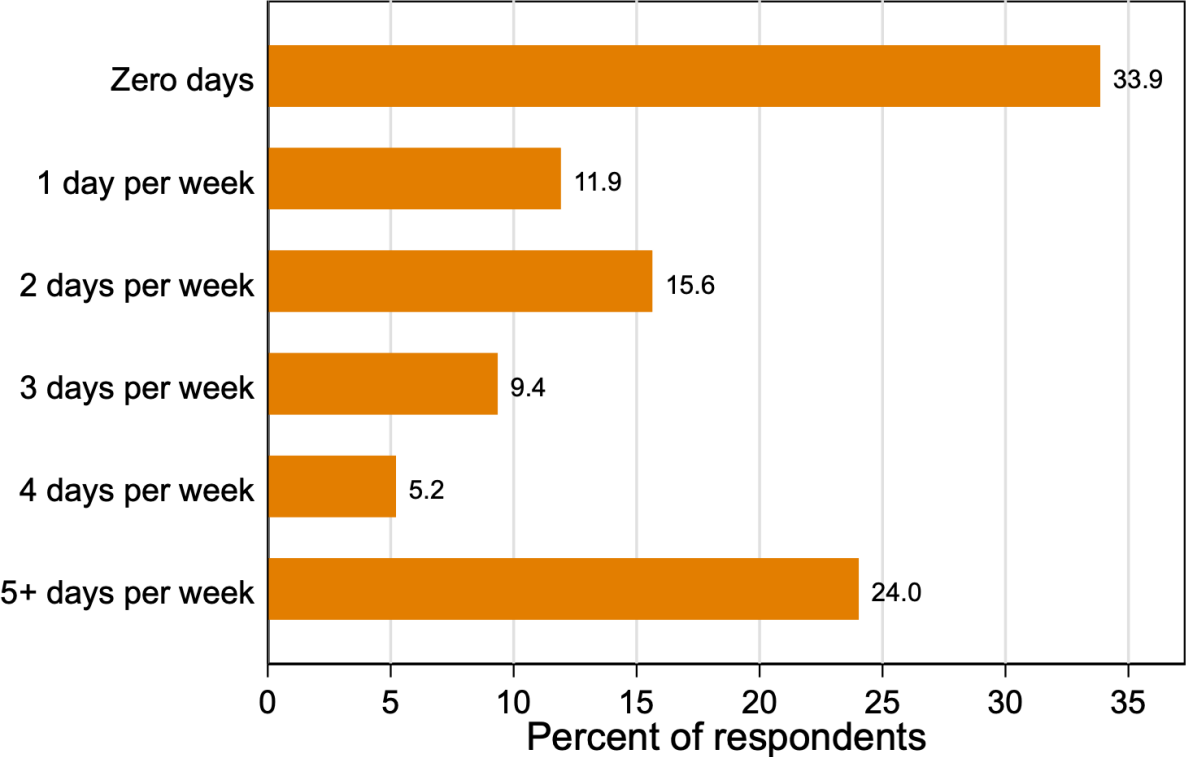


Worker desired amount of post-COVID WFH days



Sample: Full-time wage and salary employees who are able to WFH. N = 7961

Current amount of WFH days



Sample: Full-time wage and salary employees who are able to WFH. N = 7641

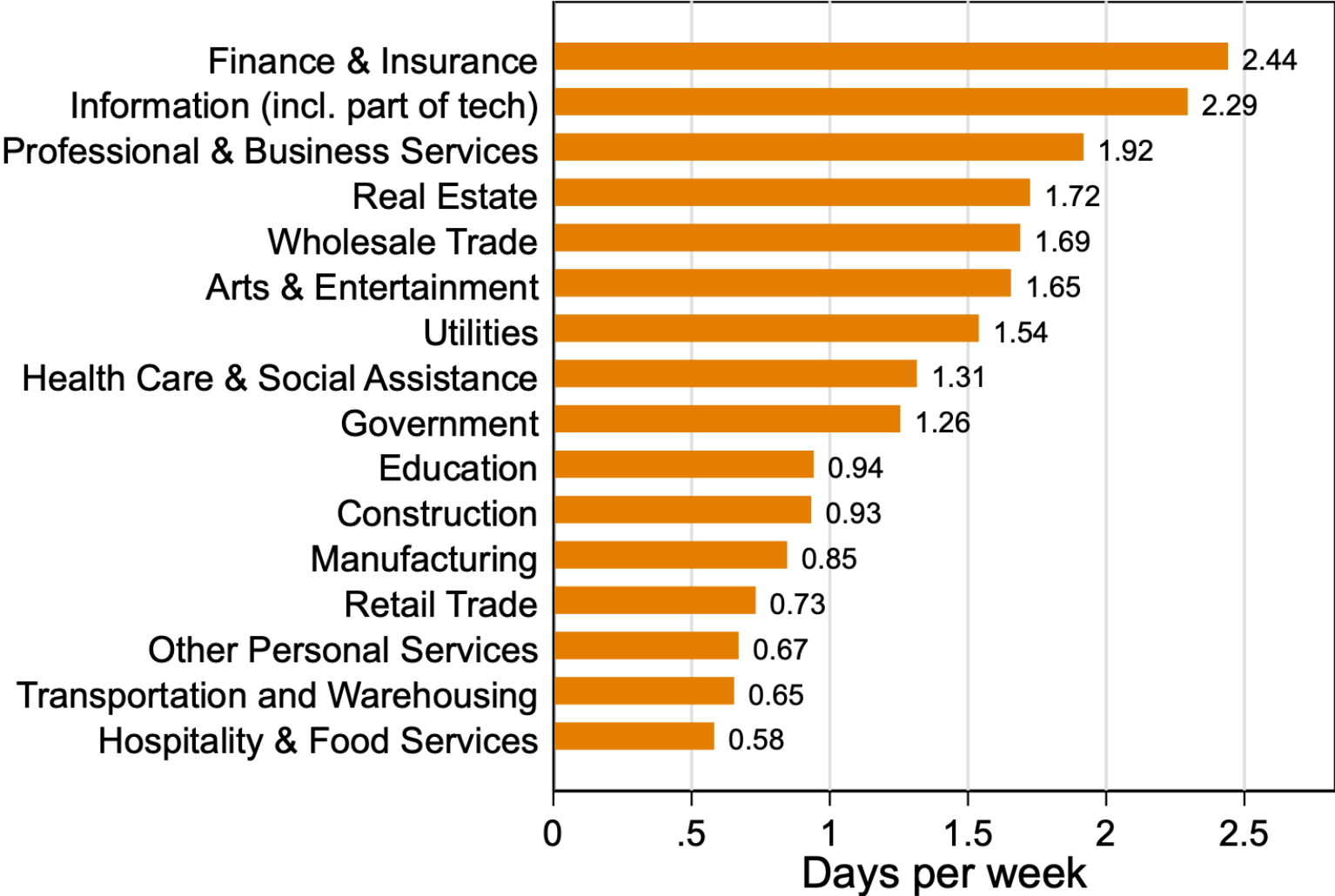
Responses to the questions: *Looking one year ahead*, how often would you *like to* have paid workdays at home? *For each day last week, did you work a full day (6 or more hours), and if so where?*

