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Source: Accountemps survey of more than 1,000 U.S. workers 18 years of age or older and employed in office environments.

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Silence may be golden, but most workers feel they're more productive at the office when listening to music, new research from staffing firm Accountemps shows. Eighty-five percent of survey respondents who are able to do so say they enjoy turning on the tunes at work. Employees ages 18 to 34 appreciate music while working the most (95 percent), compared to those ages 35-54 (84 percent) and 55 and older (66 percent).

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restrictions.	
Yes — it is allowed, but there are restrictions (e.g., workers must wear headphones).	38%
No — it is not allowed.	9%
I don’t know.	<u>10%</u>
	101%*

*\*Responses do not total 100 percent due to rounding.*

Workers who can listen to music at work were also asked, “**Are you more or less productive at work when music is playing?**” Their responses:

Much more productive	39%
Somewhat more productive	32%
Somewhat less productive	6%
Not productive at all	1%
Has no impact on my productivity	<u>22%</u>
	100%

View infographics showing how music [affects workers’ productivity](#) and the [types of tunes](#) that help the most.

“While music can be a stress reliever or source of motivation for many workers, it can

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When listening to any type of audio at work, be respectful of your colleagues, who may not share the same tastes as you.	Sing or hum along to your favorite tunes. Tapping your hands or feet will likely annoy colleagues, too.
Keep the volume low enough to hear your phone ring or someone calling your name.	Have music blaring when communicating with coworkers. They deserve your full attention.
Use headphones if you work in a shared office space to avoid disrupting coworkers. When someone approaches you, be quick to respond to them.	Abuse the privilege. Consider listening to music when the office isn’t busy or you’re doing solo work.

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