

# Anti.Fatigue™ Software

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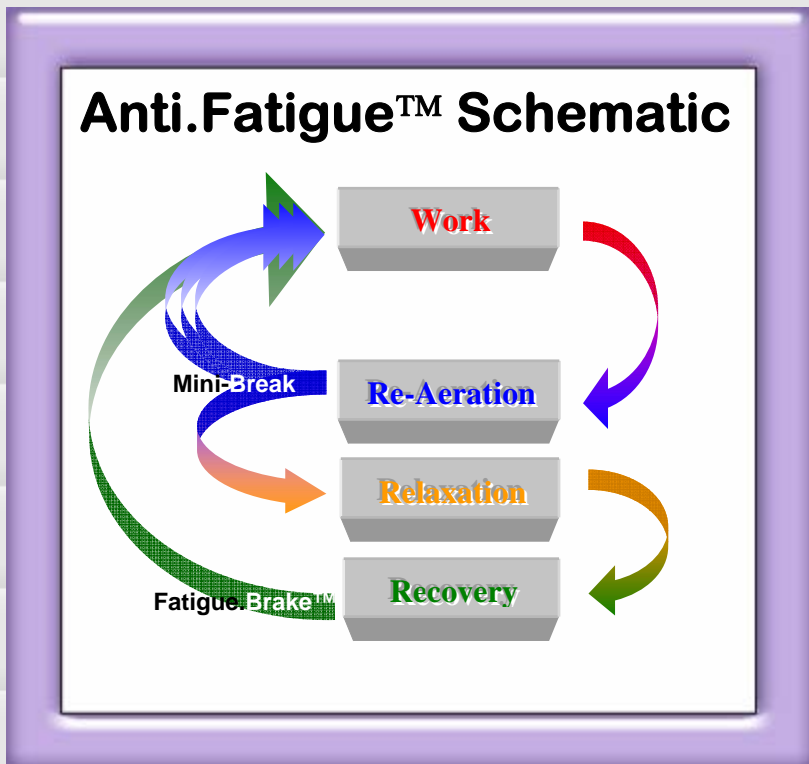
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## It's All About You!

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#### *Monitor Ache and Help Manage Fatigue*

- **Physiological Fatigue (simplistically) two forms:**
  - **Ache Fatigue:** Aerobic resource exhaustion.
  - **Pain Fatigue:** Anaerobic byproduct build up.
- **Why can it go unnoticed?**
  - **The Muscle “Vegas” Effect!**  
*“What happens in muscles stays in muscles!”*
  - Under low force work conditions anaerobic (toxic) byproducts can build up in active muscle cells that are undetected in the bloodstream.
  - **The “Cognitive Distraction” Effect**  
So busy working to notice Ache Fatigue you can enter into and remain in the Pain Fatigue zone!
  - Migraine research suggests that concentration and pain circuits in the brain overlap. When we’re busy doing “thinking work” it attenuates (inhibits) pain so we notice it less than we are not so busy.
  - Thought a primeval survival process stemming from the days when an “over reaction” to pain, if you were “busy”, may have been the difference between eating lunch and being lunch!

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## How Does Brakemoor™ Work?

- The 3 R's of Anti.Fatigue™
  - **Re-Aeration**
  - **Relaxation**
  - **Recovery**
- Processes
  - **Air Brake™** Mini Breaks
  - **Fatigue Brake™** Breaks

### Computer & Software Design Designates Ability!

As computers, and computer work as we are discovering, are not natural there is no such thing as disability. How manufacturers design them designates ability. Therefore **Brakemoor™** includes audio and visual prompting options; we are all capable of fatigue.

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## Mini Breaks: **Air Brake™ Re-Aeration** (& Stage 1 of a **Fatigue Brake™** break.)



- **Air Brake™** is (30 secs): -
  - 3 Deep Breathes.
  - User selectable & interval setting.

## Spotlight Scan™

- Fatigue check (work de-couple).
- Eyes closed (static gaze) Break.



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## Work Settings:

- **Fatigue Threshold:**
  - Time between **Fatigue Brakes™**.
  - Elapsed Time.
  - Work Detection.
  - User determined.
  - Start On Power Up.
- **Air Brake™** On.
- **Air Brake™** Interval (Mini Break).

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## Fatigue Brake™



### Stage 1: Re-Aeration - Air Brake™

- The “Work De-Coupling” Step.
- Elevate Circulation O<sub>2</sub> Saturation.
- Fatigue Check.



Spotlight Scan™



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## Stage 2: **Relaxation:** **Passive Muscle Visualization™ (PMV)**

- Visualization techniques have been used as therapy since the 1930's.
- Upper limb muscles are progressively and consciously relaxed allowing blood to more easily perfuse into muscles.
- **PMV** is "Passive" as muscles are "imagined as relaxing", not physically tensed and relaxed as in the Active Technique, which requires about 20 minutes; though will be an option in some Brakemoor™ versions. A practical tool in an office environment as it easily performed and "contortion free" at your desk. Muscles have already been under tension while working so it gives them a break too!
- Upper Limb Visualization Zones: -



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#### Stage 3: **Recovery** - Audio/Visual Rest Period

Brakemoor™ gently reminds you to take breaks that are about you, your pictures, your music and your interests. 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; so help you to remember what you to go home to and so make it your priority to get home safe, in no worse a condition than that in which you came to work. Until you get problems you will never understand the pain and the concerns that chronic impairment can inflict, both at work and at home.

Audio Player Setup

Net.Radio Setup

Image Setup

Screen Saver Setup



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#### Brakemoor™ Share

**Brakemoor™ Share**, is a freely distributable (all rights reserved) program, that represents a significant investment in development and on-going "commercial standard" support.

Our objective is to make this important tool available to those who may benefit by it's use and we, our sponsors and ourselves, believe that breaks are extremely important, which is why we have joined together to support you in this way.

**Brakemoor™ Share**, like **Brakemoor™**, gives you everything that you need, **Air Brake™** Mini-Breaks and the **3R's** of **Anti.Fatigue™**: **Re-Aeration**, **Relaxation** and **Recovery**. It has fewer AV options and provides unobtrusive reminders of those who are lending you their support and the only requirement is for your agreement to use your Internet connection to update this information from time to time.

*"It isn't a matter of life or death, it's much more important than that!"*

(Bill Shankly; Liverpool Soccer Club Manager, on the subject of "Football")

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*About Us!*

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*Designer Appliances, Inc.*



Anti.Fatigue™  
Systems

Designs & manufacturer of unique hardware and software tools to make computer work less demanding by employing the principle of **Anti.Fatigue™**



**[AirO2bic™ Mouse:](#)**

The first Functional Neutral, Gripless Mouse; clinically indicated to reduce Carpal Tunnel Syndrome Symptoms.

**[The Virtually Hands Free™](#) mousing system.**

Grip & Clickless Mousing; AirO2bic mouse + Nib Clickless software: users typically reduce their click count by 90%

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