

Reports and statistics reveal significant challenges with employee productivity in many companies:

- Only 23% of the workforce is engaged at work[2].
- A single distraction can waste 4.8% of the workday[2].
- 21% of remote workers report being "burned out"[2].
- Engaged employees are 44% less likely to experience stress throughout the workday[2].
- 50% of global workers are productive for less than five hours per day
- 40% of adults reported high or moderate stress levels as a regular distraction at work[3].
- Employees with unhealthy diets were 66% more likely to report productivity loss[4].

Reasons for low productivity include distractions, excessive meetings, burnout, unhealthy habits, and lack of exercise, emphasizing the need for companies to address these issues to enhance employee performance and overall productivity.