

Installing Advanced Business Timer on Windows 10 computers

The Advanced Business timer allows you to automatically set a timer and force your computer to play a chime and/or lock your screen to remind you to take an eye-break.

This software is provided as-is free of licensing costs by Nathan Rais nathansoftware.com.

STEP 1. Download the Advanced Timer

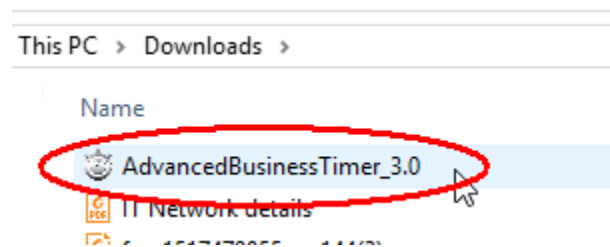
Please go to the website link below and tick the green download button:

<http://nathansoftware.com/wordpress/desktop-timer/>

Your download should start automatically and place the file under your **Downloads** folder.

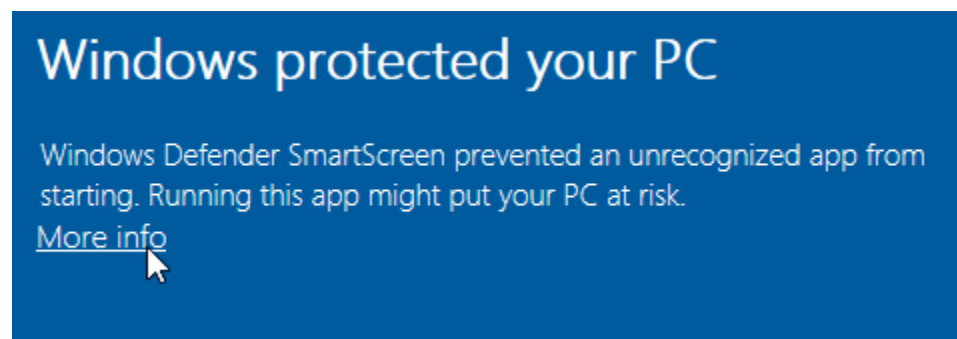
STEP 2. Install the timer

Using Filemanager, please go to the Downloads folder of your computer:

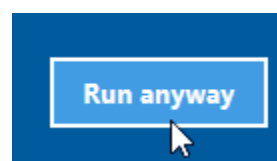


Double click the AdvancedBusinessTimer_3.0 file to start installation.

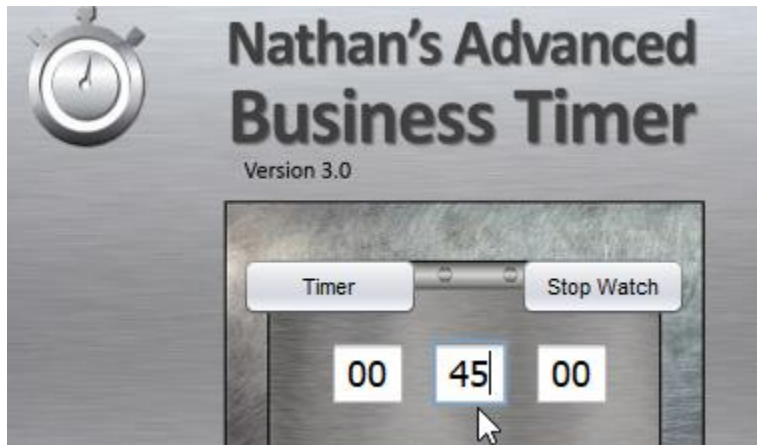
If Windows gives a pop-up, please tick on More info



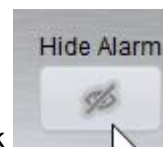
This application is checked for safety but you need to verify the installation is allowable:




STEP 3. Setup a timer for your breaks



Simply enter the total number of minutes or hours. Above example will alarm when 45 minutes is completed.

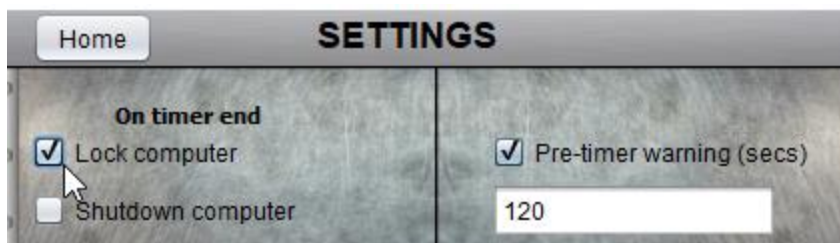


You can then start the TIMER by ticking Timer and also tick  to hide it in the background.

STEP 4. Set advanced options such as screen lock on alarm



Simply tick on the settings cog top right and choose your options:



Enjoy!