

Article – Parliament wants to ensure the right to disconnect from work



Constant connectivity can lead to health issues

Rest is essential for people's wellbeing and constant connectivity to work has consequences on health. Sitting too long in front of the screen and working too much reduces concentration, causes cognitive and emotional overload and can lead to headaches, eye strain, fatigue, sleep deprivation, anxiety or burnout. In addition, a static posture and repetitive movements can cause muscle strain and musculoskeletal disorders, especially in working environments that don't meet ergonomic standards.