



THE DIGITAL DRAIN

THE 7-HOUR RULE

The average person spends 6h 38m online daily (DataReportal, 2025).



THE SLEEP SHIFT

Blue light can delay your circadian rhythm by up to 3 hours (Harvard Medical School).

THE PHYSICAL COST

Looking at a phone puts 60 lbs of pressure on your spine (Dr. Kenneth Hansraj).



WE ARE MORE
CONNECTED
THAN EVER, BUT
ARE WE LESS
PRODUCTIVE?

