Continuous Integration (CI) is a development practice that requires developers to integrate code into a shared repository several times a day. Each check-in is then verified by an automated build, allowing teams to detect problems early.

**INCREASED PRODUCTIVITY**

- Enables shorter feedback cycle when changes are made
- Code is kept in a “releasable” state
- Code gets back into the hands of testers quickly
- Frees the team to do more interesting and valuable work
- Improves morale, making it easier to retain good developers
- Enables more frequent releases with new features

**IMPROVED QUALITY**

- Makes it easier to find and remove defects because frequent integration and testing identifies bugs as they are introduced.
- Multi-platform builds help in finding problems that may arise on some, but not all, versions of the supported platform.

**REDUCED RISK**

- Reduces uncertainty greatly because at all times the team knows what works, what doesn't, and what the major issues are.

Sources

https://www.thoughtworks.com/continuous-integration
https://www.nasa.gov/ppt/482582main_2010_Monday_3_altner.bruce_508.ppt