I thought it was really good. I really enjoyed how it made me more aware of how long I was sitting. I really enjoyed how it felt. I was actually surprised. I thought it'd be very intrusive, but it was actually quite gentle. Yeah, so I think I stood up at the moment, I stood up because I'd just finished my task. I thought, okay, this is a good moment to stop. I felt the nudging quite a few times and I thought this is the best moment to take a break. I think that compared to a conventional timer, this is a lot more, it's a lot better because a conventional timer. You can just snooze or you can just, you know, ignore. You can just like, turn it off and it's gone. This keeps reminding you and it also gives you like a sense of time and it's not so intrusive. So you can still continue working, but it's really nice that it allows you to keep on going, but you never forget that you have to get up. I think that the incremental is better because now I can actually like, use it as a as a kind of timer without having to look at it. So I think, actually, if I'm talking about the timer again, I think that I like the best about it is that. I don't have to look at it, it's just a different sense. Is telling me how long I've been sitting. Oh, yes, and I prefer, um, it to be incremental over that, it's continuous. I think that if it's incremental, then you can actually, uh, feel the amount of time. You've been sitting, and I think that's a lot better.