

# Attention

Body & health

What actually breaks concentration, and what restores it.

Focused attention is a limited resource that depletes with use and recovers with rest. What feels like doing two things at once is rapid switching, each switch losing time and accuracy.

**BLOCK**  
45–90 min

**BREAK**  
10–15 min

**PHONE**  
out of sight

- Task switching can cost meaningful time and increases errors.
- Recovering deep focus after an interruption takes many minutes.
- A visible phone reduces available attention even when unused.
- Focus works in blocks; most people sustain 45–90 minutes.
- Genuine breaks — not a different screen — restore it.
- Time in nature restores attention measurably better than indoors.

## LOOK FOR IT

Checking a message during focused work costs far more than the seconds spent reading it.

Protect against interruption before optimising anything else. The cost of the interruption exceeds the task.