Sample: Data are from the November 2024 to February 2025 SWAA waves. The sample includes full-time wage and salary employees (i.e. who worked 5 or more days during the survey reference week) who have work-from-home experience during the pandemic and pass the attention-check questions. Numbers for “5 days per week” in the right chart include responses for 6 or 7 full days worked from home. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match Current Population Survey on age, sex, education, and earnings.

Working from Home is Most Prevalent in Finance, Tech, and Professional and Business Services Sectors



Current working from home: All wage and salary employees



Responses to the question:

- For each day last week, did you work a full day (6 or more hours), and if so where?

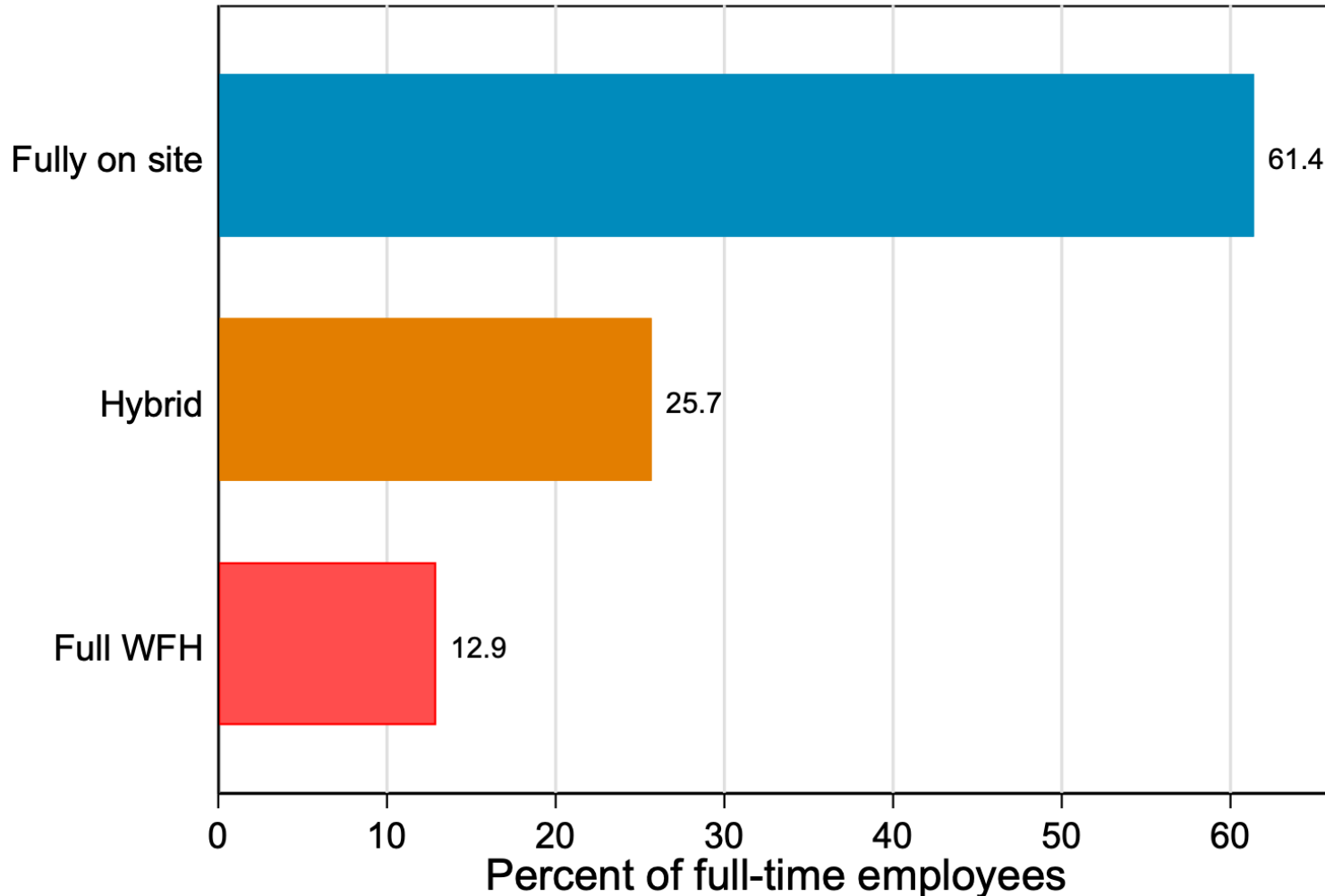
Sample: Data are from the September 2024 to February 2025 SWAA waves. The sample includes all wage and salary employees who pass the attention-check questions. We exclude mining due to insufficient observations and agriculture to focus on non-farm jobs. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match Current Population Survey on age, sex, education, and earnings.

