

A Quick Guide On

Every Little Thing You Need To Know About Standing Desks



Wait!

Before you decide to get a standing desk (or decide not to invest in one)...

... you need to find out every little thing about it.

After all, the cost of a standing desk is considerable. And, you're probably thinking, "**do you really need a standing desk?** or it's just another trendy item?"

Well, the fact is that standing desks are a great investment, but we'll let you come to that conclusion yourself after reading this guide.



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Whether you're working at the office or from home, as long as you have a desk job, you're likely sitting for hours every day. While the ability to show up and get your job done is an admirable quality, sitting down all day to do so is harmful to your health and well-being. In fact, **researchers** have found that sitting all day increases the risk of type 2 diabetes, obesity, and other chronic diseases associated with a sedentary lifestyle.

Therefore, it is critical that you find ways to reduce the number of hours you sit while working. This is especially important if you're working from home, as your movement when working alone is even lower than working in the office. There's no lunch break outside the office – you just grab lunch at your desk. There's no strolling to your colleagues' desks or work friend's office. You just sit there and work for hours straight.

Fortunately, modifying or replacing your desk with a standing desk will enable you to stand while working and sit for at least 2 hours less, daily. Thereby, you'll be able to counter the negative effect of sitting all day. In this guide, we'll explore every little thing you need to know about standing desks.

Let's Dive In!



First, What is a Standing Desk?



Standing desks are desks that allow you to **work comfortably while standing**, without straining any part of your body. In recent times, companies started manufacturing them with adjustable mechanisms that allow alternating between standing and sitting, and so are now popularly called sit-stand desks.

Benefits of Using a Standing Desk



Standing desks have become increasingly popular over the years because of their benefits to office workers who live a sedentary life. Let's explore the tremendous health and productivity benefits you will gain when you start using a standing desk.



Health Benefits

Using a standing desk helps you to stand and work, thereby lowering the risks of health problems like **obesity, diabetes, and back pain**. For instance, people who sit all day working are likely to gain excessive weight and become obese because they aren't burning enough calories.

Although exercising and some diets are the fastest ways to burn the excess calories, standing for some time instead of sitting all day can help burn calories. In fact, this **research** showed that working while standing can burn at least 170 calories.

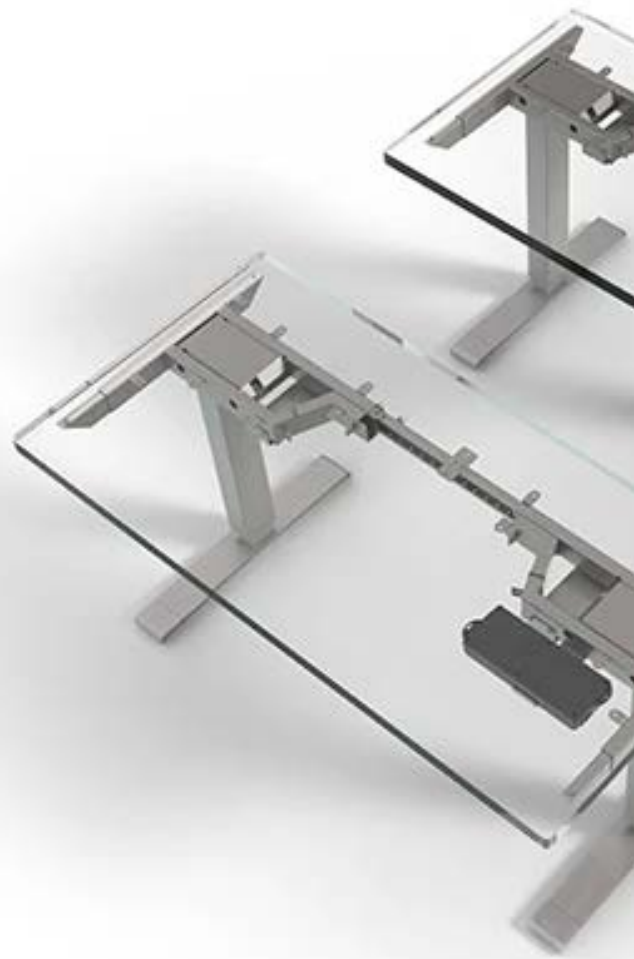
Also, type 2 diabetes, which is caused by an increase in blood sugar level, can be prevented by working while standing after lunch. A **research study** found a 43% reduction in participants' blood sugar after 180 minutes of standing post-lunch. Another health problem using a standing desk can help prevent is back pain.

