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Restorative Interiors for the Digital Age: A Literature Review on Interior Design Strategies for Digital Fatigue

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ABSTRACT
The rapid development of digital technology has intensified human interaction with screen-based devices. The demand to remain continuously connected to digital devices across everyday activities has contributed to the emergence of digital fatigue, characterized by mental exhaustion, reduced attention, boredom, and stress. This condition highlights the need to consider the role of the physical environment in supporting recovery processes, particularly the interior environments in which people carry out their activities. This study aims to identify restorative needs associated with digital fatigue and to examine how restorative environmental characteristics can be translated into interior design strategies. A Systematic Literature Review (SLR) was conducted, with the literature selection process guided by PRISMA. A total of 21 articles were analyzed and grouped into three areas: digital fatigue, restorative environments, and interior design. Attention Restoration Theory (ART) was used as the primary framework for understanding attention restoration, while Stress Reduction Theory (SRT) was used to examine stress recovery. The findings indicate that restorative needs associated with digital fatigue primarily concern attention restoration and stress reduction. Environmental characteristics such as being away, fascination, extent, compatibility, connection with nature, and visual and sensory environmental quality are relevant to restorative processes. In interior design, these characteristics can be translated through spatial configuration, lighting, color, materials, visual and sensory quality, and connections with natural elements. These findings provide the basis for a conceptual framework for restorative interiors and for the development of interior environments that may support attention restoration, stress reduction, and user well-being.

KEYWORDS
Digital Fatigue, Interior Design, Restorative Environment, Attention Restoration

Introduction

Digital technology has brought substantial changes to patterns of everyday human activity. Touchscreen interaction, rapid access to information, and social media engagement have

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become integral to contemporary daily life. Activities such as working, learning, communicating, obtaining information, and seeking entertainment increasingly depend on screen-based devices and digital connectivity. Consequently, human interaction with technology has become more intensive and continuous, accompanied by constant exposure to information, notifications, and demands to perform multiple digital activities simultaneously. Although digital technology offers convenience and efficiency, intensive use may contribute to cognitive and psychological strain associated with digital fatigue. Suryawijaya and Putri **[1]** argue that digital fatigue arises from excessive technology use. It may be characterized by mental exhaustion, a reduced ability to sustain attention, boredom, and increased stress following prolonged interaction with digital technology. Thus, increasingly digitalized lifestyles provide substantial benefits while also posing challenges to sustained attention and psychological well-being.

Fatigue arising from digital activities indicates a need for restoration. Weber and Trojan **[2]** define restoration as the process of recovering an individual's mental and physical condition after fatigue and strain. Recovery may occur not only by discontinuing fatiguing activities but may also be influenced by the characteristics of the environment in which people are situated. Weber and Trojan further show that restorative potential is not limited to natural environments but may also occur in certain urban and built environments. This perspective provides a basis for considering the physical environment as a factor that may support recovery following attentional demands and psychological strain associated with everyday activities, including digital activities.

In the context of digital life, restorative environments are particularly relevant to interior design because much interaction with digital devices takes place indoors, including at home, in workplaces, learning spaces, and various public settings. Interior design shapes not only the visual quality of a space but also the physical environment that may support users' recovery from the demands of increasingly digitalized lifestyles. This view is supported by Wu **[3]**, who suggests that interior attributes such as spatial organization, lighting, materials, color, views, and natural elements can be configured to promote comfort and well-being and to support attention restoration and stress reduction.

This relationship can be understood through Attention Restoration Theory (ART), which explains how environmental characteristics may support cognitive and attentional recovery, and Stress Reduction Theory (SRT), which emphasizes the potential of environments to facilitate recovery from emotional and physiological stress. Although digital fatigue, restorative environments, and interior environmental quality have each been widely investigated, the relationships among these areas tend to be addressed in separate research contexts. Through a systematic literature review, this study seeks to integrate literature across these topics.

Accordingly, this study aims to identify restorative needs associated with digital fatigue and translate them into interior design strategies. The literature was selected and reviewed using a Systematic Literature Review (SLR) approach guided by PRISMA. The novelty of this study lies in synthesizing research on digital fatigue, restorative environments, and interior design to develop a conceptual framework for restorative interior design. This framework is expected to provide a theoretical basis for developing interior environments that may support attention

restoration, stress reduction, and user well-being in response to the demands of life in the digital age.

