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Monitor audio asb-2 user manual

Often filled with jargon, shortcuts, and instructions that require a Ph.D to understand, software user manuals are sometimes written from the developer's point of view rather than the user's. As a result, the wizard can make assumptions about the level of reader skills that are often incorrect. The first step in writing a good user guide is to get the real writing process as far away from engineers as possible. A software developer knows more than anyone what makes software work, but that doesn't mean the developer should write a guide. On the contrary, it is a significant disadvantage. More important than a deep understanding of the inner workings of the software is understanding who will be the end user, what their level of education is, and how the end user will use the software. In most cases, end users do not need to know the finer points of programming and back-end functioning of the software – you just need to know how to use it to make their work easier. The user guide should be largely task-focused rather than highly descriptive. Because the manual is written to help users understand how to perform certain tasks, and as a result, it is imperative to go through each separate step of each function. It is not necessary for a writer to necessarily know how the program was created in terms of design or development, but it is necessary to have a strong working knowledge of all its functions. As you perform each task, write down each step, including clicks, drop-down menus, and more. Although the developer should not be the one writing the manual, it will still be a valuable resource for writers, and before you start writing, schedule a meeting between the writer, developer and engineers and potential end users to help inform the writer's work from scratch. Interviews with subject experts and engineers should be recorded, with transcripts for later use. The user guide should not be too text-heavy. Rather, incorporate liberal use of graphics and screen clips. The description of the action is much clearer with text directions accompanied by a screen clip that clearly illustrates this direction. Include both before and after the view to show the appearance of the screen before and after each action, and what happens after the action. A simple screen capture tool, such as the Snipping tool included in Microsoft Windows, works well for capturing these images. Be sure to number each image and include a label that briefly describes it. It is centered immediately below the paragraph, which first introduces the concept shown in the figure. Clear communication in the technical document requires planning and careful compliance with standards throughout the guide. Standards in both language and nomenclature help to avoid confusion. Templates are available and can be a good starting point for uniformity, although they can certainly be customized to suit any situation. Using a single-column, one-inch edge best suits the need to add graphics; settings with two columns may look too crowded and may cause the placement of images to be confusing. More than any other type of document, the software user guide is likely to go through multiple iterations before it is completed and is likely to go through a multi-stakeholder review process. Using Change Tracking in Microsoft Word is an easy way to track individual comments and changes. Creating multiple versions after each scan cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the end result. Source: Jerry Hildenbrand / Android Central Android supports the type of surround sound - known as Resonance Audio - from Android 7, and you will find a lot of 3D videos or Google Cardboard and even the Daydream app still clings to life. That's pretty different when you're watching a movie or playing a game and things sound like it's coming from where the action actually happens. At CES 2020, THX and ZmBIZI introduced something a little different – an Android phone that provided surround sound through all headphones from any source. Normally, you won't hear things in a way that feels like you're surrounded by sound if the app didn't use a Google surround sound SDK or other proprietary developer kit like Dolby, and that's still the case with most phones. But expect things to change once THX starts working with major Android phone manufacturers. Source: Vizio You have experienced surround sound even if you are not familiar with the term. Dolby 5.1 and 7.1 surround sound systems are popular in millions of home theaters, and most cinemas use THX systems to deliver audio that comes from all sides. This is a physical setting where speaker locations and audio logic are used to send sounds to specific locations. Movies and shows are encoded so that the Dolby or THX logic board can know where to send every bit of audio and you'll hear what's happening on the left, on the right, behind you, or any combination of three except the sound right in front of you. Surround sound from your phone or portable music player is a little different. It's virtual surround sound, but it works very similarly. The audio source is encoded so that the music has a specific location from which it should come, so it feels like it's location-specific. All this is done by delaying some sounds longer than others and adjusting the volume to false location and proximity. It's not quite the same as the actual 5.1 or 7.1 system, but it's great for games or movies and it can sound like you close to the stage and musicians. Google gives Android, iOS, and Web Apps developers tools to encode their surround sound apps, both physical and virtual. If