[redacted] / Patent Application

1. [redacted]
1. Title of the Invention

[redacted]
Interactive Microbreak System for Detecting User Fatigue During Computer Use (FocusRest)

2. [redacted]
2. Field of Use

[redacted]
The invention relates to the field of computer technology, in particular to systems for monitoring and improving

3. [redacted]
3. Background Art

[redacted]
Existing solutions are mainly focused on fatigue detection in automotive or aviation environments. They are not

4. [redacted]
4. Summary of the Invention

[redacted] FocusRest [redacted]
The FocusRest system detects signs of user fatigue during computer work (based on activity, mouse, keyboard

5. [redacted]
5. Advantages

— [redacted]
— Simple integration into a work environment■— Increased focus and reduced burnout risk■— Adaptability to

6. [redacted]
6. Implementation Description

[redacted]
The system functions as software that monitors user activity (e.g., keystrokes, mouse movement, inactivity time

7. [redacted]
7. Use Cases

— [redacted]
— Office workers■— Students during remote learning■— IT professionals and programmers

8. [redacted]
8. Claims

1. [redacted]
1. An interactive microbreak system that automatically determines the user's fatigue state during computer use