Methods

This study employed a qualitative approach using a Systematic Literature Review (SLR). The review was conducted to identify, evaluate, and synthesize previous research in order to develop an integrated understanding of the relationships among digital fatigue, restorative environments, and interior design. This method was selected because the research topic spans several fields of inquiry and therefore requires the synthesis of findings from different research domains. The identification and selection of literature were reported in accordance with the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines.

The literature search covered journal articles and scientific publications retrieved through established databases, including Scopus, Web of Science, ScienceDirect, and Google Scholar. The search strategy was organized around three main concepts: digital fatigue, restorative environments, and interior design. To maintain the relevance and quality of the analyzed sources, inclusion and exclusion criteria were established as the basis for literature selection. Inclusion criteria defined the characteristics that candidate studies were required to meet, whereas exclusion criteria specified conditions under which otherwise eligible studies were removed from the review.

The inclusion criteria for this literature review include articles published in peer-reviewed scientific journals between 2015 and 2026, written in English or Indonesian, and available in full text. Additionally, articles must discuss at least one relationship relevant to the research focus, namely digital fatigue and recovery needs, restorative environments and attention or stress recovery, or characteristics of built environments/interiors related to restorative processes. Meanwhile, exclusion criteria include non-scientific literature or “gray literature” such as popular articles, blogs, news reports, and non-scientific reports duplicate articles obtained from different databases, as well as articles that, upon full review, are found to be irrelevant to the research focus and research questions.

The literature selection process was conducted in several stages. The first stage was identification, during which all records retrieved from the databases were collected and duplicates were removed. The second stage was screening, in which titles and abstracts were reviewed for alignment with the inclusion criteria and research topic. The third stage was eligibility assessment, involving a comprehensive review of the full text to ensure that each source was relevant to the research questions. The fourth stage involved the final selection of studies for inclusion. The entire selection process was documented in a PRISMA flow diagram showing the number of records at each stage and the final number of studies included in the analysis.

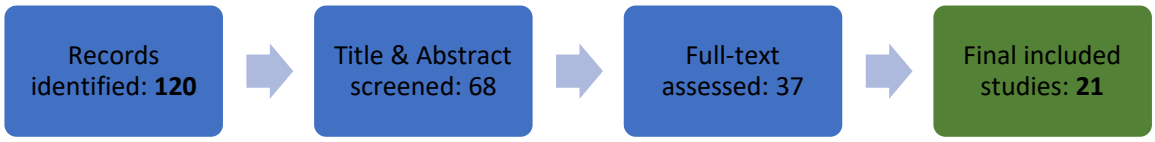


Diagram 1. PRISMA Flow Diagram
(Source: authors, 2026)

Studies meeting the criteria were subsequently extracted according to key information. The analysis then employed thematic synthesis to integrate findings across the different research domains. Attention Restoration Theory (ART) served as the primary theoretical framework for interpreting findings related to attentional fatigue and cognitive restoration, while Stress Reduction Theory (SRT) was used as a supporting framework for understanding findings related to stress and psychological recovery. The analysis was not intended to demonstrate that any interior element directly cures digital fatigue, but rather to identify environmental characteristics that, according to the literature, may support users' restorative needs.

The synthesis was conducted in several stages. First, forms of fatigue and restorative needs associated with digital activities were identified. Second, environmental characteristics related to attention restoration and stress reduction were identified. Third, the findings were grouped according to themes emerging from the analysis. Fourth, the relationships between restorative needs and environmental characteristics were interpreted from an interior design perspective. Through this process, the study sought to develop a conceptual framework describing the relationships among digital fatigue, restorative environmental principles, and interior design strategies that may support attention restoration, stress reduction, and user well-being in the digital age.

