

Technology Was Supposed To Save Us Time.

Instead, It's Stealing It.

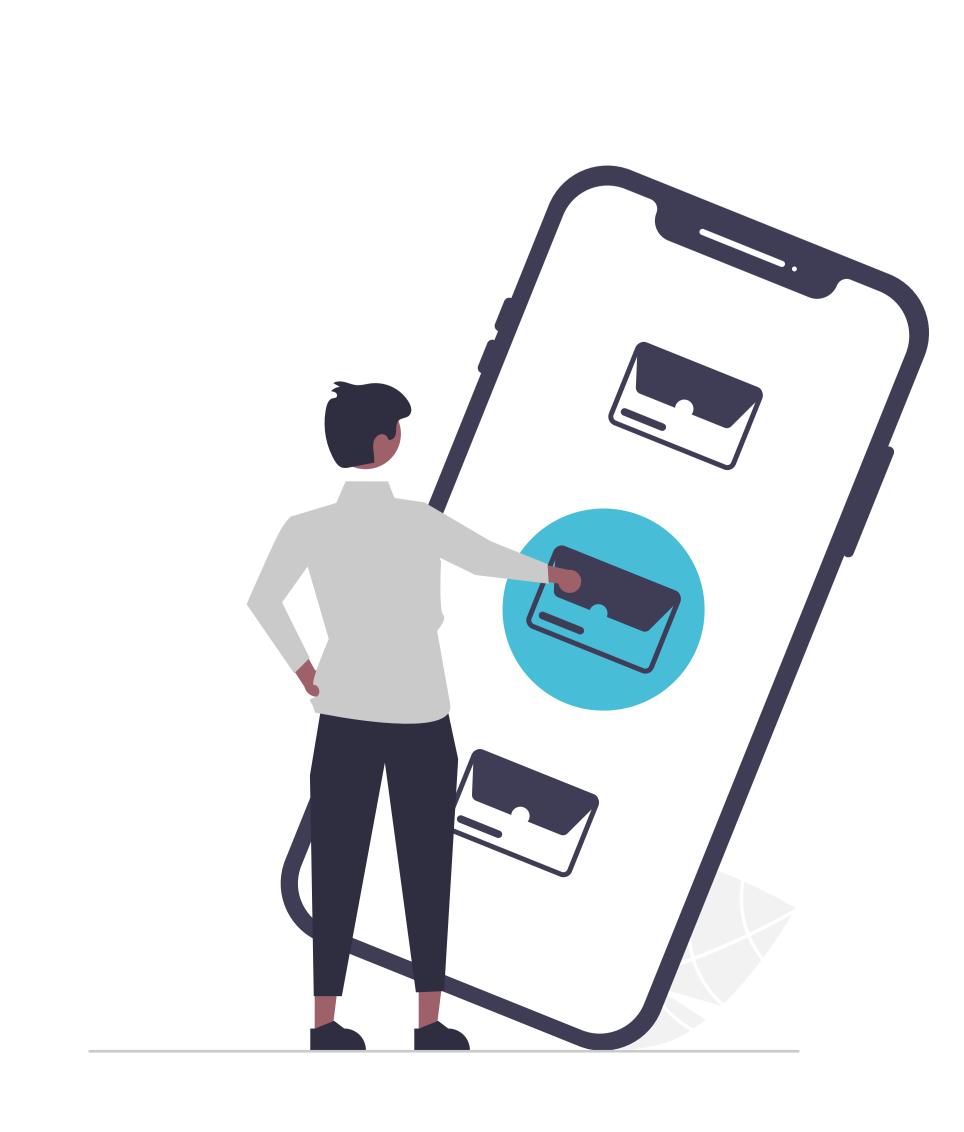
Sixty Al's new 'Survey of Time' reveals widespread dissatisfaction with the constant demands of devices and digital tools that promised to simplify our work and our lives.



More than 85% of respondents report that technology is having the opposite effect on their lives, consuming more of our time and demanding our attention.

