

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:

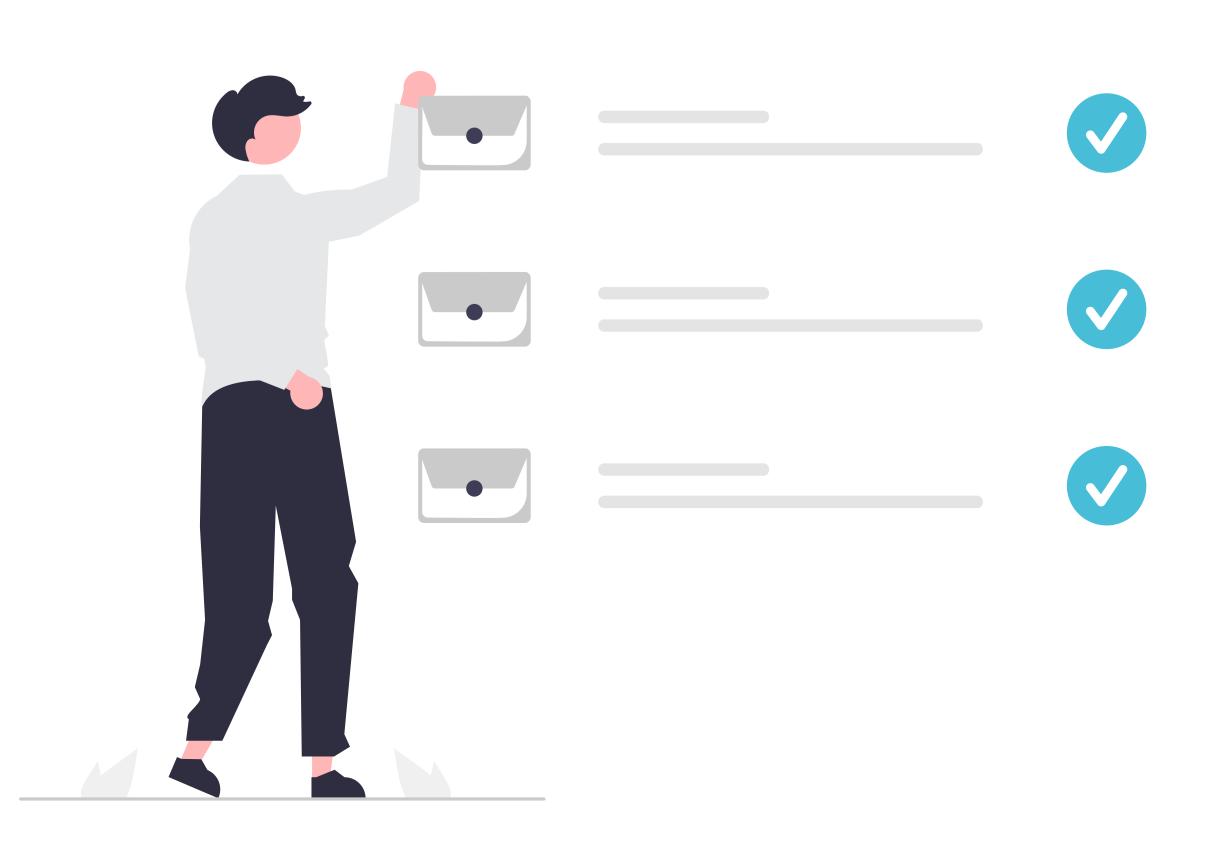
There's no such thing

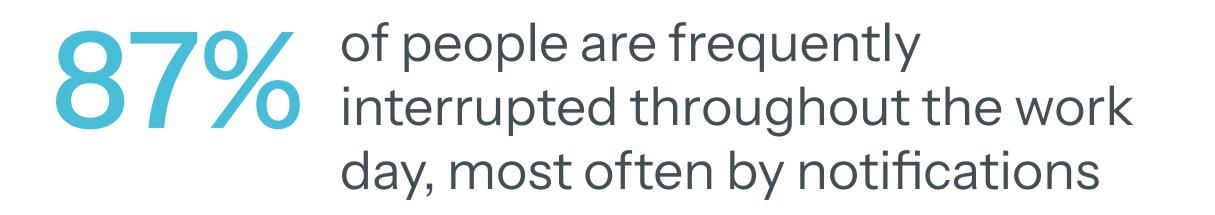
Always at work.

as uninterrupted work.