you have the right settings — either multiple speakers located in strategic locations or headphones that support virtual surround sound — It works. Tidal also supports surround sound using dolby logic, and if you're playing a song that has the Dolby logo on the cover, you feel the same way. However, surround music does not have exactly the same impact as in a movie or in a game. How do I get it? Source: Android Central The best way to experience surround sound on an Android device is to use an app that supports it. There are a few in the Play Store that make all the sounds from the phone have a 3-D effect, and I can recommend The Noozxoide EIZO-rewire PRO as the best I've tried. Lots of VR apps and 360 movie audiences also have surround sound support. Deezer and Tidal provide surround sound through Sony's proprietary 360 Reality Audio system, while the latter also supports surround sound via Dolby. The latest Galaxy S and Galaxy Note phones have Dolby Atmos settings, but have been designed to be used with the phone's speakers. It sounds pretty bad to most people through headphones. You may like it though - try it if you haven't already - it's turned off by default. You'll also want a decent set of headphones (wired or Bluetooth both can work) that sounds good for regular sound. 3-D effects can exacerbate poor sound quality, and even great headphones are a little affected. Don't buy into the hype you need for THX or Dolby licensed headphones because you really don't - you just need headphones that you already like and are set up. Also, don't expect anything like Apple to take on surround sound via AirPods Pro. Apple uses a gyroscope in every handset and special effects in iOS to do things in its own way and you won't have the same effect on anything other than the iPhone or iPad. If you want to experience a movie or game and feel like you're deep inside the action, grab your headphones and use an app that provides surround sound. You may like it, but if you don't, it's easy to turn it off. We can earn a commission for purchases using our links. Teach more. Getty Images inhaled. Exhale. You will take 15 to 20 breaths per minute- more than 20,000 breaths per day. With each of them, oxygen travels through the bloodstream, fueling your body's cells. The trouble is that we bombard our lungs with pollutants and irritants such as passive smoking and household cleaner fumes. Still, the lungs are resilient, says Ravi Kalhan, MD, director of the asthma/COPD program at Northwestern University Feinberg School of Medicine. Keep them healthy and they will protect you into old age. Read on and start breathing easily. GET FIT While exercising Capacity itself, it strengthens your heart muscles, so your heart is better able to pump acidated blood through your body, says Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. Your lungs don't have to work that hard. You will exercise more effectively and you will feel less re winding. RELATED: Becoming an Exercise Addict workout can also trim belly fat, which is associated with a higher risk of asthma. We think that excess fat associated with obesity increases inflammation in the body that affects the lungs, says Neil Schachter, M.D., a pulmonologist at the Icahn School of Medicine at Mount Sinai in New York City. To see results, you need consistent exercise, increasing heart rate for 20 to 30 minutes most days of the week, says Jason Turowski, MD, a pulmonologist at the Cleveland Clinic. If you have asthma, it can be hard to maintain intense exercise, but lower-key activities can help reduce airway inflammation. In one study, asthmatic adults who walked for 20 to 30 minutes three times a week at a moderate rate reported an improvement in their symptoms. Swimming is another option, especially during the cold winter months. Warm, humid air in the indoor pool is suitable for asthma. (But do not swim in a pool that is heavily chlorinated; irritation from fumes can counteract the benefits.) Next page: Eat Smart [pagebreak]EAT SMART Anti-inflammatory diet helps reduce inflammation of the airways, which has been associated with respiratory diseases such as COPD and asthma, notes Melissa Young, MD, a specialist in integrative medicine at the Cleveland Clinic. Fill these foods: Fruits and vegetables: They are full of antioxidants that can help repair the damage caused by air pollution. It doesn't matter what kind of if you eat a lot of them. RELATED: 13 Vegetarians just think you don't like fuxseed: They contain high levels of omega-3 fatty acids that are believed to be attached to a lower risk of asthma. White wine: Vino drinkers-especially those who drink white-have healthier lungs. (Scientists theorize that this is due to the high antioxidant capacity of the wine.) Olive oil: It has monounsaturated fatty acids that can help reduce inflammation, and alpha-tocopherol, a form of vitamin E associated with improved lung function. Cup of coffee: Caffeine has a similar effect to the drug theophyllin, which opens the airways, says Dr Turowski. Tomato sauce: Research suggests that lycopene-antioxidant superbly found in tomatoes-can protect you from exercise-induced asthma. Next page: Clear the Air [pagebreak] CLEAR THE AIR Pollution claims more than 3.2 million lives worldwide each year, according to the 2013 Global Burden of Disease Study. Why? Tiny particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to run from L.A. to Idaho, but there are security measures in place that should last. Look at the forecast: The Air Quality Index (AQI) can be found on airnow.gov. On days that AQI in your area is high (more than 150 if you don't have any lung problems, more than 100 if you have a