



MacAppStuff Rest

User Manual

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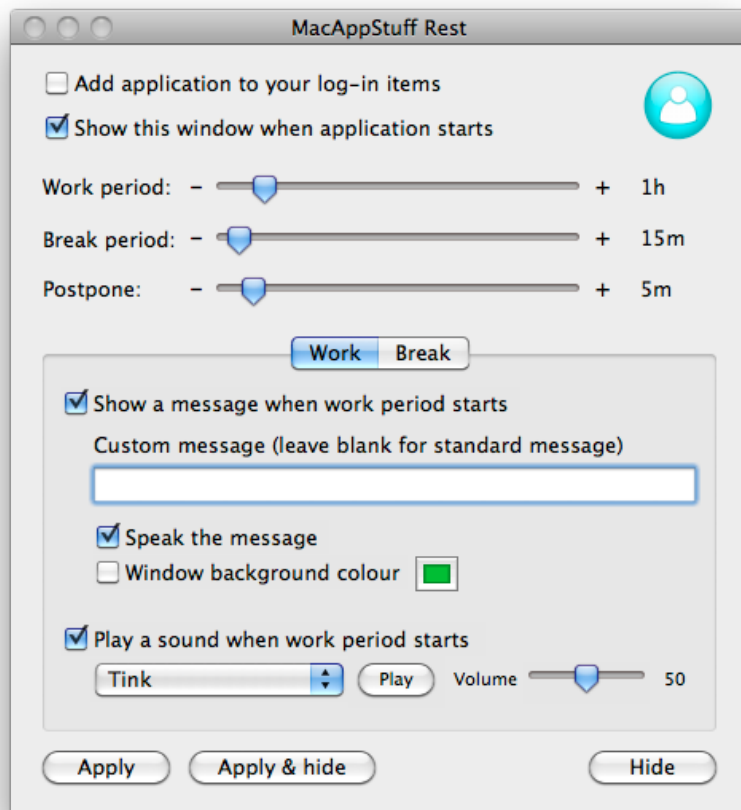
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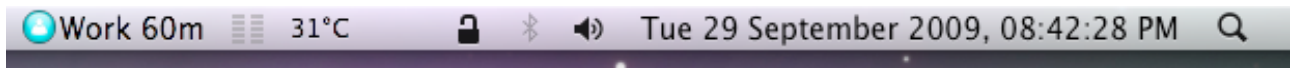


Introduction

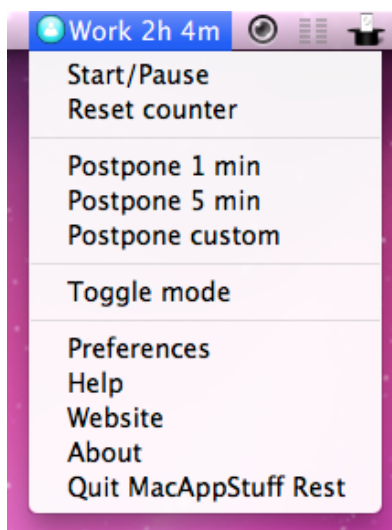
We all know it is sensible to take breaks while using a computer for extended periods of time, in order to prevent eyestrain, stiff neck, headaches, back aches, and RSI. Sometimes you forget to rest because you are immersed in your work.

MacAppStuff Rest can remind you to take such breaks. Simply specify the amount of time you want to work between breaks, the length of the breaks, and how you want to be notified when a break is due.

