SmartBreak 2

User Manual

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Getting started

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Overview

SmartBreak is a revolutionary ergonomics program that reminds you to take breaks when working on a PC for long hours. Unlike similar programs which remind you to take breaks at fixed intervals, SmartBreak actually monitors the way you spend time on a PC and then prompts you to rest at the appropriate time. This effectively means that you can spend more time in front of a PC with very efficient break time utilization.

Spending a great deal of time on a computer poses many health hazards like Computer Vision Syndrome (CVS) and Repetitive Strain Injuries (RSI). Blink reminders in SmartBreak are non-obstructive customizable notifications that remind you to adjust your posture, blink your eyes or look away to temporarily reduce stress.
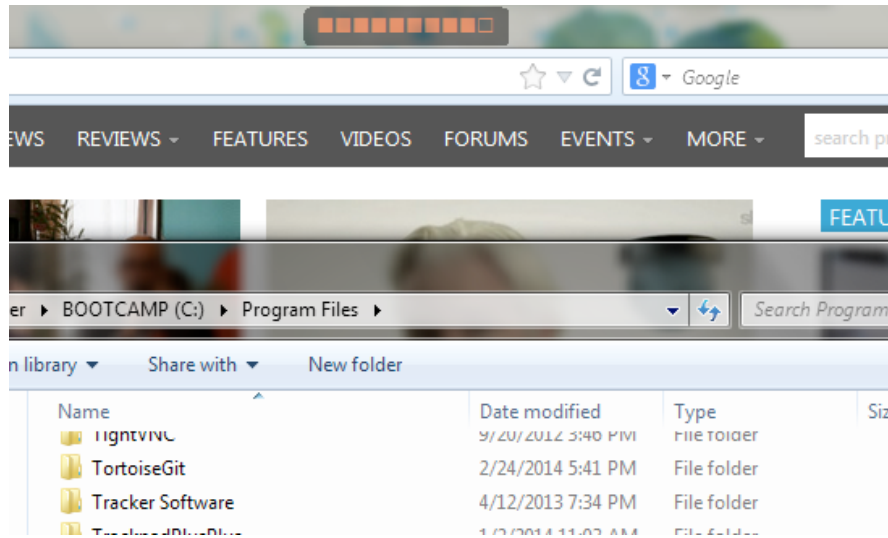
SmartBreak is the only RSI prevention program that not just reminds you to take breaks but can also enforce users to take a break, which is especially useful for kids when combined with the child lock option.

Key features

- Intelligent breaks based on the amount of work you do
- Turn off the monitor or hide the break window for use in offices
- Blink reminders to prompt you to blink/pause at regular intervals
- Ability to lock the display and enforce breaks
- Play background music during breaks
- On screen stress bar to monitor your stress level
- Child-lock feature to ensure that kids can't disable SmartBreak
- Designed for Windows 8/7
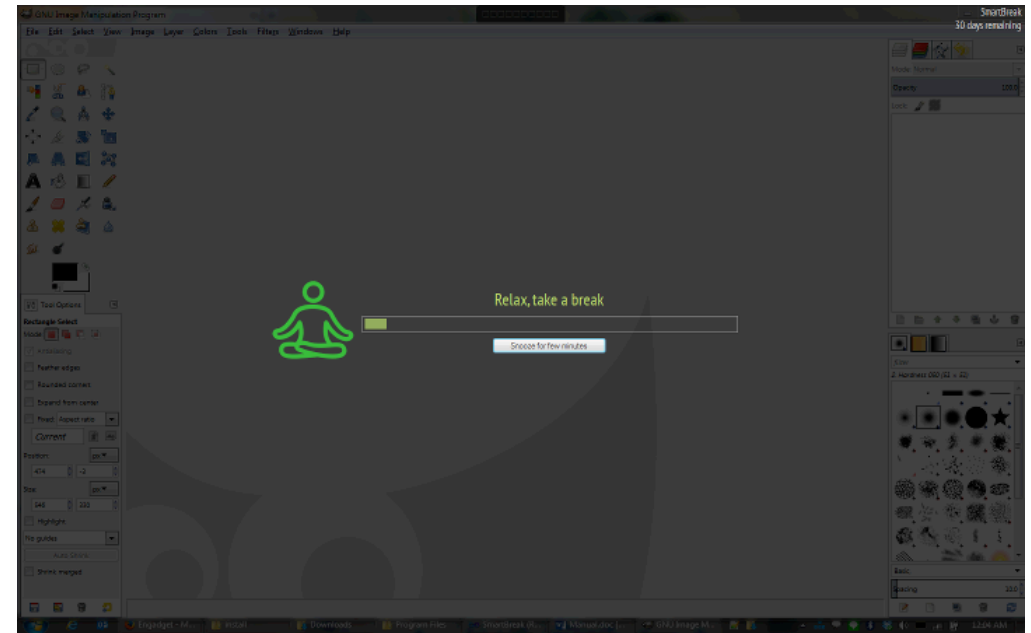- Works even when you are inside a virtual machine or on a remote desktop

