



Home vs. Office Work Environment

A Well Living Lab and Mayo Clinic Study

We are conducting research to better understand how home and office work environment can impact office workers' performance and health. We are looking for healthy adult participants who are working, or used to work, full-time in a typical office environment in Rochester, Minnesota.

- **What will you do?** Complete your regular office work and participate in scheduled study surveys and measurements.
- **What will you wear?** Wear typical office clothing and a provided wearable device that tracks activity and heart rate.
- **What is the study schedule?**
 - **Work from home (1 week):** You will work from your own home for five consecutive work days.
 - **Changeover and acclimation (1 day in a week):** You will acclimate to an open office space at the Well Living Lab (WLL) in Rochester, MN and work from that location at least one day during five consecutive work days.
 - **Work from office (1 week):** You will work from the WLL office for five consecutive work days.
 - **Flexible work (1 week):** You will be free to choose where you want to work for five consecutive work days.

During this study, we will collect self-reported information about your productivity, sleepiness, stress levels, cognitive function, mood, environmental perceptions, and health-related symptoms. We may also collect your physiological responses in the office via wearable devices, such as a chest-worn heart rate sensor and monitor the quality of your working environment.

How will your data be used?

Survey responses, data from wearable devices, and cognitive task performance results will be analyzed to determine how home and office work environment affects your working performance and health.

At the end of the study, you will receive up to \$740 as compensation for your participation. Parking near the Well Living Lab will be provided.



Please contact the study coordinator
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Thank you for your consideration,
Bruce Johnson, PhD, Mayo Clinic
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