Most people who sit at their office desk for hours end up having lower back pain due to bad posture. Standing more frequently throughout the day can help with getting a better posture and prevent back pain. Some **researchers** have also found that several weeks of using a standing desk help improve back pain.

Productivity

It may seem like standing while working will affect your productivity, but in actual fact, it helps improve your productivity. According to **this study**, using a sit-stand desk can improve your productivity by 46%. So yes, you'll be able to complete your daily task and more with a standing desk. This is because standing helps keep your body in better shape than sitting. And, when the body as a whole is in better shape, it functions more efficiently.

Furthermore, standing promotes the circulation of nutrients and oxygen to the brain, which helps boost your brainpower and thereby improve your productivity. It also increases your ability to stay alert, which improves your focus and increases your overall energy level.



How to choose **The Right Standing Desk**



Beyond how a standing desk looks, there are several vital factors you have to consider before buying one. Here are the essential factors that will help you chose the right standing desk for you

■ **Adjustment Mechanism**

Adjustability is the first thing to consider when buying a standing desk. Is the desk adjustable up and down or fixed at a particular standing height? If adjustable, how easy is it to elevate or lower the desk with the adjustment mechanism? These considerations have pros and cons, depending on your needs. For instance, if the adjustment mechanism is easier to use, you'll be more inclined to adjust your desk for standing. Hence, a standing desk with an electric adjustment mechanism is more highly recommended than one with a manual crank mechanism.

■ **Space Requirement**

Do you have enough space for a brand new standing desk in your office? A standing desk isn't just going to be taller than your regular desk, but more likely to be broader too. So, you should ensure that you take the precise measurement of the space you want to keep it before making a purchase. In case you don't have enough space for a full-sized standing desk, you can purchase a standing desk converter, which can be used to modify your regular desk into a standing desk.

■ **Load Capacity**

How much weight can the desk bear? Is it broad enough to hold your desktop, laptop, desk phone and all the other items you need in your workspace? For instance, if you require two monitors to work efficiently, ensure that the standing desk has the space and strength to carry both. And, if it has the strength but not enough space, you can purchase a monitor arm for the second monitor. Having a standing desk doesn't mean you have to get rid of some of the things/gadgets you need to make your work easier. There are always different options to explore.

■ **Noise**

When adjusting the height of the desk up or down, how much noise will it make? This is especially important if you're working in an office space with other people. Depending on the type and brand, some standing desks can make a lot of noise when elevating or lowering them. Thus, ensure that you choose a desk that produces as little noise as possible. Generally, desks with electric adjustment mechanisms make less noise than those with manual mechanisms.

■ **Cost**

The price of standing desks ranges from type to size and brand. So, you may want to consider your budget before deciding on the standing desk you want to purchase. Nevertheless, you shouldn't choose the cheapest option just because it's more affordable. Instead, find a way to balance cost and the best features to get a standing desk that will work for you excellently and last for long.

Types of Standing Desks

Over the years, the variety of standing desks in the market has increased, with different companies producing desks with advanced features that makes working at a standing desk more efficient and beneficial.



1. Fixed Standing Desk

Just as the name implies, a fixed standing desk is one that is **fixed at a particular height and isn't adjustable at all**. It is the cheapest type of standing desks, and you may even be able to DIY easily. All you'll need are planks, nails and the right height measurement. However, you'll have to get another work area where you can sit when your legs get weary, which is more costly in the long run. Also, the height may be too tall or too short for you over time, and you'll need to reconstruct it.



2. Crank Standing Desk

This type of standing desk **has a manual crank mechanism for adjusting the height of the desk manually**. It is more affordable than a standing desk with an electrical mechanism, but has several disadvantages. Particularly, adjusting the crank by hand is tiring, as you have to turn the crank several times – unless you don't mind the physical activity. Consequently, it takes longer to adjust the desk to the right height, and it makes a lot of noise. Furthermore, over time, the couple of minutes it'll take to adjust the desk will become a chore, and before you know it, you'll stop using the standing feature of the desk.

