



# YOU MIGHT BE SUFFERING FROM

# AI DATA OVERLOAD



AI DATA OVERLOAD AI DATA OVERLOAD AI DATA OVERLOAD AI DATA

## THE SCALE CHALLENGE

Cybersecurity is facing its greatest ever challenge: scale. As AI empowers both defenders and attackers, IT environments are swelling; threat landscapes are expanding; and attack volumes are surging.

The AI age has created a data explosion. Every AI-powered attack at scale creates new alerts. And defensive AI produces reams of information as it identifies and combats alerts and threats. Left alone, this cycle inevitably creates an avalanche of data that will bury SOC teams.

To stem the rising tide of cybercrime, SOCs need to move from trauma response to prevention: seeking and neutralising threats before they can become overwhelming alerts or even breaches. But first they need to manage and parse the mountain of AI-created data, turning information into context.

## BURNING OUT & FADING AWAY

If you and your SOC are over-stretched, and struggling against the rise in AI-generated information, you're not alone. Our exclusive survey of US and UK CISOs found that:

68%

**OF CISOs SAY:**  
their most skilled security analysts and threat hunters are already over-stretched.

68%

**OF CISOs SAY:**  
AI is creating so much new information and inputs that it has raised the risk of burnout.

### THE DREADED BURNOUT WILL ONLY COMPOUND TEAMS' PROBLEMS.

Skilled staff who are already overworked handling investigations or hunting for threats will inevitably snap. And delegating work to less skilled team members, or even AI, either runs the risk of reducing quality of work overall, or adds extra workloads from reviewing others. And this isn't a theoretical future problem for the SOC. For most, it's already here.

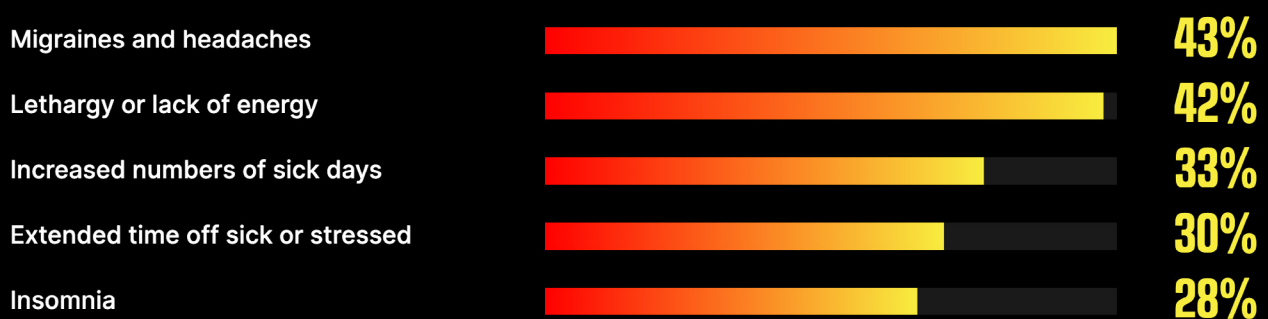
**71%** OF CISOs HAVE SEEN EVIDENCE OF STRESS IN THEMSELVES OR THEIR TEAMS FROM INFORMATION OVERLOAD.

## KNOW THE SIGNS... AND THE CONSEQUENCES

FOR THE CISO AND THEIR TEAM, STRESS MEANS SYMPTOMS INCLUDING:

★ BINALYZE HI 2026 RESEARCH

### MOST COMMON REPORTED SYMPTOMS OF BURNOUT FROM INFORMATION OVERLOAD



SOURCE: SURVEY OF 400 UK & US CISOs

BINALYZE

This is already a tragedy for the individual. For their CISO and team it can mean reduced performance; or at worst a decimated team where pressure mounts on remaining members or performance suffers, beginning a vicious circle.

### GETTING PROACTIVE WITH THE AI DATA AVALANCHE

The way forward is clear: CISOs and their teams need a way to harness information from AI, so they can focus on becoming proactive and hunting down threats before they metamorphose into real issues. The key is context: giving not just information, but insight so teams can make the best actions based on the best information.

Binalyze AIR automatically adds deep, investigation-ready context for SOC teams. Analysts can assess scope and relevance and respond faster, without wasting time on irrelevant information.

In conjunction with Fleet AI it tames data and democratizes proactive investigation: giving greater access to capabilities that have traditionally needed years or decades of skills behind them.

Even the most stretched teams can entrust more members with more complex tasks: spreading the load and reducing the risk of burnout.

To find out more about Fleet AI, or to take a demo, visit our stand **A126** or book online at [binalyze.com](https://binalyze.com)

### LAST WORDS

The above is a taste of the insights available in Binalyze's 2026 SOC Experience Report, due to launch summer 2026. To receive the full report when available, visit [binalyze.com](https://binalyze.com). Based on a survey of 400 UK and US CISOs and IT security decision makers with responsibility for managing a SOC.