More than half of office professionals are suffering from digital overload

So what will save workplace productivity?

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
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

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

According to a survey of 1,057 employed Americans, aged 18+ who work in an office environment. Survey commissioned by © 2019 Paper and Packaging Board. All Rights Reserved.