N = 21,733

By Early-2025: 13% of Full-Time Employees Were Fully Remote, 61% Were Full-Time on Site, and 26% Were in a Hybrid Arrangement



Working Arrangements



Source: Responses to the questions:

- *For each day last week, did you work a full day (6 or more hours), and if so where?*

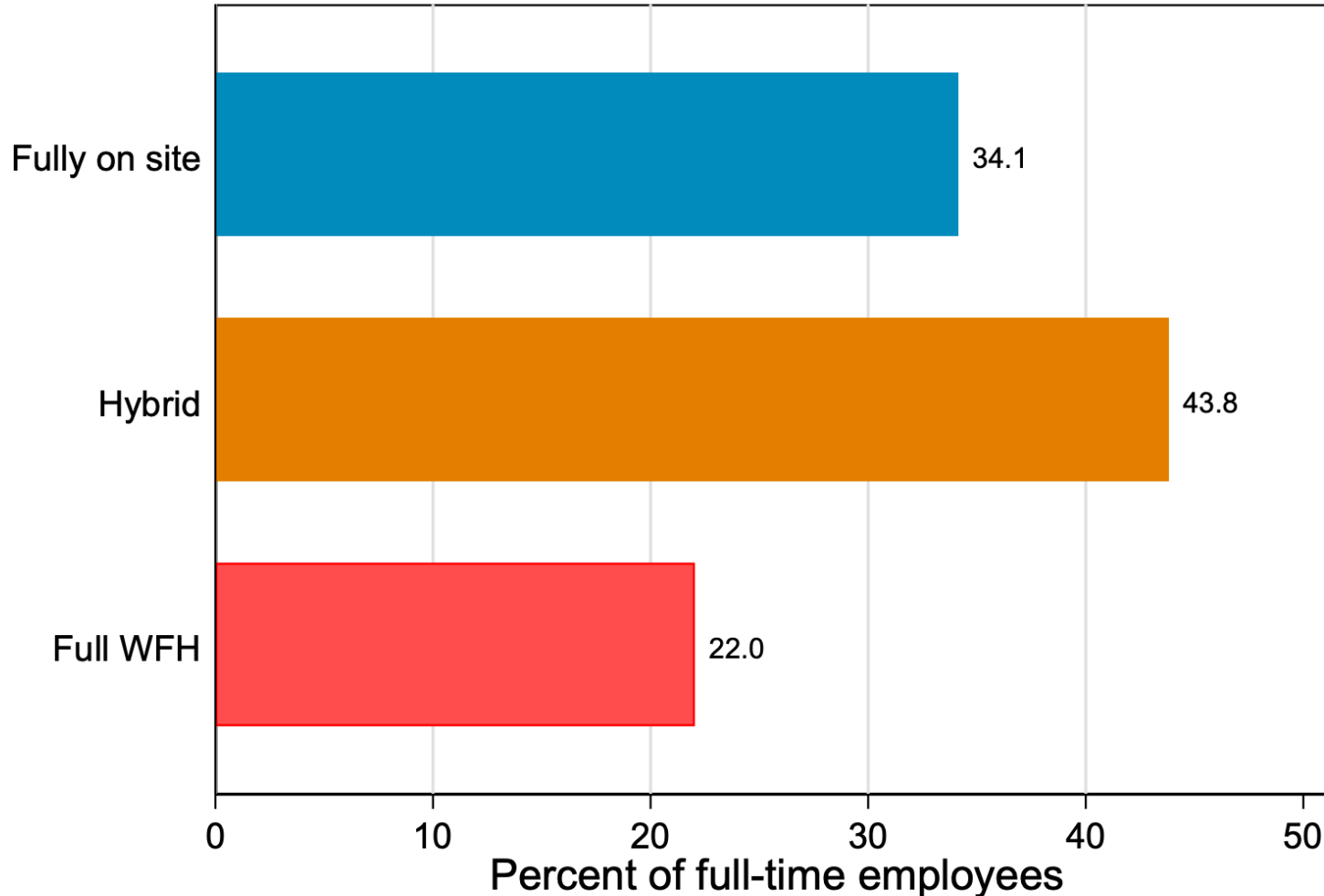
Notes: We compute the percent of full-time (i.e. work 5+ days/week) wage and salary employees who either i) worked all their days on business premises; ii) worked some days on business premises and some days at home; or iii) worked all all days at home during the survey's reference week. Then we show the percentage for each group. The sample covers the November 2024 to February 2025 waves of the SWAA. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match CPS shares by age-sex-education-earnings cells.