Result

Based on the established inclusion and exclusion criteria, a total of 21 articles were included in this synthesis. The selected literature was then divided into three main groups: studies on digital fatigue that examined the impact of digital technology use on users' cognitive and psychological states; studies on restorative environments that examine restorative processes through Attention Restoration Theory (ART), Stress Reduction Theory (SRT), and research on restorative environments; and studies on interior design that examine the relationship between the characteristics of the physical environment, the built environment, interior elements, and users' restorative experiences.

These differences in focus indicate that the literature included in this review does not necessarily address digital fatigue and interior design directly within the same study. The three groups were therefore analyzed sequentially to establish relationships among fatigue resulting from digital activities, users' recovery needs, restorative environmental characteristics, and interior design responses. The literature selection was also structured to address the following research questions: 1. RQ1: What forms of fatigue result from digital activities, what causes them, and which conditions require restoration?; 2. RQ2: What types of environments have been

shown by research to support attention restoration and stress reduction?; 3. RQ3: How can these characteristics be translated into interior design strategies?.

To facilitate synthesis and comparison, the selected literature was extracted according to author and year of publication, study title, research focus, key findings, and relevance to the present study. The extraction results are presented in Table 1.

Table 1. Selected literature sources
(Source: authors, 2026)

NO.	AUTHOR AND YEAR	TITLE	RESEARCH FOCUS	KEY FINDINGS	THEMATIC RELEVANCE
1	[4]	Understanding Digital Fatigue In The Work-place: A System-atic Literature Review	Digital fatigue among employees, its contributing factors, and its effects on performance and well-being.	Excessive technology exposure, screen time, virtual meetings, and continuous digital communication contribute to digital fatigue, affecting stress, productivity, engagement, and job satisfaction.	Digital Fatigue
2	[5]	Bahaya Digital Fatiguepada Kesehatan Mental:Analisis Singkat Perspektifrhenal d Kasali	Effects of digital fatigue on physical and mental health.	Digital fatigue is associated with physical fatigue, eye strain, bodily discomfort, concentration problems, boredom, mood disturbances, and mental health concerns.	Digital Fatigue
3	[6]	Pengaruh Doomscrollingda n Literasi Media Sosial Terhadap Kelelahan Digital Gen Z Di Medan: Studi Kuantitatif	Effects of doomscrolling and social media literacy on digital fatigue among Generation Z.	Doomscrolling increases digital fatigue, whereas social media literacy may reduce its risk.	Digital Fatigue
4	[7]	Kelelahan Digital Di Era Media Sosial: Studi Tentang Kelebihaninform asi, Kecemasan, Dan Fear Of Missing Out (Fomo)	Effects of information overload, anxiety, and FOMO on social media fatigue.	Information overload increases FOMO and social media fatigue. Anxiety increases FOMO but does not directly increase social media fatigue, while FOMO significantly increases social media fatigue.	Digital Fatigue
5	[8]	Psychology At Digital Speed: A	Effects of the speed and intensity of	Rapid and continuous digital interaction	Digital Fatigue

		Systematic Review Of How Rapid Online Interaction Alters Cognitive And Affective Processes	digital interaction on cognitive and emotional functioning.	increases cognitive load, fragments attention, increases stress and emotional reactivity, and may lead to emotional exhaustion and reduced psychological well-being.	
6	[9]	The Impact Of Digital Fatigue On Employee Productivity And Well-Being: A Scoping Literature Review	Causes, impacts, and mitigation strategies for digital fatigue in workplace contexts.	Excessive technology use, cognitive overload, multitasking, continuous connectivity, and blurred work-life boundaries contribute to digital fatigue.	Digital Fatigue
7	[10]	Kelelahan Digital Dan Kreativitas: Menyelidiki Peran Empowerment Dalam Hubungan Antara Digital Fatigue Dan Kreativitas	Effects of digital fatigue on employee creativity through burnout, and the moderating role of psychological empowerment.	Digital fatigue increases burnout, which subsequently reduces creativity. Psychological empowerment may weaken the negative effect of burnout on creativity.	Digital Fatigue
8	[11]	Kerja Di Rumah Tapi Tertekan: Implikasi Workfromhome, Tekanan Kerja, Kelelahan Digital Terhadap Produktivitas Generasi Sandwich	Effects of work pressure, digital fatigue, and work-life balance on the productivity and well-being of the sandwich generation working from home.	Digital fatigue, work pressure, and work-life balance significantly affect productivity; multiple demands in virtual work environments are also associated with vulnerability to stress and burnout.	Digital Fatigue
9	[12]	Analisis Faktor-Faktor Restoratif Pada Tata Ruang Dan Lanskap Nuart Sculpture Park, Bandung	Contribution of spatial and landscape design in a public art space to visitors' restorative experiences and psychological conditions, using Attention Restoration Theory.	The integration of vegetation and natural landscapes, monumental art, spatial variation, flexible circulation, supporting facilities, and a calm atmosphere forms restorative environmental characteristics that support relaxation and mental recovery.	Restorative Environment

