

How does teleworking impact time use?



In 2022, teleworkers¹ saved an average of 64 minutes in commuting time per day.

How else did teleworkers shift their time use?



Sleep

+23
minutes



Meals and breaks

+9
minutes



Household chores

+16
minutes



Active and passive leisure

+33
minutes



Personal care

-24
minutes

Teleworking parents spent 71 minutes more per day caring for children than non-teleworking parents.

Mothers spent 52 minutes more caring for children than fathers, regardless of telework status.



Teleworkers

minutes

324

272

Mothers

Fathers

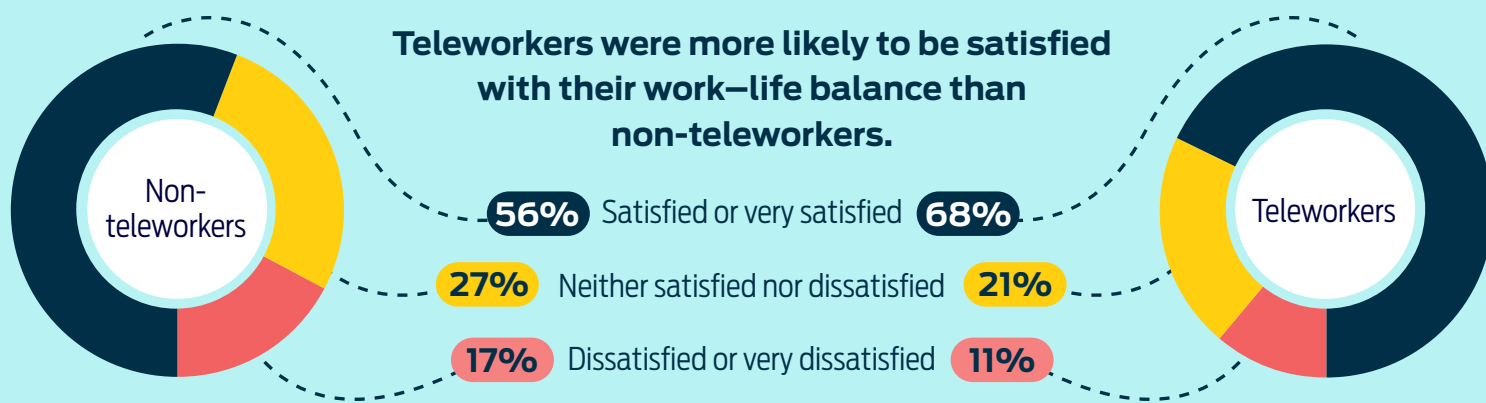
Non-teleworkers

minutes

253

201

Teleworkers were more likely to be satisfied with their work–life balance than non-teleworkers.



1. Teleworkers are individuals who teleworked in the week preceding the survey and on the reference day, while non-teleworkers are individuals who did not telework in the week preceding the survey or on the reference day. The results for individuals who teleworked in the week preceding the survey but worked on site on the reference day are not included in this infographic.

Notes:
 • Telework status is measured for Canadians aged 15 and older who reported a full-time job (not self-employed) as their main activity in the week preceding the survey.
 • The results are based on models that hold socioeconomic characteristics constant.

Sources: Statistics Canada, Time Use Survey, 2022; Wray, D., 2024, "Telework, time use, and well-being: Evidence from the 2022 Time Use Survey," *Spotlight on Canadians: Results from the General Social Survey*, Statistics Canada Catalogue n° 89-652-X.

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