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







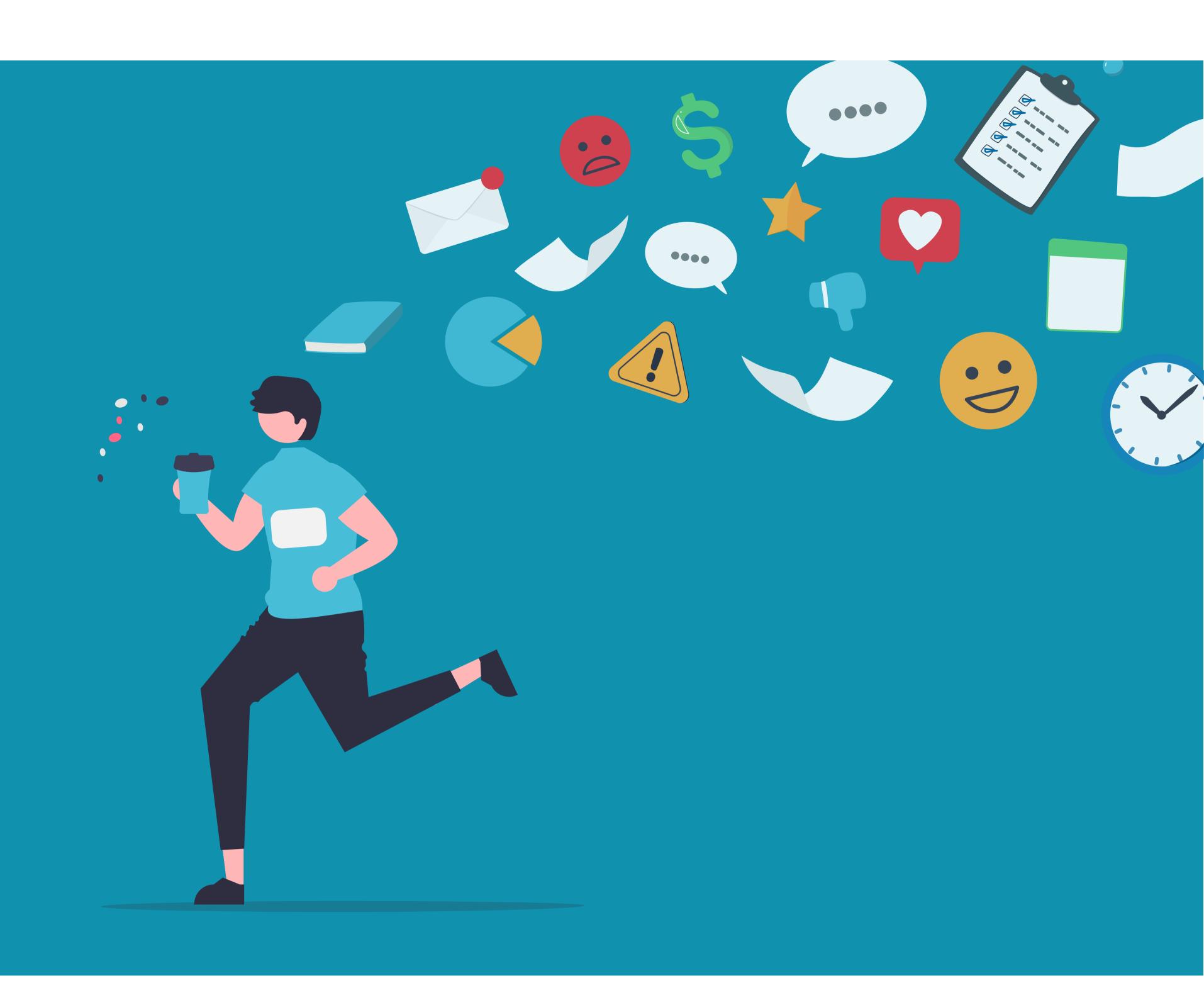
58% of respondents strongly believe that remote work & constant connectivity have detrimentally blurred work-life boundaries

Drowning in a sea of email.

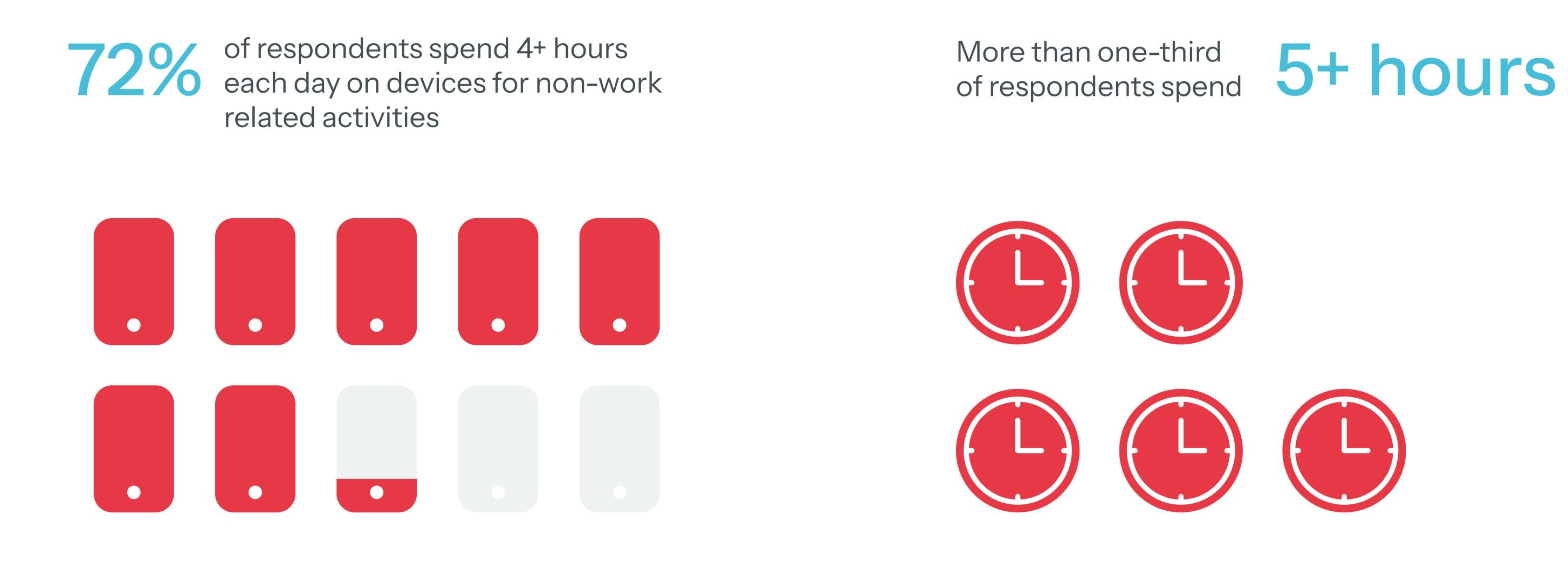
Even though respondents constantly manage communications, more than a quarter had **1,000+** unread emails in their inbox

