

Brakemoor V 2.0 Script.

1. (Title 1) Hi!

My name is Vicky!

I live in a computer;

you may spend so much time on one that you may feel you do too.

Today I will be explaining Brakemoor to you.

2. (Title 2) Brakemoor is a new generation of break-software for the management of computer fatigue.

3. (Title 3) Physiological fatigue is now believed to be the common factor in many of the slowly developing conditions that are associated with intensive use of computers.

4. (Title 4) The result of physiological fatigue is that short term aches can eventually become long term pains!

Monitor ache and you help manage fatigue.

5. (Title 5) Physiological Fatigue (simplistically) occurs in two forms: -

Ache Fatigue: Aerobic resource exhaustion.

Pain Fatigue: Anaerobic byproduct (toxin) build up.

6. (Title 6) Why can fatigue go unnoticed?

Two factors might help explain many work related syndromes: -

The Muscle, "Vegas", Effect!

The "Cognitive Distraction" Effect.

7. (Title 7) The Muscle, "Vegas", Effect!

What happens in muscles stays in muscles!

Scientists have shown that even under low force work conditions levels of anaerobic toxins can build up in muscles that are not detectable in the blood stream.

8. (Title 8) The Cognitive Distraction Effect!

Too busy working to notice Ache Fatigue; you enter into and remain too long in the Pain Fatigue zone.

Migraine research suggests that concentration and pain circuits in the brain overlap, so that when you are busy, though your body still sends pain messages, the brain isn't hearing them as loudly.

It is thought to be a primeval survival mechanism from the days when overreacting to pain could have been the difference between eating lunch and being lunch.

9. (Title 9) So how does Brakemoor Work?

It has two processes: -

An [Air Brake](#) mini break; taken between major breaks

And a Fatigue Brake break; that consists of: -

10. (Title 10) The 3 R's of Anti-Fatigue Breaks

Which are: -

[Re-Aeration](#)

Relaxation

[Recovery.](#)

11. (Title 11) Design Designates Ability!

As computers are not natural there is no such thing as disability. Their design designates ability. So Brakemoor includes my audio prompts as well as visual prompts as we are all capable of fatigue.

12. (Still 1 Window on the gray)

The reason behind the computer use epidemic has been until now a gray area.

Brakemoor is, at last, a window on that gray!

13. (Still 2 Settings)

When Brakemoor first opens, you will see the settings window that shows Brakemoor's current values.

Change settings by clicking on the icons to the left.

14. (Still 3 Setup)

In Setup you enter the type and duration of your Fatigue Brake.

You also choose to take an Air Brake mini break; and how often it is taken.

15. (Air Brake clip close up)

16. (Still 4 Images)

During a break you can select from; Dimming the screen, Running a screen saver, or displaying your favorite pictures during the stage 3 recovery step.

17 (images zoom)

Your images will zoom, in and out, and at random on the screen.

This helps your eyes by minimizing static, or fixed gaze

18. (still 4 Audio Player)

Selecting Audio Player allows you to listen to relaxing music during Stage 3, the recovery step.

Use on or off computer media to build up your Brakemoor play list.

19. (Still 5 Net.Radio)

The Net Radio option allows you to hear from the world outside.

The important thing is to find media that distracts you from work, to compensate for work distracting you from resting your aches.

20. (Still 6 Viz)

This is where the steps in Stage 1, Air Brake Re-aeration

And Stage 2, passive muscular visualization, are set up.

21. (Title 13)

Visualization techniques have been used since the 1930's.

During Passive Muscular Visualization, muscles are imagined as relaxing, not physically tensed and relaxed as in the Active Technique.

22. (Title 14) Passive Muscle Visualization is a more practical, contortion free when sat at your desk, relaxation step.

It also rests muscles, rather than working them even more.

23. (clip PMV)

24. (title 15)

A Complete Fatigue Break Session.

Let us now watch a, shortened, but complete Fatigue Brake session;

Comprising of Stages 1, 2 and 3.

25. Full Clip

26. **Brakemoor** gently reminds you to take breaks that are about you,

your pictures, your music and your interests.

27. It isn't just to remind you why you go to work, it is to engage you, distract you with something as meaningful as your work;

This is to make taking breaks your priority and to get home safe, in no worse a condition than that in which you came to work.

28. Until you develop what can become long term health problems you will never understand the pain and the concerns that chronic impairment can inflict, both at work, and at home.

Remember!

29

Brakemoor

It's All About You!