N = 13,498

For Employees that Can Work from Home, the Most Common Practice is Hybrid, with Fully On Site Close Behind



Working Arrangements of Those Able to WFH November 2024 to February 2025



Source: Responses to the questions:

- *For each day last week, did you work a full day (6 or more hours), and if so where?*

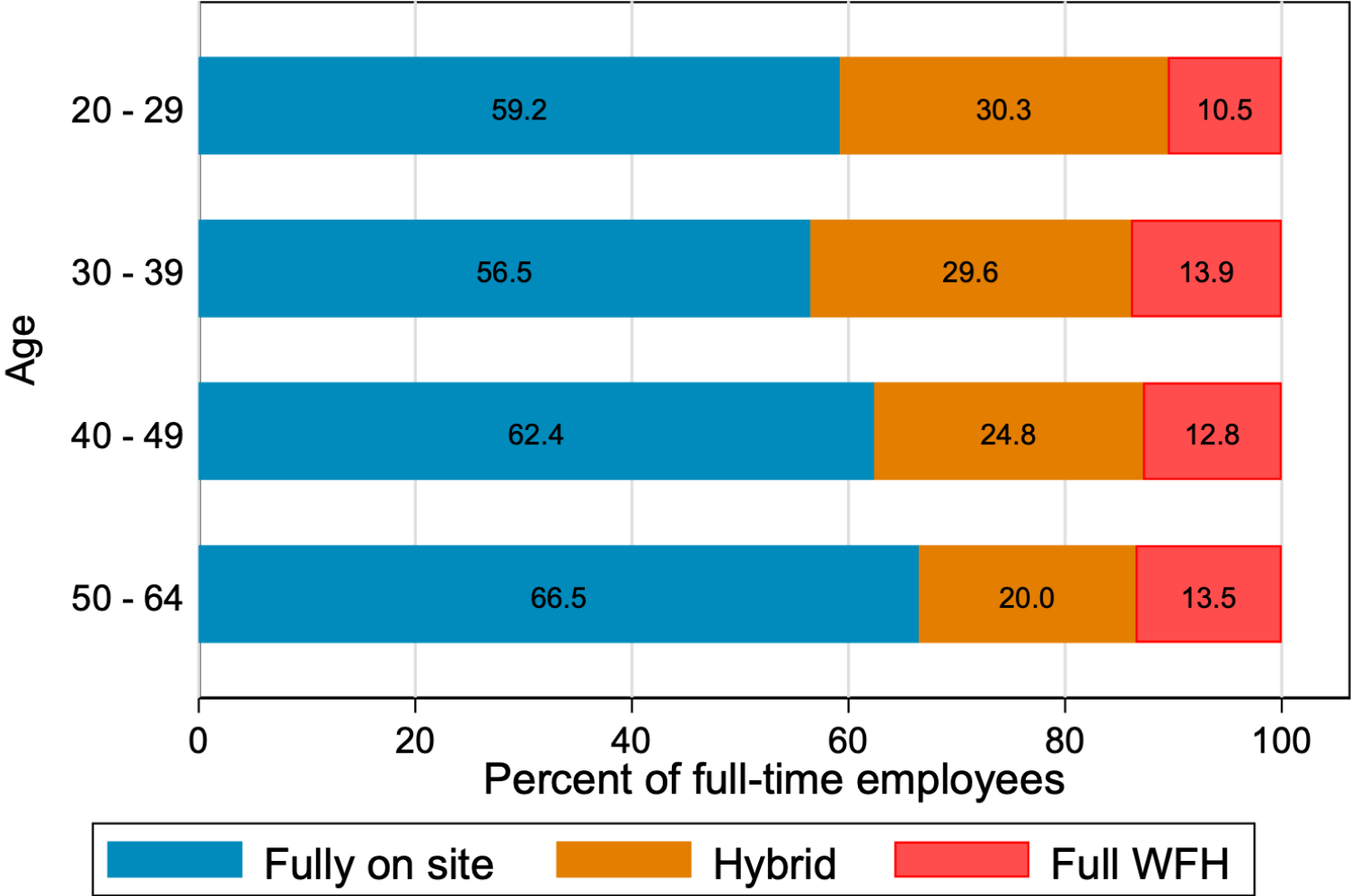
Notes: We compute the percent of full-time (i.e. work 5+ days/week) wage and salary employees who are able to work from home and either i) worked all their days on business premises; ii) worked some days on business premises and some days at home; or iii) worked all all days at home during the survey's reference week. Then we show the percentage for each group. We infer that somebody is able to work from home if they currently do so 1+ days per week, or did so at some point since the start of COVID. The sample covers the November 2024 to February 2025 waves of the SWAA. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in 2019 or 2021 to match CPS shares by age-sex-education-earnings cells.

