

More than half of office professionals are suffering from digital overload

So what will save workplace productivity?

In today's digital world, there are just too many distractions



52% of the workforce experiences digital overload



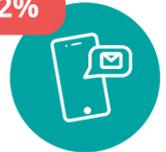
87% say they spend the majority of their work day **staring at screens: an average of 7 hours a day**

Half



Of office professionals feel **screen overload** is making them **less productive**

62%



Think digital tools are making their teams **unfocused and inefficient** in meetings

Partner with paper

A balance of analog and digital helps to break up mental fog

60%



Say they use paper specifically to make them **more productive**

41%



Say they **reach for paper over digital tools when they need to be attentive**

53%



Prefer using **paper calendars and to-do lists** to manage their time

Take a break with paper: American workers are partnering paper with tech to optimize



Over 3 in 5 rely on **paper** as much as or more than their digital devices to get their job done

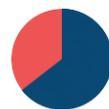


96% prefer to work with **hard copies over digital versions** of the same info



47% feel that paper provides a much needed **break from technology**

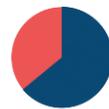
Putting pen to paper reignites creativity and collaboration



63% prefer using paper to collaborate with colleagues and spark creativity



51% jot their ideas in a notebook



68% use sticky notes on a typical work day

Does paper help your productivity? Share your paper productivity hacks and tag [@howlifeunfolds](#) or visit [howlifeunfolds.com/productivity](#)