This document will explain how you can easily and safely transition from StickyBrain 2.x or 3.x to the new StickyBrain 4. For information on purchasing the upgrade to StickyBrain 4 see http://www.chronosnet.com.

To convert your 3.x notes to StickyBrain 4.x:
Before you convert your notes, you should always make a backup of your database first. Follow the steps below to back up your StickyBrain 3 notes and convert them to StickyBrain 4.

1. Launch StickyBrain 3. **Note:** you will not be able to launch StickyBrain 3 after installing StickyBrain 4.
2. Choose File > Back up All Notes, and save a backup of your notes to a safe location on your hard disk if you don't already have a backup.
3. Quit StickyBrain 3.
4. Install StickyBrain 4. Double-click the StickyBrain Installer icon in the disk image and follow the on-screen prompts.
5. Launch StickyBrain 4. The first time you launch StickyBrain 4, it will automatically convert the database to the new format.

To import and convert your 2.x notes to StickyBrain 4.x:

1. Install StickyBrain 4. Double-click the StickyBrain Installer icon in the disk image and follow the on-screen prompts.
2. Launch StickyBrain 4. The first time you launch StickyBrain 4 a new notes database will be created containing some default notes. Your StickyBrain 2 notes are in a separate file and can optionally be imported into the StickyBrain 4 database by following the next step.
3. Choose File > Import Notes.
4. Select "My default StickyBrain 2 File".
5. Click OK. StickyBrain will automatically import and convert your StickyBrain 2 notes. Depending on the number and size of the notes, the conversion process may take awhile. Please be patient.
6. Note: It is highly recommended that you do not switch to other applications during the conversion process.