N = 8,800

Workers In Their 50s and 60s Are Fully On Site and Fully Remote More Often Than Younger Workers



Working Arrangements by Age November 2024 to February 2025



Source: Responses to the questions:

- For each day last week, did you work a full day (6 or more hours), and if so where?

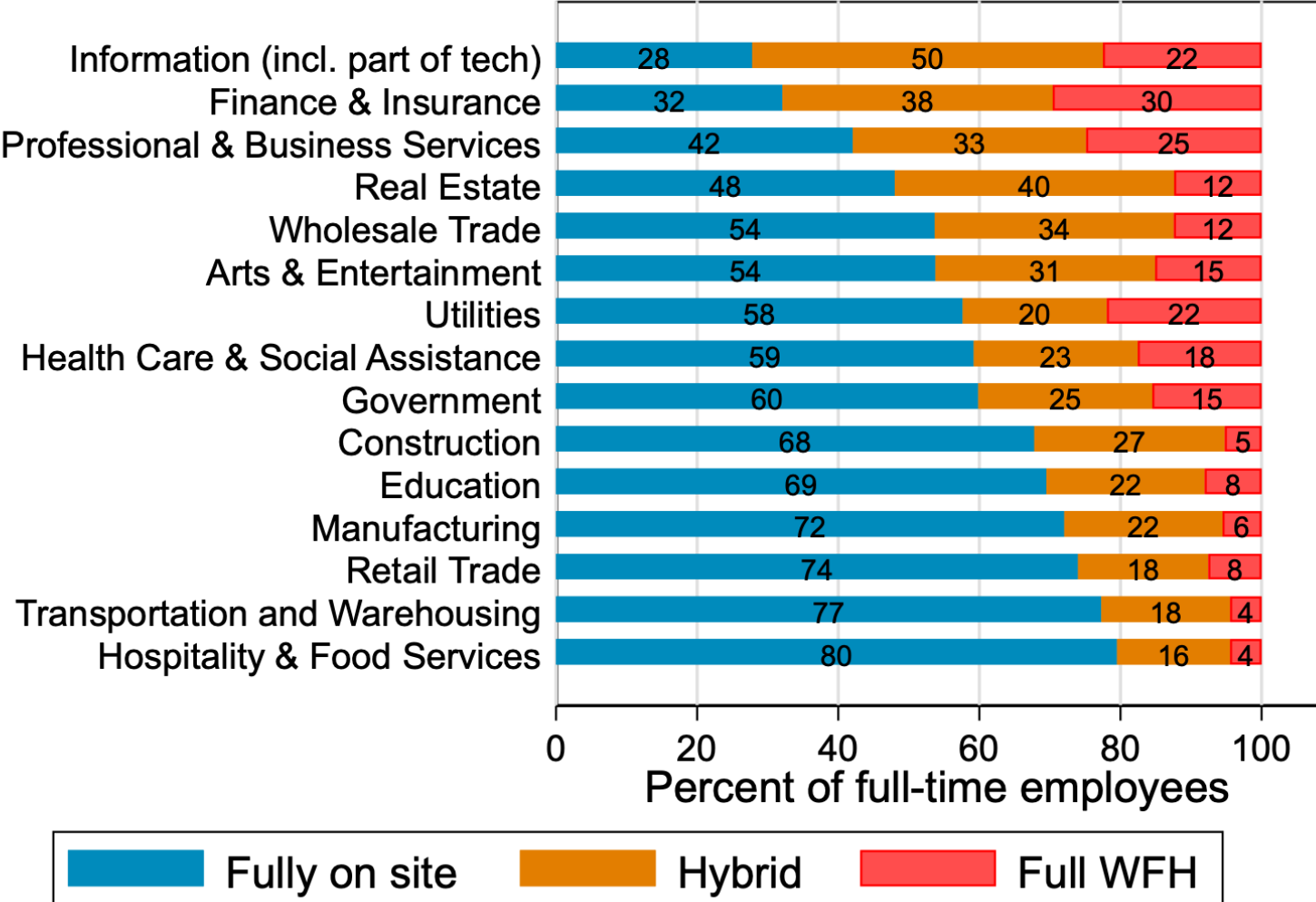
Notes: For each age group, we compute the percent of full-time (i.e. work 5+ days/week) wage and salary employees who either i) worked all their days on business premises; ii) worked some days on business premises and some days at home; or iii) worked all all days at home during the survey’s reference week. Then we show the percentage for each group. The sample covers the November 2024 to February 2025 waves of the SWAA. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match CPS shares by age-sex-education-earnings cells.

