

# Overview

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SmartBreak is a revolutionary ergonomics program that reminds you to take breaks when working on a computer for long hours. Unlike similar reminder tools which prompt you to take breaks at fixed intervals, SmartBreak actually monitors the way you spend time on a laptop and then prompts you to rest at the appropriate time.

This way, your breaks are more effective at preventing many health hazards like Computer Vision Syndrome (CVS) and Repetitive Strain Injuries (RSI). 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

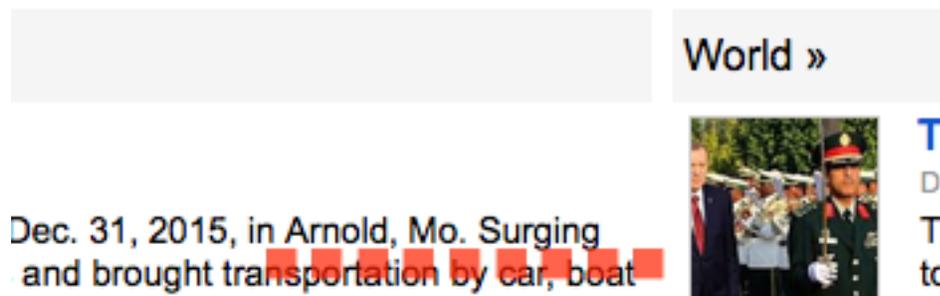
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- Intelligent breaks based on the amount of work you do
- Ability to lock the display and enforce breaks
- Hide the break window for use in offices
- On screen stress bar to monitor your stress level
- Child-lock feature to ensure that kids can't disable SmartBreak
- Designed for OSX Yosemite, El Captain and beyond
- Works even when you are inside a virtual machine or on a remote desktop

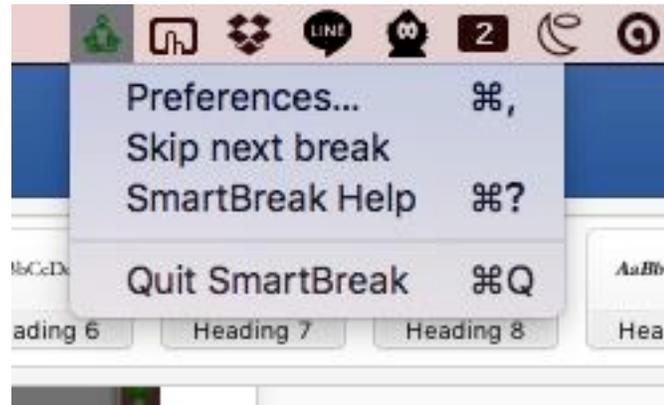
## Using SmartBreak

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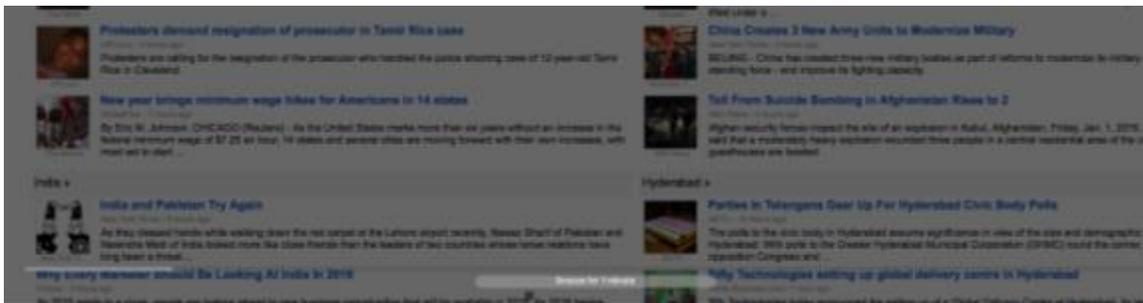
When SmartBreak starts (usually along with the operating system), it starts monitoring your level of activity on the computer & will lock screen after determining smartly that it's time for you to take a break.



You can skip the upcoming break (once every 30 minutes) by clicking the menu/tray icon and selecting Skip next break. To configure SmartBreak, click the tray icon and select Preferences.



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 2 minutes (you can only snooze once every 3 minutes). Double click anywhere to hide this screen and let the break countdown happen invisibly.



## Preferences

**Work duration (minutes):** This is an approximate duration for which you can work. A value of 30 minutes can result in a break every 25 minutes if you work vigorously and every 40 minutes if you work lightly. The program analyses your keyboard and mouse usage to determine your stress levels.

**Break duration (minutes):** The amount of time you will be asked to take a break after the work duration is over.

**Allow snoozing the break:** Lets you snooze the break for 2 minutes (only once every 3 minutes)

**Hide break progress:** Don't show the break progress and other information during the break (e.g. if you work in an open office) – your display is dimmed by only about 10% to subtly indicate to you that a break is underway. You can double click anywhere on the screen to show/hide break progress.

**On screen display:** By default, SmartBreak shows a stress bar only a few minutes before your work duration reaches (i.e. break lockdown begins). But you can configure this bar to be visible at all times (we like it this way) and also configure the location on the screen where you would like it to appear.

**Child lock password:** Use for enforcing breaks on your kids (or spouses)

# SmartBreak on the web

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