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3. Electric Standing Desk



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The electric standing desk is the most efficient type of standing desk. It **has an electric motor with control buttons that you can push to elevate or lower the top of the desk in seconds**. And, the easier you can adjust the standing desk, the faster you can continue your work without distraction. Thus, operating it is smoother and easier than the crank standing desk. However, some cheap ones with just one motor can be just as noisy as the crank desk. The best types of electric standing desks have a motor in each leg and operate quietly. It's also available in extra-large sizes that can accommodate a larger load.

4. Standing Desk Converters



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These are basically **mini-standing desks that are designed to modify your regular desk** into a standing desk. It is perfect if you don't have the space to install a new full-sized standing desk. Standing desks converters are placed on top of your regular desk, and like a full-sized standing desk, have a mechanism for height adjustment. The adjustment mechanism could either be crank or electric. In any case, all you have to do is push a button or turn the lever on the standing desk converter, and the top of the desk will be elevated or lowered.

Furthermore, some standing desk converters can be moved from place to place, which means you can use it at home as well as take it with you to the office. They are also inexpensive compared to full standing desks, but their surface area is smaller, so you may not be able to have multiple gadgets on them. Nevertheless, you can attach accessories, such as monitor arms for setting multiple monitors and keyboard trays, to maximize the space.



Accessories That Enhance Your Standing Desk

Sometimes to enhance your standing desk, you may need to get some accessories. This is especially important because not all types of standing desk come inbuilt with every feature you need. **Here are some standing desk accessories you may need.**

1. Monitor Arms

Monitor arms are an almost compulsory accessory for standing desks. They help hold your computer monitor off the top of the desk, which offers numerous benefits. Most importantly, they help you maximize your desktop space for other items, as your monitor isn't placed on the desk. Our store even has **monitor arms that can hold two to three monitors** that enable you to manage different tasks on separate monitors simultaneously. For instance, you could have the stock market charts on one monitor while responding to emails on the other. Furthermore, monitor arms keep your monitor aligned and fixed to your head height/eye level while sitting or standing. This helps prevent you from straining your eyes, neck or upper back.

2. CPU Holders

A CPU holder is a case that can be installed under your standing desk to hold your desktop CPU. This helps get your CPU off the desk to free up valuable space for you to work, and protect it from accidental spill and scratches.



CPU holders are usually mounted securely underneath standing desks with screws that keep your CPU in place when you're raising or lowering the desk.

Also, some of **our CPU holders** have adjustable height and width, but you should check that the height and width requirements fit your CPU's before making a purchase.



3. Keyboard Trays

The obvious benefit of a keyboard tray is that it helps free up space on your desk to place other gadgets or get paperwork done, as it is installed under the desk. However, beyond that, it is a necessary accessory as it places your keyboard at the right angle and position to enable you to type comfortably while standing or sitting.

Our **ESI Keyboard Trays** prevent you from bending your body or wrist at an awkward angle because you want to use the keyboard. This contributes to an overall comfortable workspace, as well as reduce the risk of developing carpal tunnel syndrome, back pains and neck pains due to strains when typing. Some keyboard trays also come attached with mouse trays, which offer the same benefits.

4. Cable Management

Managing the cables for the gadgets on your standing desk is important, as it helps keep your desk space organized and enables you to maintain and replace cables easily. It also helps prevent accidental snags and trips when adjusting the desk.



Although you can use cable ties, clips and clamps to bundle and route your cable along a path, you may want to get a proper standing table accessory for efficient cable management.

Cable sleeves like our **ESI Conceal Cable Spine** wrap around your cables to protect them from damage, and have several channels in it to keep different types of cords separate. It is also designed with interconnecting links that expand and retract as you adjust your desk up and down. You can also get our **ESI Deluxe Undermount Tray** installed under your standing desk to streamline your cables and place your power rails, keeping everything off the floor.



5. Desktop Power

Desktop power accessories put power within your reach while working at your standing desk. These accessories are especially needed when your standing desk is located far away from the wall electrical outlet, and regular power strips will clutter the floor with cables. They provide an organized power supply at

your desk and get rid of unsightly cable clutter that constitutes trip hazards.

