For me, push break didn't give me enough push to incentivize me to get up and move around as I would have expected. But then again, I am on the heavier side and the larger side, so maybe, ergonomically speaking, my setup wasn't correct to use push brake. My reason to get up was at the end, I was starting to feel the angle impacting me. Earlier on, I was more focused on trying to type because typing isn't my strong skill set, so I was trying to focus more on that. And I was probably putting some weight on my legs. So that was also making the UM push brake less effective than it's designed to be. For me? timers for me, timers aren't aren't that great because they tend to interrupt you at inappropriate moments. So either, if they cut off the screen, if it's just a pomodoro, then I think I I would. Want to break, but probably do it a natural place. I wouldn't want to break at a precise precise moment. I think this could have the advantage. I don't think there's much difference between the two really in terms of the action. Because a Pomodoro would flag that you should take a break unless it locks the computer down and stops you from working. I would have a tendency to want to finish or do part way through the task I was already on. The push brake also has a similar functionality, where it makes it uncomfortable for you. Therefore, it would also want to do that. So I think there's not much difference in terms of being seamlessly integrated. Then I think that the push break the idea maybe is a bit more seamless. Because you don't have anything physically on the screen to distract you, you just. Feel it so it's more, maybe subconscious or subliminal, than a visual thing on the screen. Um, I think that incremental, as I said, in terms of how I would like to work. I want to get notified that it's time to start taking a break. And if it was incremental, then it gives you a place to pause and to finish something if it was. Constantly going up I don't know whether you mean it would go start going up and then quickly go to the end, or whether it would just slowly go. Gradually. All the time, I think slowly, gradually, I wouldn't, wouldn't be. My preferred choice is if it slowly, gradually went. Up all the time, so it was getting more and more uncomfortable constantly. I think for it to be at a comfortable level and then give you a less comfortable point, that that's better. Because it's then, gradually, in steps, getting more and more comfortable rather than just constantly going. Up.