

Applications work on a flash drive



THE MOVE: You no longer need to be tied to your desk.

Most of you will probably not need the Firefox web browser, Thunderbird email program, Avast anti-virus program or OpenOffice or Abiword word processor. This selection of programs will do most of what the average computer user would need.

If you just need a good word processor, and don't need an office suite, you will find Portableapps Abiword a fine choice. It will save room on your flash drive, because it is much smaller than OpenOffice, plus in its settings you can set it to compress all the documents you create.

Once you have selected and installed all the Portableapps

you want, you can now free load to your heart's content. So when you are travelling, (no more problems with airport security), or are visiting friends, you just plug the flash drive into their internet-connected computer, and run Portableapps programs from the flash drive.

It works independently so as you move from computer to computer, all your emails, addresses, bookmarks, documents, photos, music and preferences, are stored and run directly from the flash drive.

Be careful and make sure you don't keep any sensitive info on the drive unless the

drive provides you with a good security system.

Some Flash drives have password protection and encryption facilities but most don't. For portability you can alternatively use a mini Linux Distro, or Run Mac OS Classic 7 loaded onto a flash drive.

You can get all of the Portableapps programs, plus more, with one of these mini Linux distros.

Here are a couple mini operating systems:

<http://www.mandriva.com>
<http://damnsmlinux.org>
http://portableapps.com/apps/operating_systems/mac-on-stick

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Boot (Start) the computer from the Linux or Mac OS flash drive, and this will keep your computer session completely separated from the host's computer, which may have malicious content on it.

Once you have finished and shut down the host computer, your flash drive is clean from possible cross infection.

More skills are involved in using these mini operating systems on a flash drive, but it is definitely safer.

Create a sleep sanctuary

IMAGINE spending one third of your life in a pampering place of retreat, a pleasant place that soothes, calms and shelters from the outside world, yet a functional space that ensures good, restful and sound sleep.

All of this is possible by following some simple guidelines to help create your own sleep sanctuary.

Lights out: Bright light is a signal to our brains that it's time to wake up. Replace bright electric bulbs with low lighting in the bedroom to induce a sleepy state. Choose light-blocking window coverings and turn bright alarm clocks away from the bed. An eye mask, such as Sleep Sanctuary's cashmere eye cocoon (\$39.95), is particularly helpful.

Tactile textiles: Does anything beat wrapping yourself in a feather-down doona on a cold winter's night? Or feeling the most sumptuous, softest cotton against your skin on a sultry summer's night? Opt for luxurious touches such as a cashmere throw stored on the edge of the bed.

In the cooler months, keep a warm pair of slippers next to the bed to avoid cold floors. A mattress is designed to be used for about seven years, so make



it the most comfortable, supportive sleep aid you can.

Keep your cool: As we verge on the edge of slumber, our core body temperature drops. Try adding or removing linen or clothing layers to achieve the perfect temperature. Invest in 100% cotton bed linen and pyjamas, to allow your skin to breathe while expelling heat and moisture.

Try Sleep Sanctuary's deluxe Egyptian cotton 400 thread count pyjamas (\$154.95).

Scent-sational: Use calming aromatherapy products to induce relaxation before bedtime. Try rubbing Sleep Sanctuary's bedtime balm (\$28.95) on your temples or burning Sleep Sanctuary's bedtime essential blend in a bedside oil burner (\$19.95).

Calming colours: There is a reason sleep sanctuaries use neutral and soothing tones – they create a mood that is comforting and cosy.

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