

Configuring and using MacLife—EyeSaver:

This chapter assumes that MacLife—EyeSaver has been installed into your Control Panels Folder. (Installation instructions can be found under the Chapters menu.)

Configuring MacLife—EyeSaver:

To configure MacLife—EyeSaver, select Control Panels from the Apple Menu. Then, double-click on MacLife—EyeSaver. (You might want to view the Finder window by name to make it easier to find the EyeSaver Control Panel.)

To turn MacLife—EyeSaver on or off, click on the appropriate on or off radio button.

Next, you should decide when and how MacLife—EyeSaver should alert you to take a break. MacLife—EyeSaver can tell you to take a break based on time elapsed, by keystrokes typed, or both. To turn a setting on, simply check its checkbox and type in the appropriate number of minutes or number of keystrokes. MacLife—EyeSaver will then show the “Take A Break” Dialog Box according to your specifications.

The only other setting is the length of the break you’d like to take. Just type in the number of minutes you’d like each break to take in the Break Time box.

When you are finished configuring MacLife—EyeSaver, close the Control Panel. Changes to all your settings will take effect immediately, so there’s no need to reboot for them take effect. If MacLife—EyeSaver was not loaded at startup however (perhaps you held down the shift key at startup to turn off all extensions and control panels), you will have to reboot to activate it.

Using MacLife—EyeSaver:

EyeSaver will wait in the background, and display the “Take A Break” Dialog Box whenever you should take a break. It will then count-down the break time for you so that you know when you should return to work!

You can bypass the dialog box by clicking on the OK button if necessary, but it is recommended that you take the breaks when EyeSaver suggests them to relax your eyes, wrists, and back.