And it's no surprise why:

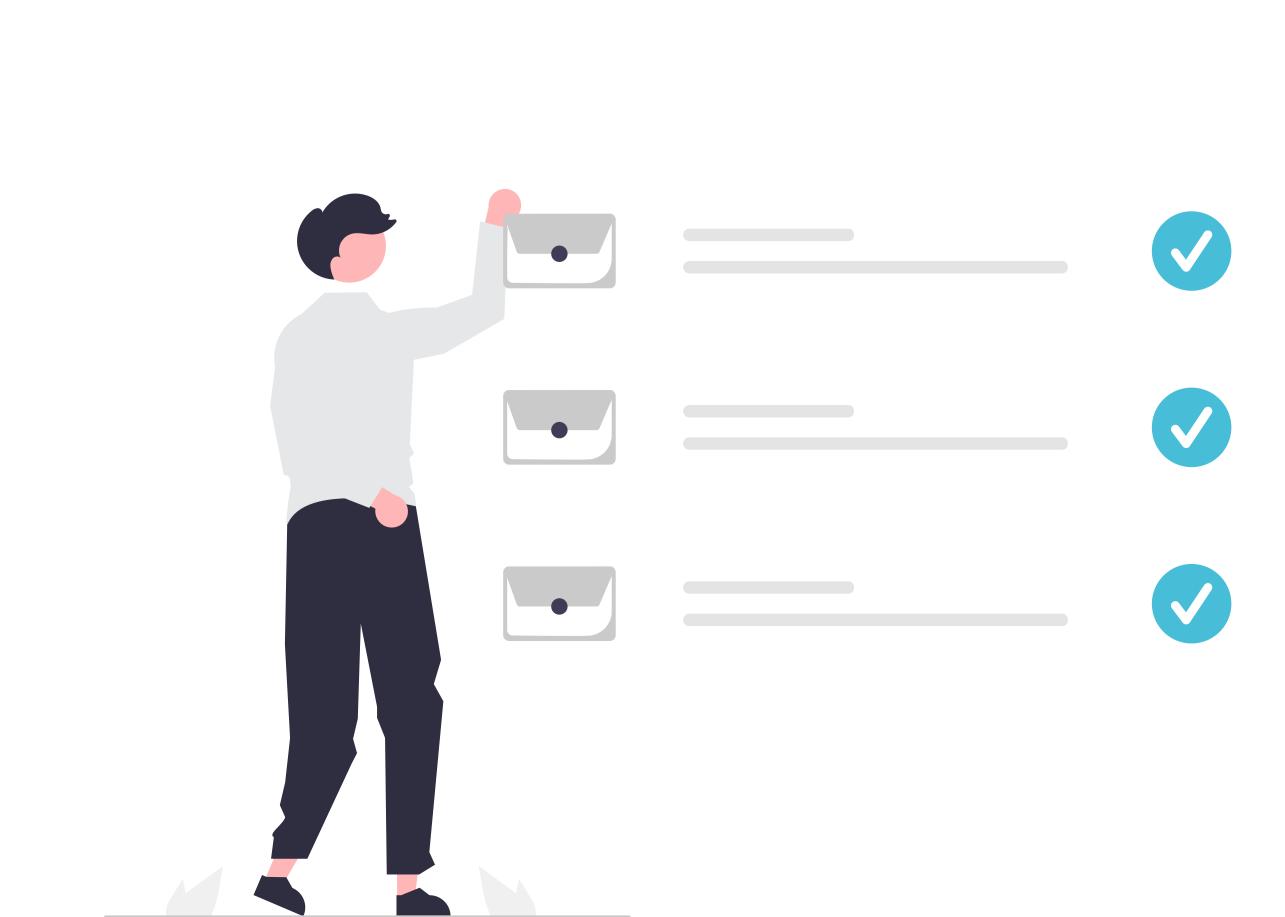
There's no such thing as uninterrupted work.



of people are frequently interrupted throughout the work day, most often by notifications

Always at work.

People feel a need to be constantly responsive to email & messaging

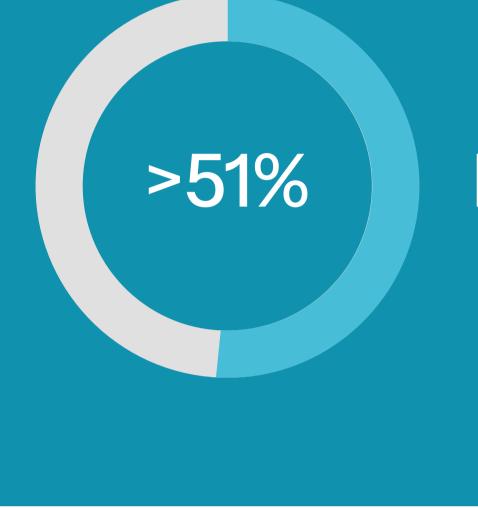


of respondents strongly believe that remote work & constant connectivity have detrimentally blurred work-life boundaries

