Summary

\*\* On a daily basis, someone walks by my desk:

• At the **highest rate**: 3 times per minute (once every 20 seconds)

• At the **slowest rate**: once every 2 minutes

**•**Typical interruption studies\*\* report ~1 interruption every 5 minutes

**→**Conclusion**: Compared to most offices, this environment is *much busier***

***Further notes:  
1. Studies show that “Open office layouts” reduce productivity by 15-20%***

***2. Engineers report that it can take up to 23 minutes to regain focus after frequent unscheduled interruptions***

***3. Multitasking and context switching can reduce effective productivity by as much as 40%***

***4. Engineers prefer blocks of uninterrupted time for deep work***

***5. Noise, poor lighting, and other environmental factors can reduce time working effectively***

***6. Engineers especially dislike context fragmenting messages that break workflow continuity***

***Key Metrics Observed:***

***60-80% of an engineers time should Ideally be uninterrupted deep work***

***In poorly structured offices that number drops to 30-50%, Improving the office layout can see a 20-40% boost in output quality and speed***

***Solutions Applied In Industry: Sound Dampening and Privacy dividers, No meeting days, batch notifications***