There are several types of desktop power accessories on the market, some of which can be installed underneath your table and others placed on top. In any case, they all offer quick charging ports for your gadgets, including your laptop, hard drive, monitor, smartphone, desk phone and desk light. We often recommend the **ESI Power Rails**, the **ESI Power Strip** and the **ESI Power Pod**.

Frequently Asked Questions

- **How Long Do I Need To Use A Standing Desk Daily?**

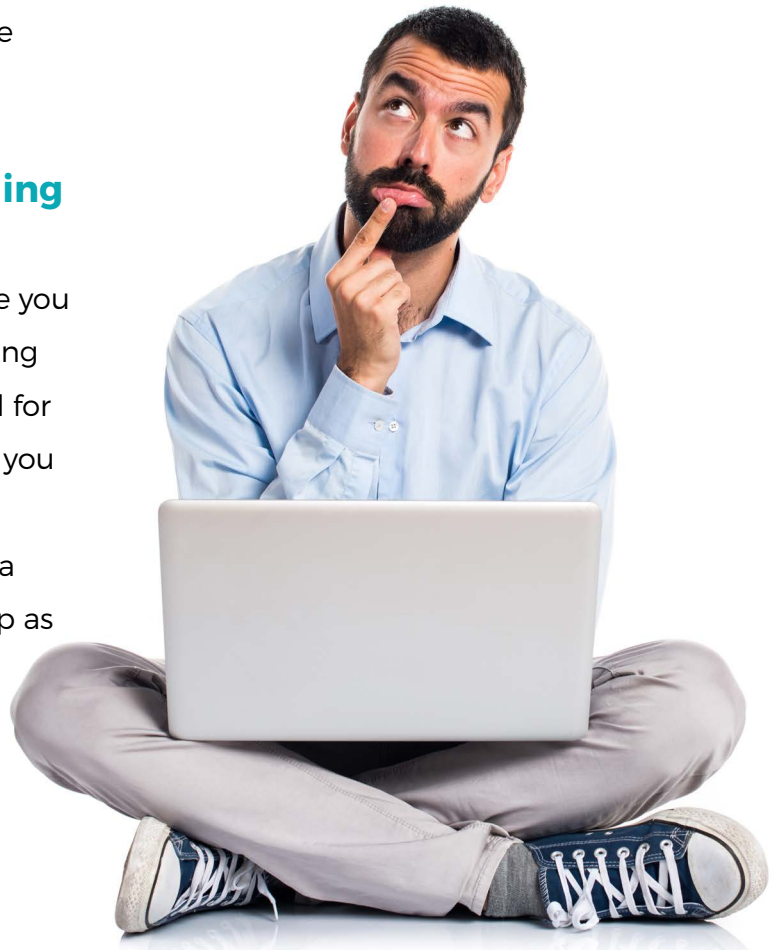
According to a **PHE study**, you need to stand for at least two hours daily. However, this does not mean that you have to stand for two hours at a stretch. Instead, you can alternate between standing and sitting. Perhaps stand for 15 to 30 minutes every hour.

- **How Many Calories Will I Burn When I Use A Standing Desk?**

Various studies have reported different numbers of calories burnt from standing, ranging from **22 calories per 15 minutes** to **95 calories per hour**. In any case, the consensus is that standing burns more calories than sitting. There are calorie counters online you can use to find out the precise calories you burn standing daily.

- **Can I Use A Laptop On My Standing Desk?**

Yes, there are different options that enable you to use a laptop on a standing desk. Standing desk converters are usually the best suited for laptop use. However, a great option when you have a full-sized standing desk is to **get a laptop tray** that can be attached to a monitor arm to enable you use your laptop as an additional monitor.



Now That You Have All The Info You Need...

You know that you can't continue to sit all day while working, as it's seriously unhealthy. And, you've most likely decided to buy a standing desk for the numerous health and productivity benefits. You also know exactly the right type of standing desk for you and the accessories you may need.

So, what's next is purchasing a quality brand from a reputable store that guarantees delivery of the perfect standing desk for your needs. Standing Desk Obsession is one of the leading standing desk stores, providing top-rated customer service while delivering quality standing desks at competitive prices.

Ready To Improve Your Health With A Quality Standing Desks?

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