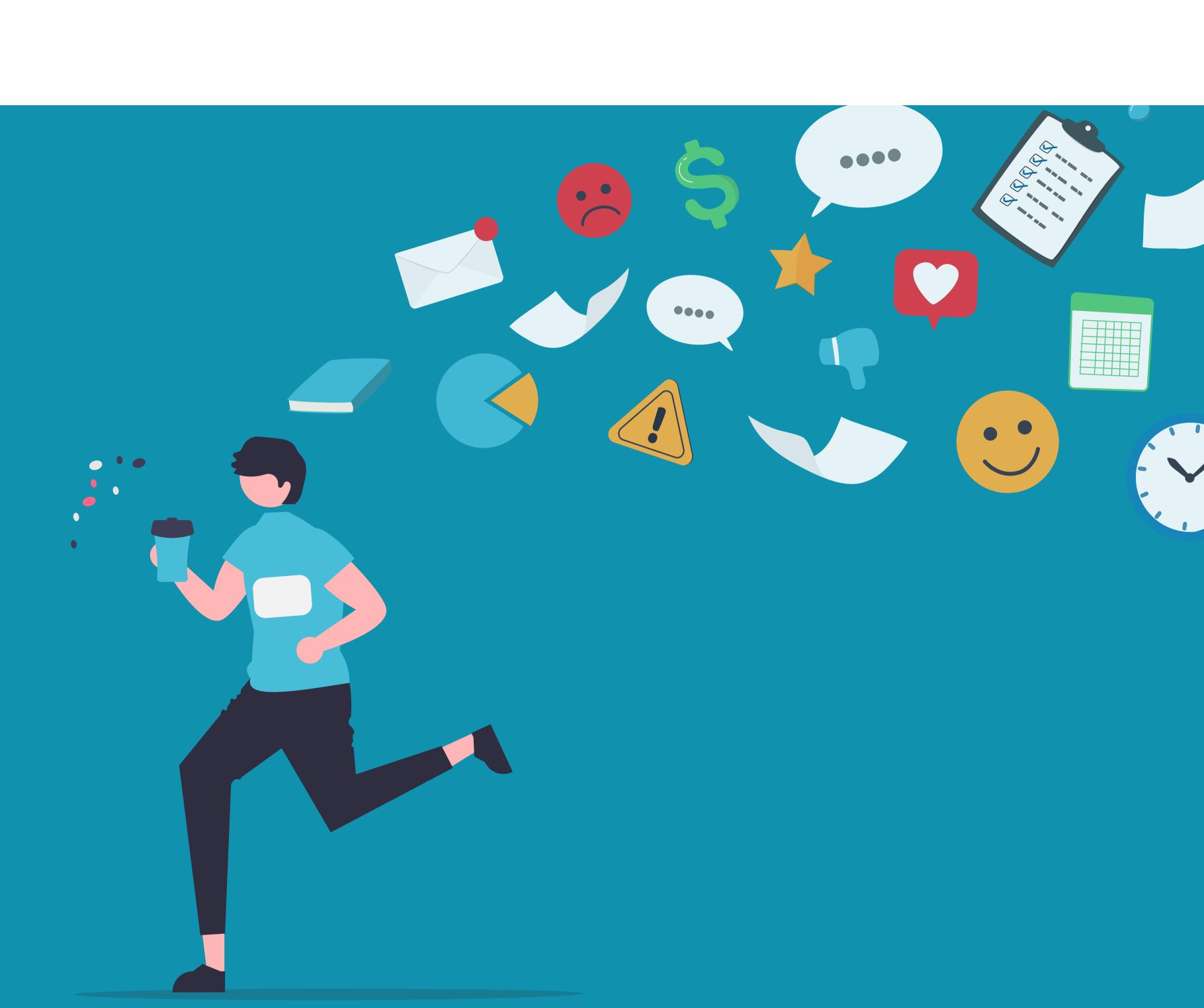
Drowning in a sea of email.

