

region	average length of unpaid overtime	numbers doing unpaid overtime	% of workforce doing unpaid overtime	value of weekly overtime	value of annual overtime	value of overtime in region (£ millions)	change in average unpaid overtime since 2005	change in numbers doing unpaid overtime since 2005
the South East	7 hours 6 minutes	867,458	26.8%	£97.77	£5,084	£4,410	12 minutes less	0.6%
the East Midlands	7 hours	377,759	22.7%	£82.74	£4,302	£1,625	12 minutes less	3.3%
London	7 hours 36 minutes	709,492	21.8%	£135.96	£7,070	£5,016	36 minutes less	-0.4%
the South West	6 hours 54 minutes	417,198	21.2%	£82.46	£4,288	£1,789	0 minutes less	0.7%
Eastern England	7 hours 12 minutes	443,064	20.5%	£91.66	£4,766	£2,112	18 minutes less	-2.1%
Scotland	6 hours 30 minutes	416,379	19.7%	£79.82	£4,151	£1,728	18 minutes less	0.4%
the West Midlands	7 hours 12 minutes	388,024	18.3%	£86.04	£4,474	£1,736	12 minutes more	1.6%
the North East	7 hours 42 minutes	162,540	17.6%	£86.70	£4,509	£733	36 minutes more	1.0%
Yorkshire and the Humber	7 hours 12 minutes	343,702	17.5%	£83.95	£4,366	£1,500	12 minutes less	0.0%
Wales	7 hours 6 minutes	171,238	16.9%	£81.22	£4,224	£723	42 minutes less	-2.7%
the North West	6 hours 42 minutes	422,224	16.3%	£81.14	£4,219	£1,781	30 minutes less	1.7%
Northern Ireland	7 hours 12 minutes	69,969	10.0%	£82.66	£4,298	£301	24 minutes less	1.1%