

Three out of four professionals working from home report suffering from digital overload

Adjusting to a new workplace



74% say they spend a majority of the day **looking at their screen**

60%

Feel less productive **while working from home** than in an office



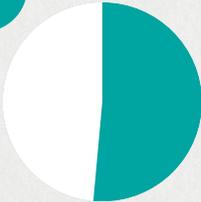
Workers are receiving an average of **66 digital communications per day** since working from home

66%

Think there are too many people in their home workspace

Partnering with paper to focus

51%



51% are more likely to reach for paper **while working from home**

43%



43% use paper to help prioritize tasks **throughout the workday**

74%



74% purchased notebooks **for their home office**

Stepping away from screens
Workers rely on paper for a much needed break



Respondents reach for paper an average of 7 times per day to **organize their thoughts**



40% of workers turn to paper to **give their eyes a break from screens**



Nearly one-third of workers reach for paper to **sketch out their ideas**

Refocusing with analog tools
Paper is an essential element for any workplace



61% say they miss the ability to print and redline essential documents



36% of parents plan to supply their child's home classroom with notebooks or legal pads



74% of workers have purchased sticky notes for their home office

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

According to a survey of 2,000 employed Americans who work remotely due to office closure.
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