

## Sit-Stand Desks

### Q1. What are the health benefits of sit-stand desks?

**A:** Research consistently shows that prolonged sitting increases risk of cardiovascular disease, metabolic disorders, and musculoskeletal problems. Sit-stand desks encourage movement throughout the day, reducing time in any one static posture. Benefits include reduced lower back pain, improved energy levels, better circulation, and increased calorie expenditure. The key is alternating between sitting and standing — not standing all day, which creates its own fatigue. Most ergonomists recommend a 1:1 to 2:1 sit-stand ratio, moving every 30-60 minutes.

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### Q2. What's the difference between electric and manual sit-stand desks?

**A:** Electric sit-stand desks use a motor (single or dual) to raise and lower the desk at the press of a button. They're effortless to adjust and encourage more frequent position changes. Manual desks use a hand crank or pneumatic lift mechanism — they're functional but require effort to adjust, which means people adjust less frequently. Electric desks also typically include height memory presets (saving your sit and stand heights). For regular use, electric is the right recommendation — the ease of adjustment is what makes people actually use the standing feature.

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### Q3. What height range do I need in an electric sit-stand desk?

**A:** Sitting height: most adults need 25-30" for comfortable seated work. Standing height: most adults need 38-48" for comfortable standing work. The range should accommodate both extremes in your workforce. A standard range of 24-50" covers most users. For very tall users (6'4"+) or very short users (5' and under), verify the specific height range matches their ergonomic needs. When in doubt, choose a desk with the widest height range available.

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### Q4. What's the difference between a single-motor and dual-motor sit-stand desk?

**A:** Single-motor desks have one motor driving the entire lifting mechanism — they're adequate for most standard-size desks and light-to-medium loads. Dual-motor desks have a motor in each leg column, providing more lifting power, better stability, and faster adjustment. For large desk surfaces (60"+ wide) or desks with heavy monitor setups and equipment, dual-motor is recommended. For standard-size desks with moderate loads, single-motor is sufficient and costs less.

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### Q5. How stable are sit-stand desks when fully extended?

**A:** Stability varies significantly by quality. Budget sit-stand desks often wobble noticeably at standing height, which is distracting and frustrating. Look for desks with a solid base width (wider cross-section at the floor = more stability), anti-collision sensors (stops the desk if it hits something while lowering), and a high-quality cross-beam design. Ask for wobble test data — reputable manufacturers publish stability test results. Stability at standing height is arguably the most important quality attribute to test before buying.

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