# PRODUCTIVITY VS. PREOCCUPATION SMARTPHONE Addiction in the workplace



IN SOME WAYS, TECHNOLOGY HAS ALLOWED US TO BE MORE INNOVATIVE AND PRODUCTIVE THAN EVER.

#### With the invention of smartphones, it became easier to...

- Work remotely
- Integrate apps into team management
- Lower IT costs with BYOD (Bring Your Own Device) policies







However, with this new dependence on smartphones, is it actually making employees more productive?

## SMARTPHONE ADDICTION AND DISTRACTION

#### THE AVERAGE SMARTPHONE OWNER CHECKS THEIR PHONE 47 TIMES A DAY



CELL PHONE/	Internet	41%
TEXTING	Gossip	39%
	Social media	37%
	Co-workers dropping by	27%



of employees call mobile phones the biggest distraction in the office.



## SMARTPHONE ADDICTION AND DISTRACTION



## THE GOOD



of highly-engaged employees have control over their workplace that includes mobile and BYOD.



of corporate employees use at least one mobile app to get work done.



of those employees said apps help increase their productivity.



# THE BAD

We need to pay attention to be productive. The probability of making an error increases by...



after getting a phone call

after getting a text.

It can take up to 23 MINUTES, 15 SECONDS to regain the same level of concentration

after an interruption.

## SMARTPHONE ADDICTION AND DISTRACTION

#### Set Expectations for Response Times

- You shouldn't be required to check your inbox all tnight after work. This encourages smartphone distraction in work and daily life.
- Set company-wide response times (7am - 7pm, for example).

#### Don't "CC" Everyone

When you crowd an inbox, ittempts team members to stop their tasks.

### TAKE SCREEN BREAKS

No computer, no phone! People who turn away **90 minutes** rep ort...



These cell phone-free breaks should consist of exercise, conversation, and reflection.

Finding the right balance and staying addiction-free can help you use the power of your smartphone for good—and greater productivity!

https://www.insight.com/en\_US/learn/content/2017/01-16-2017-workplace-mobility-statistics-show-improved-productivity.html https://www.forbes.com/sites/kaytiezimmerman/2017/03/26/is-your-cell-phone-killing-your-productivity-at-work/#462a1f3b605c

#### www.phonecheck.com



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