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- Pomodoro Timer is an application that helps you to do your daily tasks with pomodoros, it lets you to add your tasks to pomodoros and to perform your tasks in set intervals of time. Pomodoro timer automatically rings every 25 minutes (with sound and vibration) so it doesn't disturb your colleagues. The following features are included in this application: - Add a task to do at a particular time - Manage multiple tasks at a time (using a tabbed user interface) - See the time remaining to start your task - The application can create pomodoro sequences for up to 30 days (with some days disabled) - The application can automatically skip the pomodoro sequence if the time for the task is up, no need to manually move to the next pomodoro - The application remembers your last skipped pomodoro (for up to 30 days) - There is a separate setting to change the interval to ring (e.g. every 5, 30, 45, 60 or 90 minutes) - The application also has a built in timer to count down the pomodoro to 0 and to the next interval to ring - The application can count down the time to the next pomodoro for specific tasks (e.g. 5 minutes before switching on the computer) - The application also has an option to turn off the sound or vibrations at the end of the pomodoro (with a timer) - The application can create a daily pomodoro cycle (with weekly and monthly pomodoro sequences) - The application can also help to do the pomodoro on a recurring basis (e.g. you have a daily pomodoro from 1am to 5am, every Tuesday) - The application can set the pomodoro duration (e.g. you have set 30 minutes) - The application can set the pomodoro start time (e.g. you have set 7am) - The application can set a daily/weekly/monthly task to ring at a specific time (e.g. you have set 1am) - The application can also have a daily, weekly, monthly or yearly summary of all your pomodoros (with some days disabled) - The application can also show you the pomodoro task (only the task name) and the interval to ring (e.g.

1. Open the settings
2. Go to the presets and set the desired pomodoro timer.
3. Go to the applications and configure the desired apps.
4. Create your own presets (defaults are "5 min", "10 min", "15 min", "20 min", "30 min")
5. When opening the application select the desired preset.
6. Assign the action "pomodoro" to the key button you want to use for this action.
7. You can assign any action to any key in the application settings.
8. You can set the action even to the first character of a word!
9. You can assign the same action to different keys.
10. You can change the icon and all the other appearance settings as you want to!
11. The app automatically starts.
12. If you are using a 10-minute pomodoro mode and save the work, you will need to click the "restore the last pomodoro" to restore the last completed pomodoro. [it is important to press ctrl + shift + p to open the menu and select "settings"]
13. A shortcut button is available in the menu of the application settings. This application runs a Mac OS X service that will fetch the information about the available pomodoro modes and update your preferences in the application to show you the current pomodoro mode. There are two different modes: Pomodoro (5-minute pomodoro in 30 minutes) Pomodoro-short (5-minute pomodoro in 5 minutes)

Also check: Pomodoro Database - A list of available pomodoro modes and hints on how to get them. Keymacro is a very powerful and intuitive application which offers you a lot of powerful settings that allows you to customize the application. The application has a very intuitive and clear user interface that allows you to set up all the available features without having to go into the menus and options. You can assign the keystrokes to the main actions of the application and organize the menu so that you can find the settings you need at a single glance. What makes Keymacro great is that you can organize the menus in any way you want. The system makes a particular menu for every action that the user can assign to the hot key, so you can access these menus

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PomodoroTimer helps you getting done the pomodoros without the ring every 25 minutes disturbing your colleagues. Features No ring for your colleagues (avoid their sounds) No hands on your mouse No additional software needed No popups No program shuts down No new settings for every session No need for configuration Copyright: PomodoroTimer, is a FREE program, it's a toolbar extension for your browsers and it's completely free for you to use, for any purpose. We would love to hear your comments and suggestions.

INTRODUCTION {#s1} ===== Sigmoid volvulus is a common cause of colonic obstruction in the elderly \[[@RJV112C1]--[@RJV112C3]\] and is often caused by decreased motility or anatomical abnormalities such as a loop of bowel being captured in a rigid loop of mesentery \[[@RJV112C4]--[@RJV112C7]\]. It is usually diagnosed by colonoscopy and sigmoidoscopy with contrast injection \[[@RJV112C3], [@RJV112C8]\], and is potentially fatal, so prompt treatment is essential. There are currently no specific guidelines regarding when to treat sigmoid volvulus, although it is generally thought that patients with ischaemic or necrotic bowel should be treated promptly. The aim of this study is to assess the outcomes and morbidity of sigmoid volvulus.

METHODS {#s2} ===== Between October 2009 and December 2014, all patients admitted with a clinical diagnosis of sigmoid volvulus were identified from a prospective database. A database was created in Microsoft Excel, and data were collected from this and from patient medical records. Patients were followed up via telephone at 6 months after the date of admission. Statistical analysis was performed using IBM® SPSS® Statistics v21.0. Descriptive statistics (median, mean, standard deviation, frequencies and percentages) were used to present the demographics and compare the severity of the disease with the American Society of Anesthesiologists (ASA) grade. A univariate analysis was used to assess the association between the ASA grade, time to surgery and length of hospital stay.

RESULTS {#s3} ===== There were 36 patients (18 males, 18 females)

What's New In PomodoroTimer?

The Pomodoro Technique is a time management method based on the notion that getting a lot done requires breaking it down into manageable portions of work, focusing intensely on completing each for a short period of time, and then taking a short break. PomodoroTimer is an Android App that helps you to break a task into small pieces and to focus on each piece for a fixed time. For each piece, you can decide on the priority, mark it with an icon, and add it to your task list. You can even schedule a specific time for a piece of work or break it into multiple pieces. Each piece of a task can be finished independently, and you can create as many pieces as you want. PomodoroTimer for Android is the first and the only real time-tracking app that helps you to work with “pomodoro”. You will be able to use PomodoroTimer App as a Pomodoro timer. If you are familiar with the Pomodoro Technique you will be happy to use this App.

Features of PomodoroTimer App:

- The only Pomodoro timer App for Android
- Simple operation
- Adjustable length of time of each pomodoro
- Schedule a time for each piece
- Ability to use multiple timers at once
- Pomodoro timer with the log
- Log of current timer and completed pomodoros
- Option to change the colors of the timer
- Several timer themes available
- Fullscreen mode support
- Unread messages notifications
- Ability to work with multiple timers
- Ability to start and stop timer
- Export / Import data
- Full support for Google Authenticator
- Customizable appearance

PomodoroTimer for Android is a perfect App for using the Pomodoro Technique in your everyday work. This is a perfect App for any projects, no matter if you're a pro or a beginner.

How to use PomodoroTimer for Android:

- Choose a theme for your timer
- Select your POMODORO TIMER app
- Start Pomodoro timer
- Start the task that you want to break down into pieces
- Pick the size of the first pomodoro
- During the time of the first pomodoro the task should be completed
- Pick the size of the second pomodoro
- During the time of the second pomodoro the task should be completed
- ... and so on...
- Clean the PomodoroTimer application
- Import the data from the other

System Requirements For PomodoroTimer:

- Windows 7 (32-bit), Windows 8 (32-bit), or Windows 10 (32-bit)
- Dual core processor (2.4 GHz) or faster
- Minimum 1 GB RAM
- Minimum 500 MB disk space for installation
- DirectX 9.0c or later
- Internet connection
- Apple Macintosh (PowerPC, Intel) or Linux with Wine version 1.1.6 or later. Please check to download Wine
- Adobe Flash Player

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