10	[2]	The Restorative Value Of The Urban Environment: A Systematic Review Of The Existing Literature	Restorative potential of urban environments and the natural and built environmental elements that contribute to users' psychological recovery.	Restorative environments are not limited to nature; restorative potential may also emerge through built-environment characteristics, particularly architectural elements and cultural and recreational settings.	Restorative Environment
11	[13]	Attention Restoration Theory: A Systematic Review Of The Attention Restoration Potential Of Exposure To Natural Environments	Systematic review of empirical evidence on the effects of exposure to natural environments on attention restoration based on Attention Restoration Theory (ART).	Exposure to natural environments shows potential for attention restoration, although the evidence varies according to the type of attention measure used.	Restorative Environment
12	[14]	The Relationship Between Nature Exposures And Attention Restoration, As Moderated By Exposure Duration: A Systematic Review And Meta-Analysis	Relationship between exposure to natural environments and attention restoration, including exposure duration as a moderator.	Restorative effects should not be understood solely in terms of exposure duration; the characteristics and quality of environmental experience should also be considered.	Restorative Environment
13	[15]	The Impact of Visual Stimuli and Properties on Restorative Effect and Human Stress: A Literature Review	Effects of visual stimuli and visual properties on psychological restoration and stress in restorative built environments.	Restoration is influenced not only by the presence of natural elements but also by how environmental visual stimuli and properties are processed at global and local levels.	Restorative Environment
14	[16]	Restorative Effects of Biophilic Workplace and Nature Exposure during Working Time: A Systematic Review	Restorative effects of nature exposure on employees during working hours and its effects on well-being, motivation, satisfaction, performance, productivity,	Restorative workplaces allow employees to experience opportunities for recovery while work activities are still taking place.	Restorative Environment

			engagement, and stress.		
15	[17]	Desain Interior Restoratif untuk Memulihkan Perhatian dan Mengurangi Stres pada Unit Hunian Kecil	Experimental evaluation of virtual restorative interior designs using VR and the Perceived Restorativeness Scale (PRS).	Natural elements do not automatically enhance restoration; preference, compatibility, coherence, and aesthetics also influence restorative experience.	Interior Design
16	[18]	A Participatory Interior Design Approach for a Restorative Work Environment: A Research-Intervention	Application of restorative interior design through participatory and biophilic design in workplaces and its relationship with perceived restorativeness and employee well-being.	Destress areas and views of nature are important elements associated with restorative quality and several aspects of employee well-being.	Interior Design
17	[19]	The Effects of Interior Materials on the Restorativeness of Home Environments	Comparison of the restorative potential of interior materials in residential environments based on being away, extent, fascination, and compatibility.	Different interior materials have different restorative potential. Glass showed the most positive restorative potential, particularly for relaxation and compatibility.	Interior Design
18	[3]	Analysis of the Correlation Between Interior Space Design and Psychological Healing from The Perspective of Restorative Environment Theory	Effects of interior environments on stress, mental fatigue, psychological comfort, and restorative experience.	From the perspective of Restorative Environment Theory, spatial configuration, lighting, materials, biophilic elements, and multisensory quality are interior design aspects that may support psychological recovery.	Interior Design
19	[20]	Identifying interior design strategies for healthy workplaces – a literature review	Identification of interior design strategies for creating healthy workplaces and supporting employee well-being.	Four main strategies were identified: design for comfort, restoration, social well-being, and healthy behavior. For restoration, connections with nature through plants, daylight, and nature views may	Interior Design

