

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



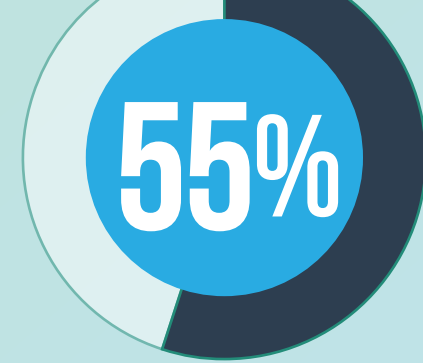
However, with this new dependence on smartphones, is it actually making employees more productive?

SMARTPHONE ADDICTION AND DISTRACTION

THE AVERAGE SMARTPHONE OWNER CHECKS THEIR PHONE 47 TIMES A DAY



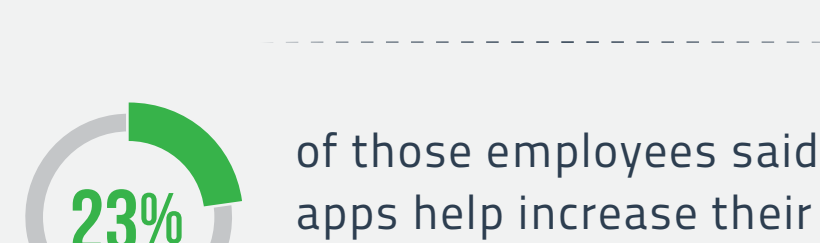
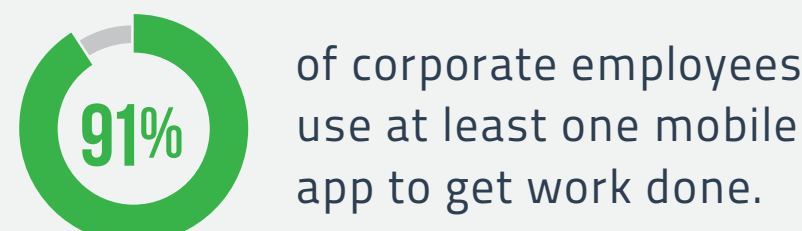
CELL PHONE / TEXTING



Internet	41%
Gossip	39%
Social media	37%
Co-workers dropping by	27%
Smoke/Snack breaks	27%
Email	26%
Meetings	24%
Noisy co-workers	20%
Sitting in a cubicle	9%

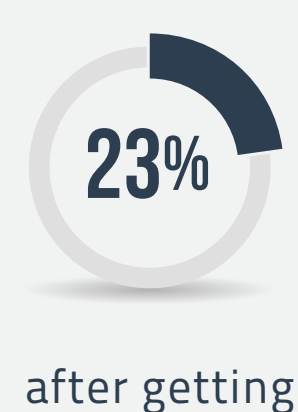
SMARTPHONE ADDICTION AND DISTRACTION

THE GOOD



THE BAD

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



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 night 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, it tempts team members to stop their tasks.

TAKE SCREEN BREAKS

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

30%

BETTER FOCUS

50%

HIGHER CREATIVITY

46%

HIGHER LEVELS OF HEALTH.

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!