

# Information overload



**5h** a day on screens

**135** emails received per day



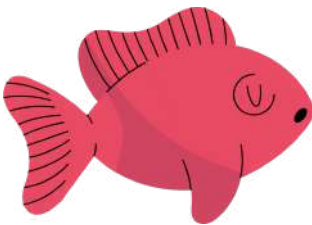
**4 500** notifications per day



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## Impacts?

### Concentration



**8**

seconds in 2020  
vs **12 seconds** in 2000



**23 min 15s**

to regain the initial level  
of **concentration**  
after each interruption

### Stress



**40%**

of French employees  
experience **stress**  
linked to information overload

And also...

**Drop in productivity**

**Decision paralysis**



### Hyperconnection



of employees at risk of  
increased **cognitive fatigue**  
due to hyperconnection



of hyperconnected people  
send **emails** outside  
working hours (9am-6pm)



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