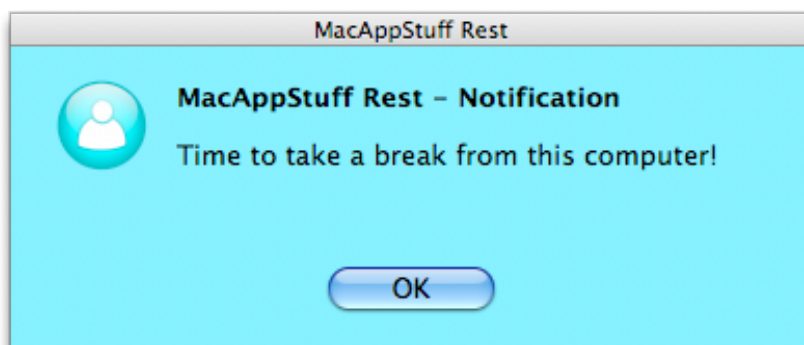
The application resides in the status area of your Mac's menu bar, out of the way. It displays an icon and the current mode (Work or Break) along with a countdown of the minutes left.



Click on the application's icon to access its main menu:



The application will remind you to take a break at the specified intervals by a popup message and/or sound.



Get up, walk around, relax, grab a drink or have a stretch before returning to your computer.

If you don't want to stop working immediately when a break reminder appears, you can stop the countdown or postpone the break a little longer.

How it works

The application starts in 'work' mode, that is the period of time you want to spend at the computer before taking a break. The length of time can be specified in the application's preferences window.

You access the application from it's menu by clicking it's icon which will be shown in the status area of your Mac's menu bar.

The icon will be blue during work, and turn green during a break and red during paused mode.

Next to the icon the amount of hours and minutes (and seconds when under one minute left) will be displayed. This time corresponds to the length of the work or break period, and it will decrease.

When a work period is over, break mode will automatically begin. When a break is over, the application will enter work mode again.

Start/pause

Switches the counter on or off. Whichever mode the application is in (work or break) the counter starts or stops accordingly.

Reset counter

Restarts the counter to the minutes specified in the preferences for either the work or break period, depending which mode the application is in.

Postpone 1 min / 5 min / custom

Allows you to delay the work or break period by the number of minutes specified. The custom value is set in the preferences using the slider.

For example, a value of 5 minutes will add five minutes to the work or break period.

Toggle mode

Switches between work and break mode. The counter begins (resets) at the value specified for either mode in the preferences.

Preferences

Add application to your login items

When checked, this option will add MacAppStuff Rest to your login items – making it start automatically when you start your Mac.

Show this window when application starts

Displays the Preferences window whenever the application is started.

Work period

Use the slider to select the number of minutes you want to spend at the computer before being told to take a break.

You can click the “-“ and “+” symbols next to the slider to fine tune your selection.

Break period

Use the slider, as described above, to select the number of minutes to use as break time.

Postpone period

Use the slider, as described above, to select the amount of time (in minutes) you want to postpone (add on to) either a work or break period whenever you need a little more time.

Show a message when work/break period starts

Displays a dialog window to inform you that a work or break period has just started. The dialog will automatically close after 30 seconds.

You can also specify a custom message to be read out (leave it blank to use the application’s own built-in message), and have the message read out.

To choose a custom background colour for the message window, simply check the ‘Window background colour’ option and click on the colour box to pick a colour.

Play a sound when works/break period starts

For the start of work or break periods you can have a sound play. Simply choose a sound from the list, test it by clicking on the “Play” button, and set the volume using the slider.

Apply

Saves any changes you made to the preferences.

Apply & hide

Saves any changes you made to the preferences and closes the preferences window.

Trial Limitations

The trial is designed to run for 14 days. After this time you will either need to purchase a license from our website (see below), or remove it from your computer. The “postpone” feature is disabled in the trial.

How to buy

If you are truly satisfied with the software and have fully evaluated it for 14 days, you can purchase a license online from our website (go to the product page and click the Buy button).

PayPal handle our payments. You need a working email address to purchase the software. Once you have made your purchase, you will receive an email from PayPal confirming the transaction, and an email from us (usually within 24 - 48 hours) which will include you're your license and a download link to the software.

Your license becomes void if it is used by someone else to activate the software, if a refund is issued or your payment is fraudulent.

Our website (<http://www.macappstuff.com/help.aspx>) contains full details regarding licenses.

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Contact

If you have any questions about this product please contact us:

Email: support@macappstuff.com

Or visit our website:

<http://www.macappstuff.com>