Using SmartBreak

When SmartBreak starts (usually along with the operating system), it starts monitoring your level of activity on the computer & will lock screen after determining smartly that it's time for you to take a break.

You can skip the upcoming break by right clicking the tray icon and selecting **Skip next break**. To configure SmartBreak, right click the tray icon and click Configure settings

After you work for a set amount of time, a break window will enforce you to take a break. You can snooze this break which will delay the break by a few minutes. Double click anywhere to hide this screen and let the break countdown happen invisibly.

ⓘ You can snooze or skip breaks only once at a time. This is to ensure the effectiveness of SmartBreak and prevent getting into the habit of repeatedly skipping breaks.

Registration information

SmartBreak is a shareware program which means that you must buy the program if you continue to use it. The demo version works for 15 days within which you are required to purchase the program.

You can purchase SmartBreak at https://inchwest.com/smartbreak/order.php. The whole payment process is secure and a variety of payment methods including Visa, MasterCard, Paypal, Cash, Money order and others are accepted.

After you purchase the program, your serial number will be emailed instantly which can be used to unlock the evaluation version. There is no need to download any additional software.

To enter your serial number, go to the configuration window and click on the Register tab and after you fill the details, click the Register button. Make sure that you are connected to the internet because the information will be checked against our servers and the process will complete instantaneously.

In case you have any problem registering SmartBreak, send an email to service@inchwest.com and we'll be glad to help you out.

Configuring

SmartBreak

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Configure Smartbreak

The configuration window allows you to change the various settings of SmartBreak. Most items in this window will prompt you with tips and additional information when you hover your mouse over them.

> **(i)** The work duration you set is treated as an average time in which a break would be prompted for normal usage. SmartBreak intelligently reminds you to take a break sooner if you are working hard and later if you are not working continuously.

> **(i)** SmartBreak detects the amount of stress you are under by determining your keyboard and mouse actions. So, incase you are just watching a movie, SmartBreak will not prompt you to take a break.

Blink reminders are non-obstructive customizable notifications that remind you to adjust your posture, blink your eyes or look away to temporarily reduce stress.

In the Misc tab, you can set a Child lock password if you want to enforce that your kids take a break while they are at the computer. Using child lock would prompt anyone to enter the password before entering the configuration screen or before exiting SmartBreak.

You can also set the position on screen where stress bar and alerts should be shown.

> **(i)** Make sure to uncheck the "Allow snooze" option in Smartbreak tab in addition to setting child lock

More information

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Storing program settings

You might want to back up your program settings so that you don't need to configure SmartBreak on multiple machines or when you reinstall your operating system. You can load the stored settings at any point of time on any machine and hence avoid configuring the program again.

Settings are saved in the settings folder inside the SmartBreak folder. Settings files are written into settings.sav file which will be placed in either of the following directories

C:\Program Files\SmartBreak\settings\<username>

C:\Program Files\SmartBreak\settings\common

To backup your settings, simply copy the whole settings directory to a safe location, possibly on another disk. To load these settings on another machine, install SmartBreak on the machine, quit SmartBreak, copy the settings directory into the installed folder and start SmartBreak.

SmartBreak on the web

SmartBreak is developed and supported by the InchWest team. Be sure to check https://inchwest.com for updates and other goodies.