				support recovery from fatigue and stress.	
20	[21]	Pengaruh Warna Interior ter-hadap Respons Psikologis dan Fisiologis Pengguna Ruang melalui Tin-jauan Literatur Sistematis	Effects of interior color on users' psychological and physiological responses through a systematic literature review of 20 empirical studies.	Interior color is associated with users' psychological and physiological responses, but its effects vary across colors and individuals.	Interior Design
21	[22]	Pendekatan Restorative Environment pada Desain Interior Klinik sebagai Upaya Pemulihan Psikologis Pasien (Studi Kasus: Klinik WD House)	Application of restorative environment principles in clinic interiors to support patient comfort and psychological recovery.	The clinic interior did not fully support restorative experience, particularly because of dominant white surfaces, strong artificial lighting, limited natural elements, and restricted visual qualities. Design interventions addressing these aspects may improve the restorative quality of the space.	Interior Design

As summarized in Table 1, the review included 21 articles: eight focusing on digital fatigue, six on restorative environments, and seven on interior design. These three areas are interrelated and form the basis for the analysis presented in the following discussion.

Discussion

A. Digital Fatigue and Restorative Needs

Table 2. Analysis of the digital fatigue literature
(Source: authors, 2026)

FINDING THEME	SYNTHESIZED FINDINGS	IMPACT	THEORETICAL ANALYSIS	RESTORATIVE NEED	SUPPORTING LITERATURE
Intensity of technology use	Excessive technology use, screen time, continuous digital communication, and persistent connectivity are associated with digital fatigue.	Mental fatigue, stress, reduced well-being	ART & SRT	Attention and stress recovery	[4], [9]
Information load and digital activity	Information overload, multitasking, doomscrolling, and rapid digital interaction increase	Cognitive load, fragmented attention, impaired	ART	Attention restoration	[6], [7], [8]

	information-processing demands.	concentration, emotional exhaustion			
Psychological effects	Digital fatigue is associated with boredom, mood changes, stress, burnout, and reduced psychological well-being.	Psychological strain and exhaustion	SRT	Stress reduction/recovery	[5], [8], [10], [11]
Effects on activity and performance	Digital fatigue and burnout are associated with creativity, productivity, and user well-being.	Reduced ability to perform activities optimally	ART/SRT	Cognitive and psychological recovery	[9], [10], [11]

Based on Table 2, digital fatigue can be understood as a condition involving both cognitive and psychological dimensions. Cognitively, intensive technology use, information overload, multitasking, and continuous digital interaction are associated with increased cognitive load, fragmented attention, and impaired concentration. From the perspective of Attention Restoration Theory (ART), these conditions indicate a need to restore attentional capacity after sustained use during digital activities.

At the same time, stress, burnout, emotional exhaustion, and reduced psychological well-being indicate a need for recovery from psychological strain. From the perspective of Stress Reduction Theory (SRT), these conditions point to a need for environments that may support stress recovery. Thus, the synthesis of the digital fatigue literature identifies two primary restorative needs: attention restoration and stress reduction. These needs provide the basis for identifying restorative environmental characteristics in the subsequent analysis.

B. Restorative Environments and Restorative Environmental Characteristics

Table 3. Analysis of the restorative environment literature
(Source: authors, 2026)

FINDING THEME	SYNTHESIZED FINDINGS	RESTORATIVE CHARACTERISTICS	THEORETICAL ANALYSIS	SUPPORTING LITERATURE
Environment as a support for restoration	Restorative potential is not limited to natural environments but may also occur in built environments. Vegetation, spatial variation, supporting facilities, and calm atmospheres may support relaxation and mental recovery.	Opportunities to experience conditions different from everyday activity demands.	ART: associated with being away, extent, and compatibility. SRT: omfortable environments may support stress reduction.	[2], [12]
Nature exposure and attention	Exposure to natural environments shows potential to support attention restoration.	Connection with nature and environmental experiences that	ART: fascination as a form of attention that requires little effort.	[13], [14]

restoration	However, restorative effects depend not only on exposure duration but also on the characteristics and quality of the environmental experience.	attract attention without high cognitive demands.		
Quality of environmental stimuli	Restoration is influenced not only by natural elements but also by the characteristics of visual stimuli and how users perceive the environment.	Visual quality and management of environmental stimuli.	ART: appropriate stimuli may support fascination. SRT: environmental quality is associated with users' stress responses.	[15]
Opportunities for restoration during everyday activities	Restorative environments allow users to experience recovery opportunities while activities are still ongoing, as in workplace settings.	Opportunities to rest and experience restoration within activity settings.	ART: opportunities to reduce attentional demands. SRT: support for recovery from activity-related strain.	[16]