Even though respondents constantly manage communications, more than a quarter had 1,000+ unread emails in their inbox

Of that number:



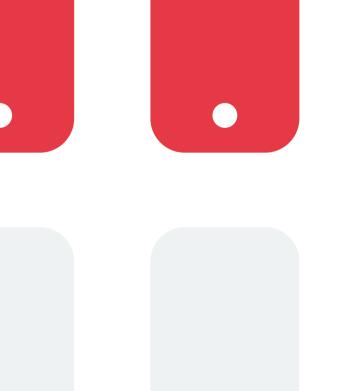
had 5,000+



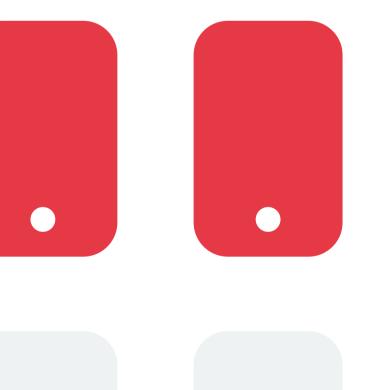
The black hole of device time.

related activities





of respondents spend 4+ hours each day on devices for non-work

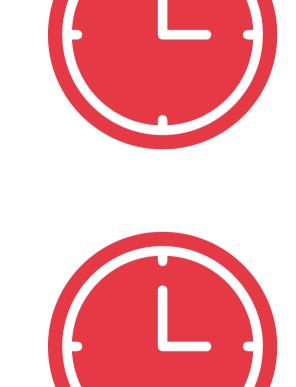


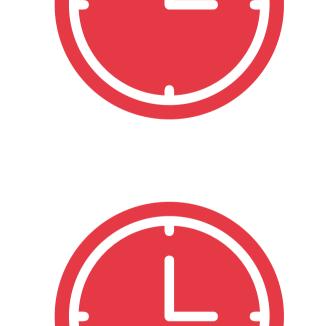
More than one-third

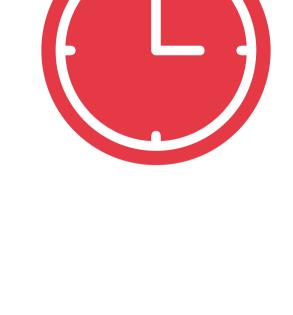
of respondents spend



5+ hours







Despite viewing time as valuable & a desire to spend

People are desperate to reset their relationship with technology.



more of it connecting with friends and loved ones

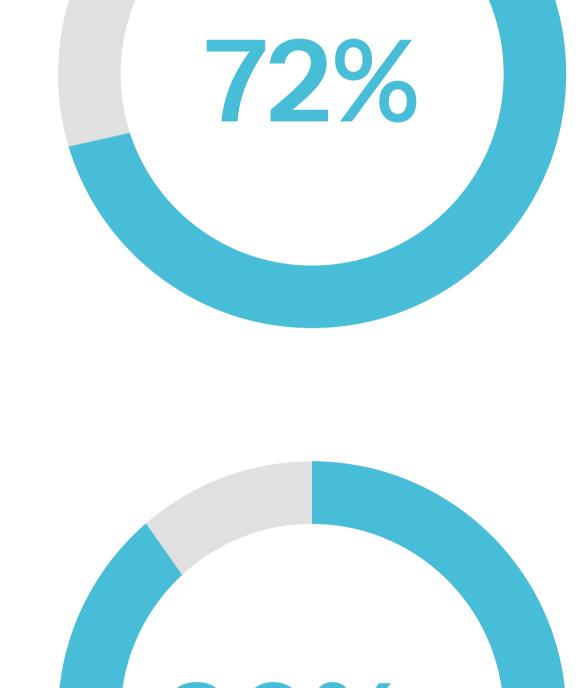
are interested in a digital detox

are strategic with their own time

The generations that grew up with technology are most overwhelmed by it.

Students reported the highest levels of technological overwhelm





are seeking a

digital detox

wish they could reduce

their dependence

SURVEY METHODOLOGY:

The survey was conducted using an online, self-complete-style interview through SurveyMonkey. Fieldwork was completed in August 2023. Linked here are the Terms & Conditions for Sixty Al's 2023 Take Back Your Time Survey.

Sixty Al's 2023 Survey of Time reflects the responses of 1,062 people from the United States.