My general experience with it was quite nice. I have used footrests before at work to sort of make sure that my body was aligned well in my seat and stuff. So, in that sense, I have used that type of product previously, but it has never been a footrest that, you know, rose before. So that was quite interesting. At first, I did think it was a bit weird. When I felt it moving, but after a while I got more used to it. I think I would prefer this over a normal timer, because with a timer, you yourself have to put in. Like the choices you want to make, so you have to choose the time and you have to choose, you have to snooze it. And, you know, timers are generally digital, So I would have to look at my phone, or it would feel like it would be more distracting, it would take more effort on my part. I chose to get up when I did. Because I liked the task, so I was quite engrossed into the task, but then at some point, the nudging felt like almost like I'd snoozed it too often, and then the task ended. And finally, in terms of stepwise over continuous... It's difficult to say because, of course, I didn't experience the continuous, but the incremental I think would be... I think it feels nicer because it's more... yeah, almost like a snooze button where you can... It goes a bit, it's like, oh, maybe you should move now, and then it goes away for a while and then it comes back again, So yeah, I think I prefer that.