N = 13,498

Information, Finance & Insurance, and Prof. & Business Services Have The Largest Share of Hybrid and Fully Remote Workers



Working Arrangements by Industry November 2024 to February 2025



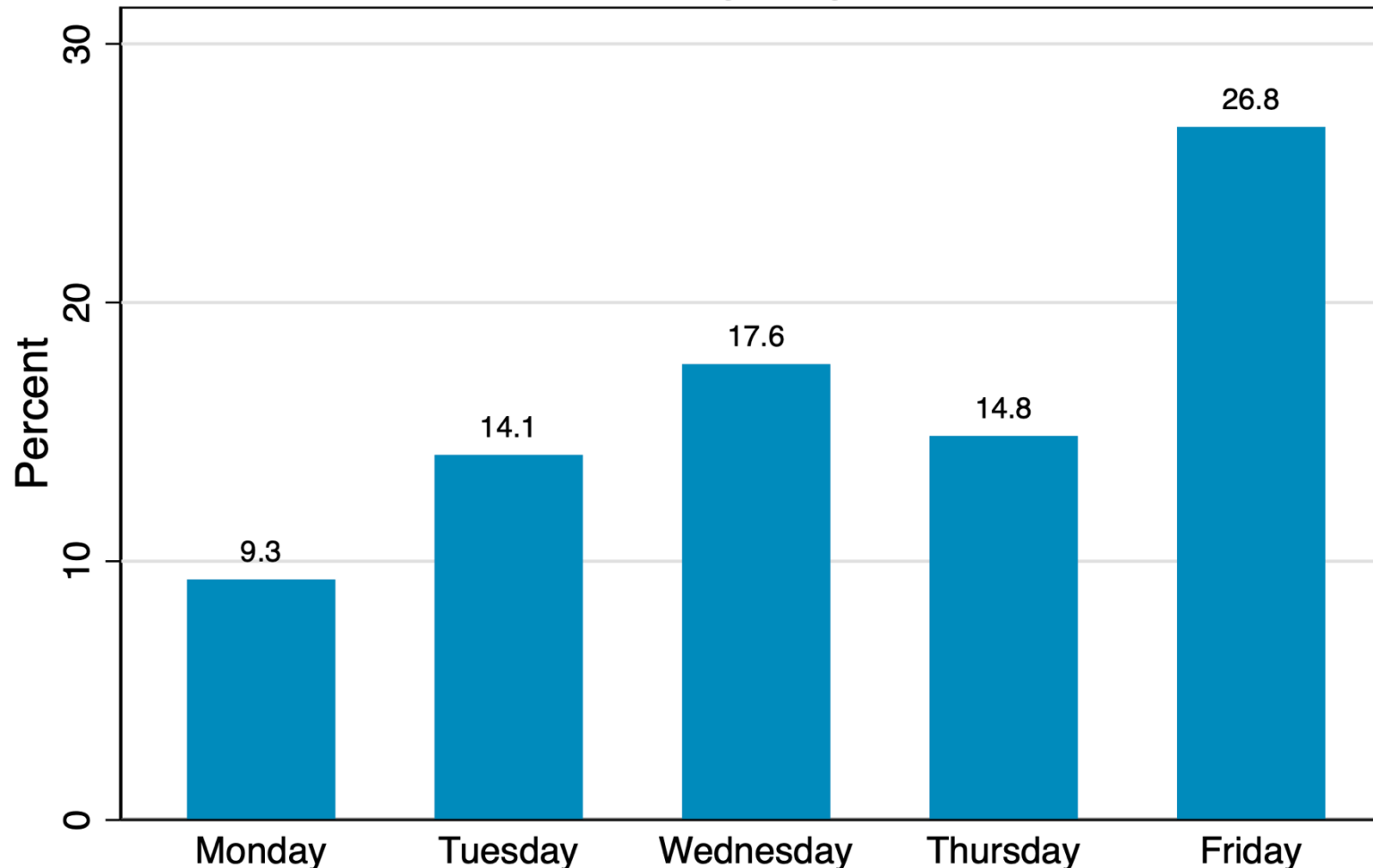
Source: Responses to the questions:
 - For each day last week, did you work a full day (6 or more hours), and if so where?

Notes: For each industry group, we compute the percent of full-time (i.e. work 5+ days/week) wage and salary employees who either i) worked all their days on business premises; ii) worked some days on business premises and some days at home; or iii) worked all all days at home during the survey’s reference week. Then we show the percentage for each group. The sample covers the November 2024 to February 2025 waves of the SWAA. We re-weight the sample of US residents aged 20 to 64 earning \$10,000 or more in a prior year to match CPS shares by age-sex-education-earnings cells. We exclude agriculture, construction, mining, and other personal services, the latter two due to insufficient observations.

N = 13,198

Many Fully In-Person Workers Do Some Work At Home For Their Job, Especially on Fridays

Fully In-Person Workers Who Did Work At Home For Their Job By Day of the Week



Responses to the question:

- *Did you do any **work at home** (or **another remote location**) for your job last [RANDOM DAY OF THE WEEK]?*

