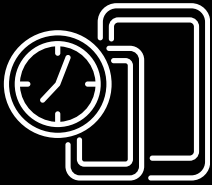# ASCHTECH

Digital Overload: Too Much Tech, Too Little Balance

6-7 Hours
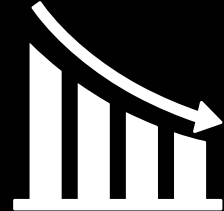Daily Screen Time

60% of People
Feel Stressed
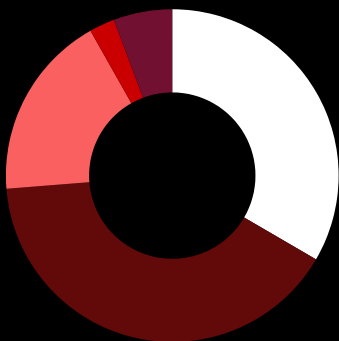
146 Notifications
Received Per Day

Up to 40%
Less Productivity

Screen Time Distribution

- 42.2% Entertainment
- 35.1% Social Media
- 19.4% Utility
- 2.6% Work
- 6.2% Other

Impact of Digital Overload

- Reduced Focus & Productivity
- Increased Stress & Fatigue
- Sleep Problems & Anxiety
- Pressure to Stay Online
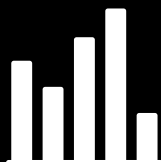
Solution: Digital Overload Management System

Focus Mode
Limit Distractions

Smart Alert
Scheduled Notifications

Screen Time Stats
Weekly Reports

Wellness Reminders
Breaks & Self-Care