breathing problem), consider taking your exercise inside. If you are practicing outdoors, avoid routes near traffic. RELATED: Burn Calories This summer Don't idling your car: It releases as much pollution as a moving vehicle, and you're in the middle of fog. If you wait more than 10 seconds, turn off the ignition and warm the engine with the ride. (Your car and its engine heat up faster while driving.) Make a P.M. pit stop: As you fill your tank, gas emissions evaporate and form ozone, part of the smog. Hit the pump after dark to keep the sun from turning these gases into pollutants. Next page: Rehab Your Home [pagebreak] REHAB YOUR HOME Air pollution in your house can be worse than what festers outside. Here's how to clean the air now. Go electric: Your home heating and AC system should ideally work on electricity, not oil, because the latter releases more particles. Most homes built after 2000 do, but if you live in an older house that uses oil, consider installing a home air-filtration system for a few thousand dollars. RELATED: 9 Ways To Detox Your Home Get Tested: Every two years, your home should be tested for radon-odorless natural gas, which is found in one in every 15 homes in the U.S. and is the second leading cause of lung cancer. You can hire a certified company to do this, or buy a test kit for \$15 to \$25 at a hardware store or through sosradon.org/test-kits. If the radon concentration exceeds 4 picocumia per liter of air (pCi/L), you will need to install a radon reduction system (up to \$ 1,500). Keep humidity low: Too humid environment is a breeding ground for mold, a common allergen. The EPA recommends keeping humidity below 60% in summer and between 25% and 40% in winter. You can measure humidity with a hygrometer (\$20 to \$40 at a hardware store). If the air is too dry, use an air humidifier. It's too wet, try the dehumidifier. RELATED: Your 12 Worst Allergy Bugs Shop in the Fireplace: Particles in Wood Smoke Can Damage Your Heart and Lungs. Switch to a cleaner-burning gas or wood burning stove certified by the EPA, or put in an electronic fireplace or gas insert (about \$1,000 to \$3,000) for less emissions. For more information, see epa.gov/burnwise. Next page: Stay safe from third-hand smoke [pagebreak] STAY SAFE FROM SECONDHAND SMOKE You don't know you're not smoking and you don't have to stay away from passive smoking. But there's something called passive smoking – residual tobacco fumes that attach to walls and furniture and then slowly flow into the indoor environment. This isn't just smelly: It reacts with internal pollutants like ozone and acid creates compounds that lock on to the DNA of your cells and cause cancer-causing damage, according to research presented at a meeting of the American Chemical Society in 2014. While the risk is higher for children and toddlers (as they crawl around the house, they can unwind and inhale these compounds), almost everyone is sensitive. RELATED: 30-day countdown to quit smoking when traveling, insist on non-smoking hotel rooms, and avoid the homes of friends who smoke (even if they're not lighting in front of you, their furniture may smell). If you inherit the home of a smoker, remove affected items such as sofas and carpets, and bring a professional to thoroughly clean the air ventilation system. DID YOUR DUVET GIVE YOU ASTHMA? You've never had asthma before, but you've been breathing all the time lately. What does he give? It's not uncommon for a 40-something woman to suddenly complain of asthma symptoms, says Dr. Addrizzo-Harris. Typical trigger: exposure to an allergen you haven't faced in years, such as bed linen or mold. I can't tell you how often I've seen a patient who reports symptoms starting as soon as he moves into a new house, says Dr. Turowski. Usually the culprit is a moldy cellar. Next page: Women's problem? [time parties] WOMEN'S PROBLEM? How those three P women can ruin your breathing. Going to get menstruation: Up to 40% of women with asthma report that their symptoms worsen immediately before menstruation. During this time, estrogen levels drop, and we think these fluctuations somehow activate an inflammatory reaction in a woman's airways, says Dr. Kalhan. As a result, you are more likely to cough, feel breathless and sneez. Talk to your doc about increasing asthma medication these days; Research also suggests that taking birth control pills (to fend off hormone rises and dips) may help. You're pregnant: In the first few weeks of pregnancy, an increase in the hormone progesterone causes you to breathe more often, which may make you feel like you're short of breath when you really aren't. (The hormone expands lung capacity, allowing the blood to carry large amounts of oxygen to your baby.) This sensation disappears, then reappears around the third trimester, when your uterus begins to press on the diaphragm, making it harder for your lungs to fully expand. But there's relief early: During the last month of pregnancy, your baby will drop into the pelvis, taking pressure off your lungs. RELATED: 10 Tips for Getting Pregnant You're going through the perimenopause: As menopause approaches, estrogen levels ride a real roller coaster, and those dramatic peaks and drops can trigger inflammation that triggers an asthma attack. Research has shown that menopausal women are twice as likely to have severe asthma as men of similar age. If you notice that your sieve is getting worse, talk to your gynecologist about taking the pill or using hormone therapy facilitates your transition. The good news is that once your ovaries have closed the store, your asthma should improve. Improve.

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