



In addition to this it also has a network enabled mode that keeps track of keyboard time on multiple computers. I found the timers to be quite bright too, it actively monitors the keyboard and mouse usage and backs out the timers during natural breaks (so it doesn't keep bugging you to take breaks when you don't need to).

Finally a friend of mine has insisted that I try using a [Kinesis Ergo keyboard](#), my typing rate is probably down to about half speed at the moment but I'll give it a week and see if I see any improvement.

Let me know what you are using/doing to combat RSI.



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