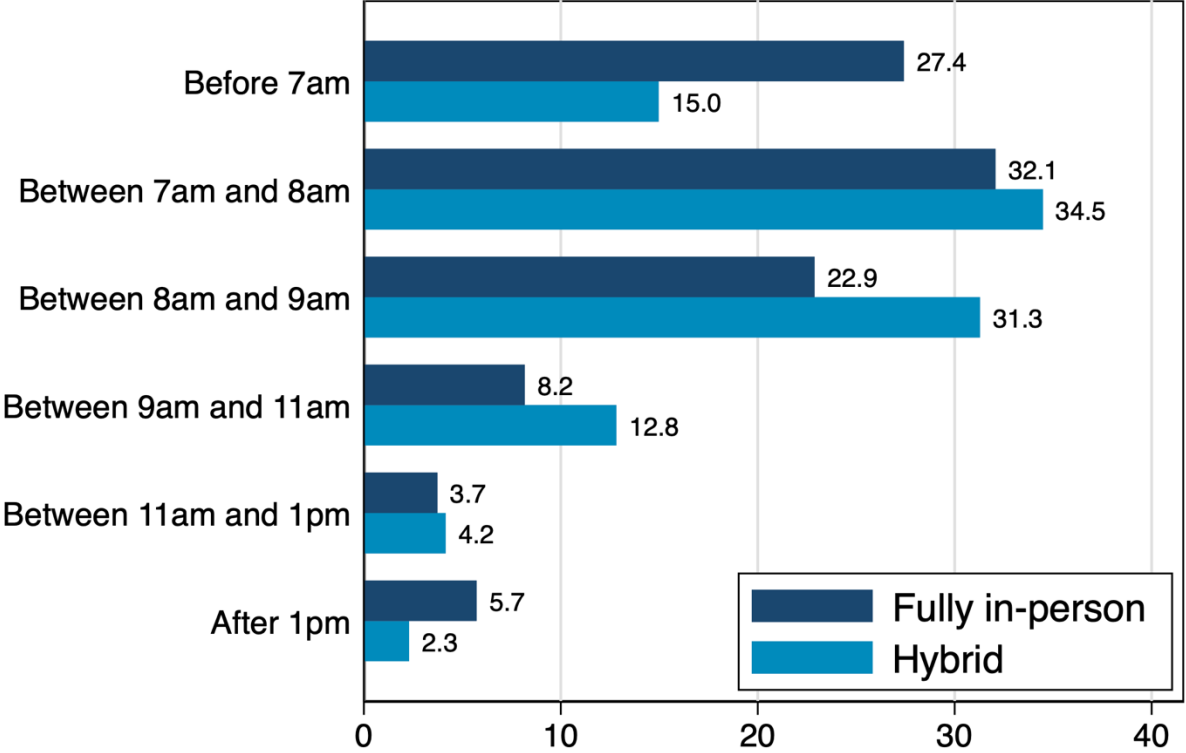
Notes: Data are from the February 2025 SWAA wave, focusing on fully in-person workers who are able to work from home. We asked respondents about a randomly selected day (Monday thru Friday) in the prior week. We reweight the raw sample of US residents aged 20 to 64 and earning more than \$10,000 to match the CPS by age x sex x education x earnings cells.

N = 779

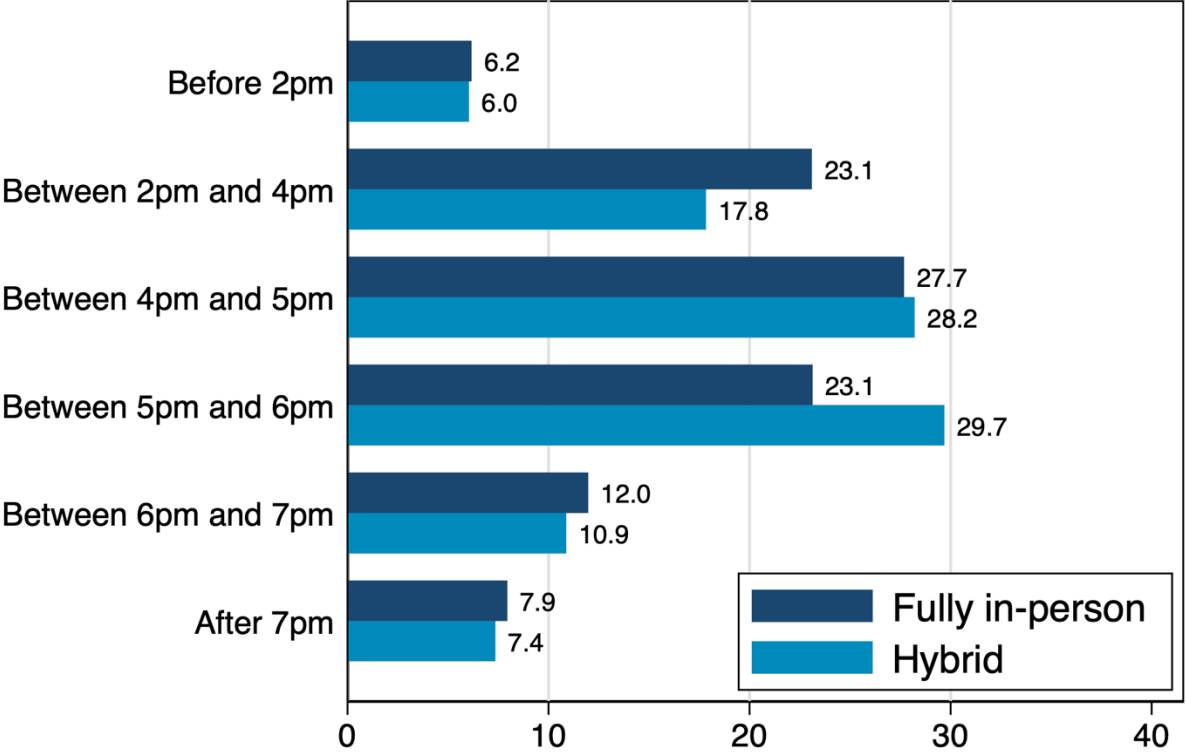
Hybrid Workers Get to Work and Also Leave Somewhat Later than Fully In-Person Workers



Last week, on days you commuted to the worksite, at what time did you typically get there?



