

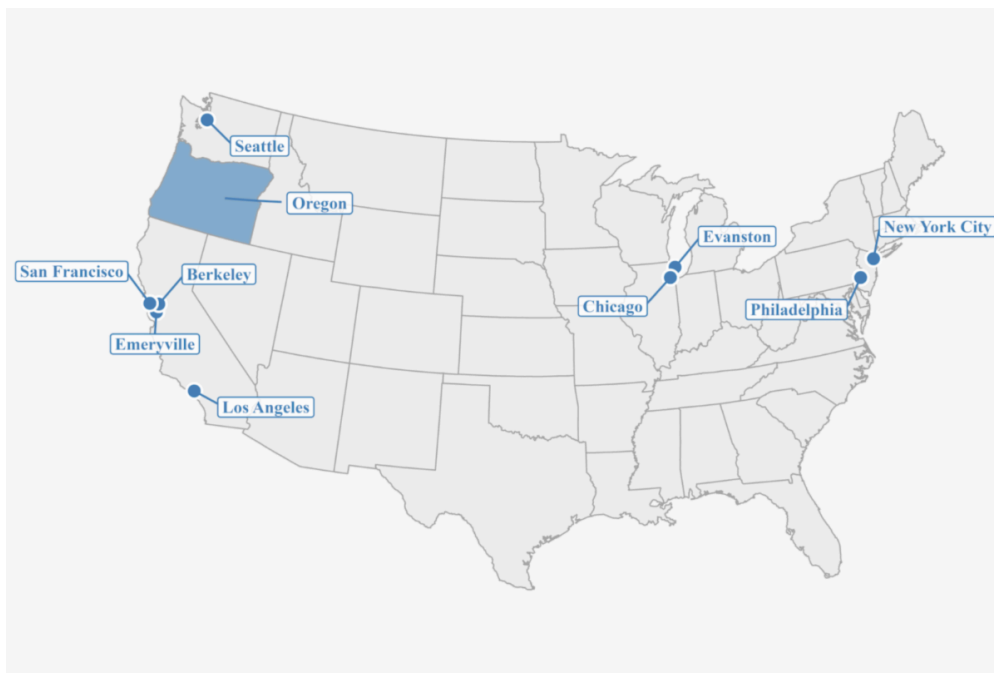
How Well is Fair Workweek Working?

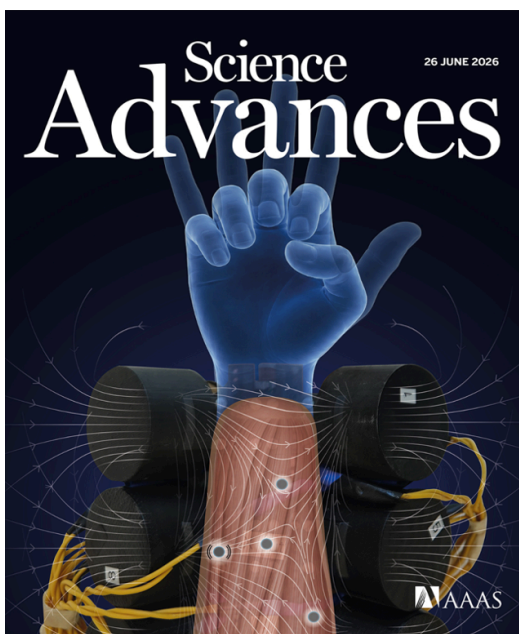


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This summer, we released new publications examining the impact of Fair Workweek laws—local regulations that set minimum standards for predictable scheduling for service-sector employees. This research highlights where these laws work well and where they still leave gaps in ensuring worker wellbeing and financial security. We are excited to share these new findings with you.





[Fair Workweek Laws in the US: An Appraisal of Intended and Unintended Consequences.](#) Daniel Schneider, Kristen Harknett, and David Arbelaez (2026). *Social Advances*.

Using data collected from five major U.S. cities before and after their passage of Fair Workweek ordinances, we find that Fair Workweek regulations led to significant increases in advance notice of schedules and time to rest between shifts and reductions in last-minute schedule changes, though the extent largely varied based on location. We find no evidence forcing employers to provide more stable scheduling led to cut backs in other areas, such as wages or fringe benefits.



RESEARCH BRIEF | JULY 2026

A Review of Existing Fair Workweek Research



[How Well is Fair Workweek Working? A Review of Existing Research.](#) Daniel Schneider, Kevin Bruey, and Kristen Harknett (2026). *Shift Project Research Brief*.

We find across the literature on Fair Workweek laws that these mandates can broadly reduce covered workers' exposure to precarious scheduling practices, such as decreasing on-call shifts or short notice of work schedules. FWW policies are also associated with improving worker sleep quality and reducing the experience of material hardship. While producing measurable benefits, there is no conclusive evidence that FWW laws lead to negative adjustments in affected workers' number of work hours or level of employment.

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Keep an eye out for our next quarterly newsletter in early September, where we'll share more highlights from our summer work.

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Shift Project | 79 John F. Kennedy St | Cambridge, MA 02138 US

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