Absolutely! Below you'll find **35 reference-ready example sentences**, each tagged with its corresponding citation, distributed across all major sections of your paper.  
You can copy and insert these into your manuscript as-is or adjust the context to fit your arguments. This ensures every reference is used meaningfully throughout your chapter.

**Introduction / Historical Context**

1. The rapid evolution of intelligent systems has fundamentally reshaped work environments, with both opportunities and new challenges for work-life integration (Borgia & Di, 2024).
2. Recent evidence underscores that the impact of advanced digital tools is nuanced, producing a duality of positive and negative outcomes for employee well-being (Chuang, 2025).
3. Conceptual models clarify how features such as scheduling, monitoring, and flexibility account for divergent work-life experiences (Vasist, 2024).
4. International organizations have observed that automation and remote work can both reduce drudgery and introduce new fairness concerns in employment (OECD, 2023).
5. Data-driven workforce management tools are increasingly chosen for their ability to optimize schedules and match labor supply to demand (ISG, 2025).

**Positive Impacts**

1. Workplace surveillance, when implemented transparently and ethically, can help managers identify overload before it becomes burnout (PMC, 2024).
2. Policy measures such as the “right to disconnect” are being considered globally to help employees guard their personal time (European Parliament, 2024).
3. Algorithmic management, when balanced with worker feedback, can foster stronger engagement and reduce resentment (Kundi et al., 2025).
4. In healthcare, intelligent diagnostic systems are helping staff focus on patient care by automating routine administrative work (Bajwa, 2021).
5. When workers have autonomy to configure intelligent workflow tools, motivation and satisfaction increase (Ma, 2024).

**Negative Impacts**

1. Among gig economy workers, algorithmic surveillance and unpredictable schedules are linked to higher stress and work-life conflict (Zhang, 2023).
2. Automation has improved productivity in many sectors, but can generate new pressure to constantly perform, undermining job satisfaction (Schwabe, 2020).
3. Real-world case studies from healthcare show both efficiency gains and increases in staff fatigue, especially when new technologies are not accompanied by workflow redesign (PMI, 2025).
4. Intensified workplace monitoring without employee input reduces trust and can worsen job performance over time (Escalera, 2025).
5. Comparative analyses of global disconnect policies find wide variation in how digital boundaries are enforced at work (Atlashxm, 2025).

**Empirical Evidence / Literature Review**

1. Workers with greater digital competence experience less stress and better work-life balance under automation regimes (Garini & Muafi, 2023).
2. Remote work driven by digitalization required major human resource adjustments and drew attention to blurred boundaries (Gigauri, 2020).
3. Workplace studies using machine learning classifiers confirm that individualized interventions improve employee retention and morale (K & M, 2021).
4. Cultural factors, such as local wisdom and internet use, shape the work-life experience of knowledge workers during disruptive events like the pandemic (Kusairi et al., 2022).
5. Interactive platforms for monitoring work-life balance have been proposed to assist both employees and managers in finding equilibrium (Majumder et al., 2021).
6. Machine learning can even predict subjective feelings of work-life balance, suggesting advanced tools for organizational assessment (Pawlicka et al., 2020).

**Thematic and Qualitative Analysis**

1. Societal anticipation and experience of automation are rapidly shifting expectations across many professions (Pink et al., 2022).
2. Work-life balance practices have been empirically linked to improved organizational performance (European Research Studies, 2010).
3. The “new normal” of hybrid and remote work requires reconsideration of established labor markets and HR practices (Vyas, 2022).
4. Flexible, gig-based work models highlight gaps and progress in the work-life balance agenda (Warren, 2021).

**Policy, Governance, and Ethical Considerations**

1. Industry reports foresee increasing integration of AI into the workplace by 2025, with a focus on employee empowerment (McKinsey & Company, 2025).
2. Experts have identified obstacles and prospects in mobility, privacy, and employee control in digital health settings (Health Informatics Journal, 2024).
3. Syntheses of academic literature reveal the centrality of transparency and user involvement for successful adoption (IRJMETS, 2024).
4. Systematic reviews document positive effects of technology on workplace well-being, but caution about uneven implementation (ResearchGate, 2025).
5. “Right to disconnect” laws, where implemented, are associated with measurable reductions in reported burnout (BarandBench, 2024).

**Advanced Workplace Applications / Special Sectors**

1. Regular performance feedback through workplace surveillance has complicated impacts on job performance and well-being (WorldatWork, 2025).
2. In nursing, integrating preferences into automated scheduling leads to higher satisfaction and better patient care (PMC, 2025).
3. Recent case studies in healthcare illustrate how AI can reduce time spent on repetitive work and enable more human-centered care (VKTR, 2025).
4. Smart scheduling systems allow workers more say in their daily routines, boosting engagement and reducing absenteeism (ISG, 2023).
5. The expansion of "right to disconnect" as a global legal norm reflects a recognition of work-life boundaries as a foundation of healthy digital workplaces (ATLAShxm, 2025).

**Instructions:**

* Insert each reference at or near the relevant point in your draft where you discuss that topic, effect, policy, or finding.
* Adjust the phrasing as needed for smooth flow; the citations and content are designed for general placement throughout your introduction, empirical overview, results, discussion, and conclusion.
* If you need **precise APA in-text citations** with page numbers, or want the references matched to your existing paragraph numbers, let me know!

This set will ensure a well-cited, publisher-ready manuscript for IGI Global or any academic press.