



GET STARTED

Your first session.

For both 30-day and 365-day access. Download the app from our website.

1

Download from our website

Visit idleonduty.com/download/ for the Windows app. Save it to a writable folder. If supplied as a ZIP, right-click it and choose Extract All before opening the app.

2

Open Idle On Duty

Double-click Google Chrome.exe. This is the current filename of Idle On Duty, not the Google Chrome browser. The app interface says Idle On Duty; it is not affiliated with Google.

3

Activate your access

Connect to the internet. In the app, select Subscription, enter the license key delivered with your purchase, and complete verification. When you see Access active, select Done.

4

Choose a routine and duration

Select Gentle, Balanced, or Custom. Review the enabled activities and intervals. Choose a timed session or Unlimited, then select Start session.

5

Pause or stop whenever you need

Use Pause session to take a break and Resume session to continue. Use Stop session to end the session. Activities may affect the pointer and open applications.

Before you begin

Windows 10/11, 64-bit, with writable local storage. Required .NET and WebView2 components are bundled; no separate installation is needed.



ACCESS & EVERYDAY USE

Keep this handy.

Your license key is private. Do not post it or share it with other people.

Your access period

Your purchased 30-day or 365-day period starts on first activation. Each key supports one Windows PC. Payment is one-time, with no automatic renewal.

Working offline

Connect for initial activation and periodic verification. A verified license can work offline for up to 24 hours, capped by your access expiry. Restarting the app does not extend that deadline. Reconnect before cached access expires.

Keyboard shortcuts

Ctrl + Alt + S - start, pause, or resume.

Ctrl + Alt + X - stop.

Ctrl + Alt + H - show or hide the app.

Esc - stop while the main app window is focused.

These are defaults; check Settings if you customize or disable shortcuts.

If activation fails

Check your internet connection and Windows date/time. Copy the key exactly as delivered. If your device limit is reached or you need help, contact the seller through the details provided with your purchase. Include your order reference and the error message; avoid sending your key in public.

About Windows warnings

This release is unsigned, so Windows may show an unknown-publisher or security warning. Download only from the official website linked in this guide. If Windows blocks the file, check with the seller before proceeding; do not disable antivirus protection.

Using your desktop

Mouse movement and scrolling can affect other windows. Pause or stop before sensitive work. Compatibility with third-party trackers is not guaranteed. Manual locking and organization-enforced security policies still apply.