Of that number:





The black hole of device time.



People are desperate to reset their relationship with technology.



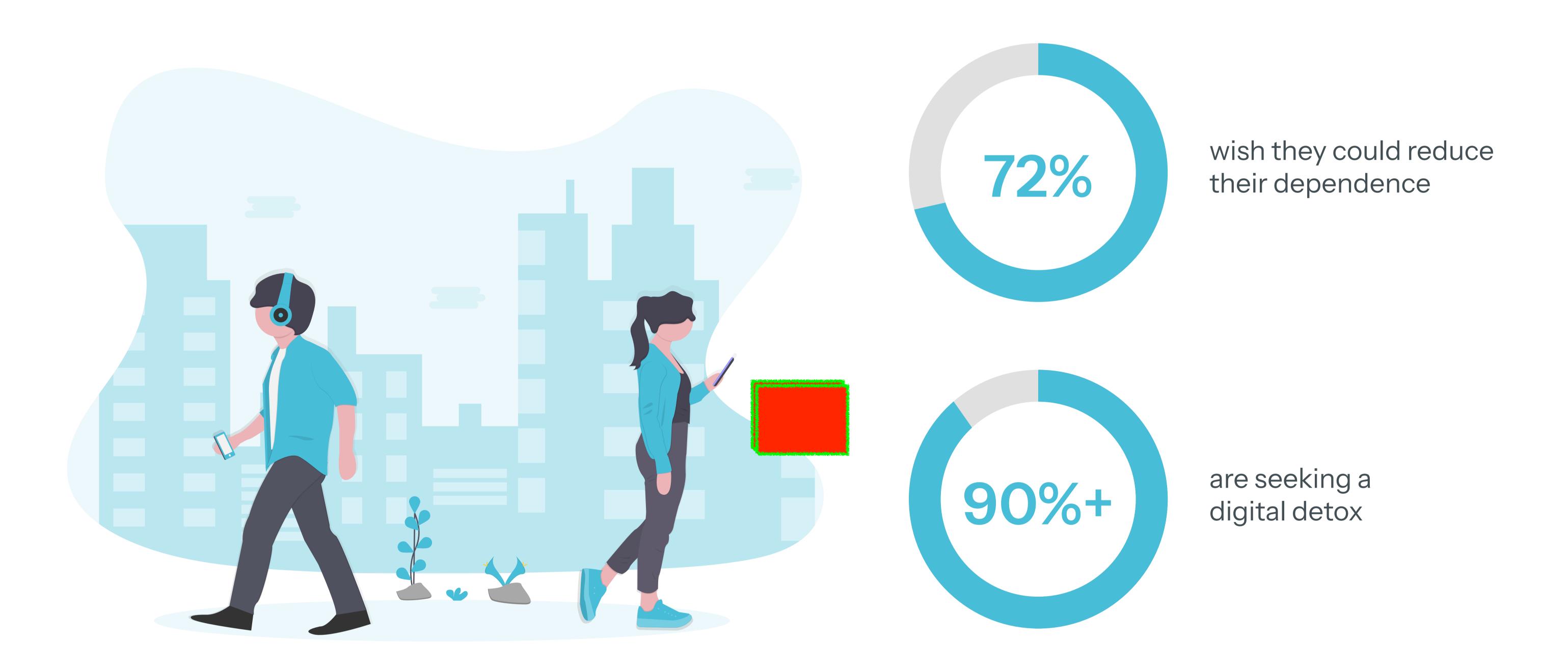
Despite viewing time as valuable & a desire to spend more of it connecting with friends and loved ones

7% are strategic with their own time

82% are interested in a digital detox

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

Students reported the highest levels of technological overwhelm



SURVEY METHODOLOGY:

Sixty AI's 2023 Survey of Time reflects the responses of 1,062 people from the United States. The survey was conducted using an online, self-complete-style interview through SurveyMonkey.

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