Last week, on days you commuted to the worksite, at what time did you typically leave?

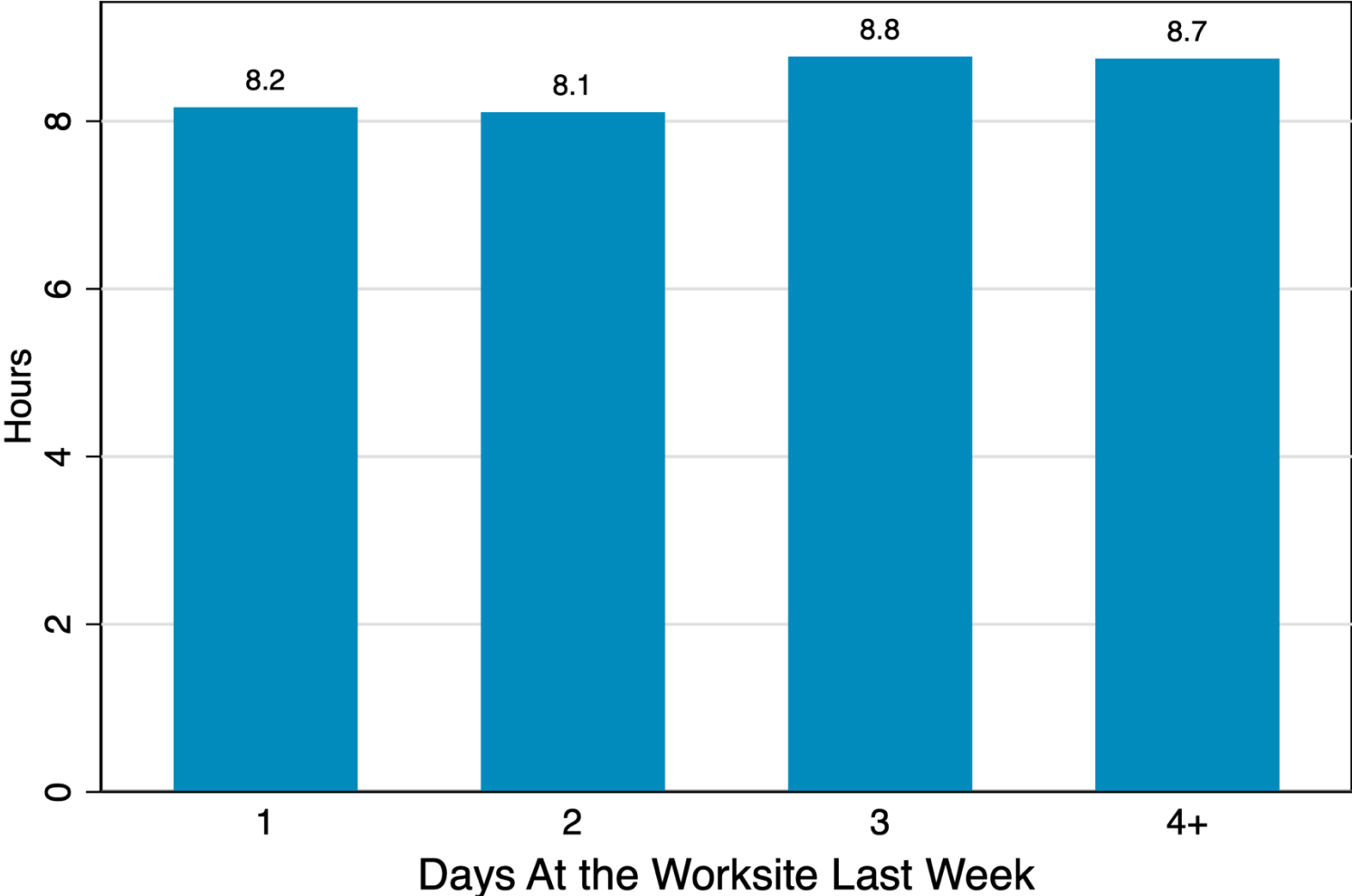


Notes: Data are from the February 2025 SWAA wave focusing on respondents who are able to work from home and who were not fully remote in the week prior to the survey. We reweight the raw sample of US residents aged 20 to 64 and earning more than \$10,000 to match the CPS by age x sex x education x earnings cells. **N = 779 (fully in-person) N = 1,286 (hybrid)**

Hybrid Employees Who Come Into The Worksite 3+ Days Each Week Stay There About 30 Minutes Longer



Hybrid Workers: Time Spent at the Worksite



Responses to the question:

- *Last week, on days you commuted to the worksite, at what time did you typically get there?*
- *Last week, on days you commuted to the worksite, at what time did you typically leave?*

Notes: Data are from the February 2025 SWAA wave, focusing on hybrid workers. We asked respondents about a randomly selected day (Monday thru Friday) in the prior week. We reweight the raw sample of US residents aged 20 to 64 and earning more than \$10,000 to match the CPS by age x sex x education x earnings cells.

N = 1,286

References



- Barrero, Jose Maria, Nicholas Bloom, and Steven J. Davis, 2021. “Why working from home will stick,” National Bureau of Economic Research Working Paper 28731.