

## Stolen Focus

### Sleep

- Affect concentration
- Lack of sleep linked to ADHD
- Sleep clears out the gunk of the day, lets us form long term memories

Reading books is declining because using screens is designed for short term skimming rather than deep reading  
Reading fiction makes people more empathetic

The problem is that there is too much information – the human brain cannot process all of it. Turning down the flow of information will lead to more retention

Tech literally designed to be addictive and fragment our attention. Should be regulated because as a consumer there's only so much we can do / fight when there's 1000 engineers behind apps whose job is to make us use their apps more

Wandering mind is very useful, activates the Default Mode Network of brain, leading to creative solutions. When we let our minds wander, cuts down on nighttime rumination that can cause sleep problems

Stress is a thief of focus. Stress at jobs; workplaces that implement a 4 day work week have higher production, happier, less stressed workers. Can recover fully from work and come in refreshed and ready to give their full attention to their jobs.

### ADHD

- Lack of sleep
- Pollution is linked to brain problems, including poor focus
- Poor nutrition (especially dyes and additives that some countries have outlawed because of research on their detrimental effects)
- Lack of free play in childhood / school
  - School systems don't lead to smarter kids, lead to more anxiety, medication
  - Finland kids don't go to school until age 7, then go to school from 9am – 2pm, legally mandated they have 15 mins of free play for every 45 mins of instruction. Have 0.1% ADHD diagnosis in children, have good literacy, graduation, and higher education rates