The synthesis indicates that restorative potential is not limited to natural environments but may also be created within built environments through the quality of spatial experience. Accordingly, the second group of literature identifies several environmental characteristics relevant to restorative needs: opportunities to gain distance from demands, stimuli that attract attention without imposing high cognitive demands, coherent spatial experiences that are compatible with users' needs, connection with nature, and environmental qualities that may support stress reduction. These characteristics provide the basis for examining how restorative principles can be translated into interior design.

C. Application of Restorative Characteristics in Interior Design

Table 4. Analysis of the interior design literature
(Source: authors, 2026)

FINDING THEME	SYNTHESIZED FINDINGS	RESTORATIVE CHARACTERISTICS	POTENTIAL INTERIOR APPLICATION	SUPPORTING LITERATURE
Spatial configuration and organization	Spatial organization and destress areas may support restorative experiences.	Being away and compatibility	Zoning, rest areas, destress areas, and spatial organization	[3], [18]
Connection with nature	Views of nature, plants, daylight, and biophilic elements are associated with restorative quality.	Fascination and stress reduction	Vegetation, nature views, daylight, and biophilic elements	[3], [18], [20]
Materials and color	Materials and color influence spatial experience, although responses	Compatibility and sensory quality	Selection of materials and colors according to users' needs	[19], [21]

	may vary among users.			
Sensory quality and user compatibility	Restoration is influenced by preference, compatibility, coherence, aesthetics, and multisensory experience.	Compatibility and holistic restorative experience	Integration of sensory qualities according to users' needs	[3], [17]
Lighting and visual quality	Lighting and visual conditions contribute to restorative experience.	Visual comfort and reduced stimulation	Management of daylight/artificial lighting and visual quality	[3], [20], [22]

The synthesis indicates that restorative environmental characteristics can be translated into interior design through spatial organization, connection with nature, materials and color, lighting and visual quality, and the sensory quality of space. These elements may support the ART principles of being away, fascination, extent, and compatibility, while also contributing to environmental qualities relevant to stress reduction from an SRT perspective. However, restorative quality is not determined by any single element in isolation, but by the combination of spatial elements and their compatibility with users' needs. For example, the mere presence of natural elements indoors does not automatically produce a restorative experience; these elements need to be integrated with other spatial components so that they contribute to the overall quality of the environment.

Conclusion

The findings indicate that digital fatigue is associated with high cognitive and psychological demands resulting from intensive digital activity. This condition may be characterized by mental fatigue, cognitive load, fragmented attention, impaired concentration, boredom, and stress. Based on the literature synthesis and analysis using Attention Restoration Theory (ART) and Stress Reduction Theory (SRT), two primary restorative needs are particularly relevant to digital fatigue: attention restoration and stress reduction. Environments that may support these needs are characterized by opportunities to gain distance from activity-related demands, stimuli that do not overburden attention, coherent spatial experiences compatible with users' needs, connection with nature, and environmental qualities that may support stress reduction. In interior design, these restorative characteristics can be translated through spatial organization, connection with nature, materials and color, lighting and visual quality, and the sensory quality of space. Restorative quality is not determined by a single design element in isolation, but by the combination of multiple elements and their compatibility with users' needs. Accordingly, restorative interior design in the context of digital fatigue is not intended as an approach that directly cures digital fatigue, but as an effort to create interior environments that may support attention restoration, stress reduction, and user well-being. This synthesis provides a conceptual basis for developing interior design in spaces characterized by high levels of digital activity and for future empirical research testing the effectiveness of these strategies across different users and spatial contexts.

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