

# Work smart, not hard



## IRIS TECHNOLOGIES

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Do you often go home from a tiring shift?

Do you often have to refuse to go out with a relative or friend because you're too tired?

Sometimes we work harder than necessary.

Sometimes we take extra work hours after a full-time shift and make additional commitments during the holidays.

Here's the bigger question - what happens when we work hard, not smart?

In most cases, we do not think about our health and endanger it on a daily basis.



But the diligence we put in sometimes requires big and risky choices.

We are endangering both our health and our opportunities in the future.

So don't panic and keep reading to protect yourself.



# Chronic fatigue or just fatigue?

There is nothing else to mention before the word "Fatigue" itself.

Everyone has been tired at least once in their lives, right?

We definitely don't have superpowers!



Fatigue is a subjective feeling of fatigue and exhaustion, which in most cases appears gradually.

And like any diagnosis that balances the human body, it turns into an "enemy" for us.

Feeling like when you have the flu or have missed a lot of sleep.

Fatigue is physical or mental.





## Physical fatigue

Is the transient inability of a muscle to maintain optimal physical performance and is exacerbated by intense physical exercise.



# Mental fatigue

Is a transient decrease in maximal cognitive ability due to prolonged activity.

If you have chronic fatigue or illness with intolerance to systemic loads, the feeling in the morning is like you have not slept.

Then it would make you sick during the day and not feel productive enough.

Often, this condition occurs after an acute viral infection



# Fatigue loves to accumulate

Symptoms of exhaustion can be:

- physical
- emotional
- behavioral
- in the form of an illness
- changes in appetite
- changes in sleep habits

These can have a serious impact on the whole body and the mental state of the mind.



Symptoms that are similar to depression are common but should not be misdiagnosed:

- a sense of failure
- self-doubt
- feeling helpless
- loss of motivation, etc.



Fatigue rises with excessive habits that threaten our health.

We often don't realise we have these symptoms until it's late

But hard work will never pay off unless we also work smart and take care of ourselves.



# How much is a smart solution?

You won't be able to live 9 lives like a cat but at least your one life will feel great once you start doing things for your health and ease of mind.

Blue light is a problematic feature of the 21st century that is all around us yet we don't pay attention to it.

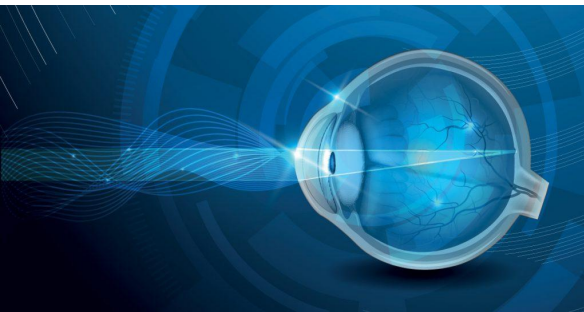


If you're often in front of a laptop, desktop or another digital device, your change of fatigue and other symptoms increase.

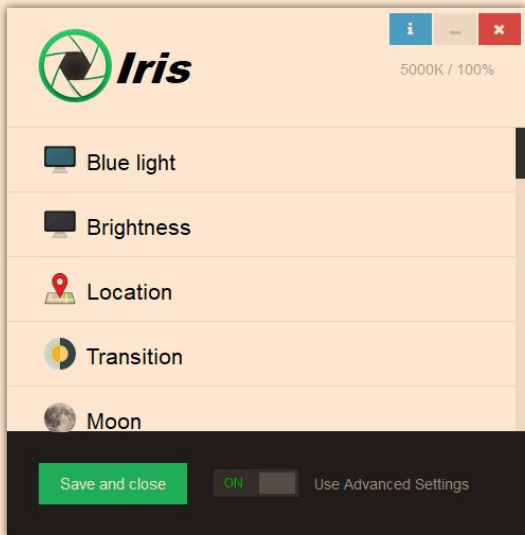
And [blue light](#) doesn't endanger your eyesight, it's all connected - if something hurts one part of your body it will eventually have an effect on everything else.

However, blue light is an exceptional helper to insomnia.

For more information [check here](#).



# What do we know about screen dimmer like Iris?



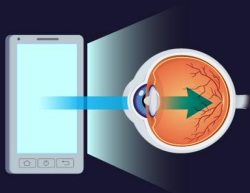


Screen Dimmer is software through which the user is given access to adjust the brightness of the screen depending on the environment in which it is located.

And when we work under artificial light it can harm us immensely.

Therefore, the screen dimmer, once installed on a given device, helps us make the necessary adjustments to the screen.

By keeping the performance of the monitor without affecting its actual transmission.



IRIS is software that helps the user adjust the brightness of the screen with manual or automatic mode.

It provides a choice of different types or modes of interest, valued by thousands of users.



***Iris***

i

—

x

2665K / 100%

57 min 34 sec until rest

Mode

Automatic



Type

Custom



Location

📍 Sofia, Bulgaria

Timer

Normal



Save and close

OFF

Use Advanced Settings

Joseph Michael Mercola, aka Dr. Mercola, is an adherent to alternative medicine, an osteopathic doctor, and an internet businessman.

He operates the “Dr. Mercola Natural Health Center”, and is also a member of the political advocacy group “Association of American Physicians” and Surgeons, as well as a member of many alternative medicine organizations.



He shares with us the following:

“Excess blue light from your computer monitor can be a serious threat to your biological health.

Fortunately, Iris software can eliminate virtually all of the risk through its innovative approach.

I use it on all my computers and encourage you to do the same.

It is clearly the best software on the market to control your blue light exposure.”



Let the words of Dr. Mercola remind you,  
and we at [IRIS](#) will continue to care for  
you and your health.

Let nothing interfere with health except  
the enjoyment of a sound sleep and a  
good rest.

No pain, no fatigue, only with strong  
tonus for the day.

So work smart, not hard and make sure  
to take care of your body in this full of  
stress world.

[Try IRIS now!](#)



Author: Nikolay Tasev

## Sources:

[https://en.wikipedia.org/wiki/Joseph\\_Mercola](https://en.wikipedia.org/wiki/Joseph_Mercola)

<https://en.wikipedia.org/wiki/Fatigue>

[https://en.wikipedia.org/wiki/Chronic\\_fatigue\\_syndrome](https://en.wikipedia.org/wiki/Chronic_fatigue_syndrome)

## Read more:

[Blue light and Eyes](#)

[Why you should choose Iris](#)

[Welcome to Iris](#)