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## Smart home manager att not working

We've heard this advice over and over again - from Richard Branson, from a Stanford professor, from - well, everybody: If you want to be more successful and happier, work from home. With that in mind, I asked people who now work from home to give me their best advice. How to overcome the loneliness factor? How do you stay close to your colleagues when you're working remotely? How do I set up my space? I got hundreds of good answers. Here are the 17 best of them. (We will revisit this with more advice in future columns. If you have ideas for proposing, let us know.) Follow all your time (I like the free version of Toggl). This not only keeps you on a mission, but you can easily see where your time is going... and if that's where you want it to go! Jacqueline Fisch, writer and writing coach Walks outside in the middle of the day. That vitamin D can really help you get a midday boost. ... They get rid of [E]ndorphins, changing your perception of pain. Long story short, it helps you stay happier longer. Katrina Dene, communications manager at HackerOne, pack up your laptop and head to your local coffee or tea shop. One of my favorite places to go is the beautiful hotel lobby. Plus, you have to get dressed to get out! Meredith Liepelt, PR and marketing coach, Rich Life Marketing Take 30 to 60 minutes a day by reading things unrelated to your work. Whether it's a blog aggregator or a good book, you need to get away from the usual grinding. ... It frees the mind and allows you to come up with fresh ideas. --Dan Salganik, co-founder of VisualFizz Separate Work and Home, even when working from home. Have a specific area where you set up your laptop, dress like you're headed to the office (minus high heels) and working specific hours. Michelle Renee, CEO of VERB Media Group I put a 'Don't ring or knock' sign on my front door. I've had too many video conferences interrupted by lawyers. He's doing this as a charm! --Tori Tait, Director of Content and Community at The Grommet The way you dress affects your performance. If you stay in your pyjamas all day, you will become messy and lazy, and this will directly affect your work. Gregory Golinski, Digital Marketing Director at YourParkingSpace, I use Asana to manage all my client projects and communications. Every morning at 5:.m., I receive an e-mail reminding me what the projects of the day are. (I use Asana, I love her and I'm not paid to say any of this!) Reena Goodwin, Director of Facteur PR, make sure all your team members use the same collaboration tools. ... [For example], Slack's integration with Google Drive means I get a message within Slack when a colleague leaves a comment in one of our shared Google Docs. This simplifies our work and bridges the distance gap. -Lauren Maffeo, senior content analyst at GetApp, a gartner company The best part of working from home is that you can adapt your work environment to a task that is at hand. For example, for activity activities more open documents and efficiency, you can stay at the workstation and work with two screens. However, for a task that requires creativity, you can sit in your garden or in a more comfortable place inside your home. Claire Robinson, author of tourist guides at ZigZag on EarthEquity into something outside the house. Going from 9 to 5 in an office environment to 100 percent responsibility for your own time can very easily suck you up and consume you. Your job is your baby, and you want to be with her 24/7, but before you know it, you get 20 pounds and walking to the mailbox is your workout for the day. I'm involved with my daughter's scouting troops and it helps me stay cut and socialized. Jason Panek, owner of Pampered Teacher, if I start feeling overwhelmed during the day, I take a tip from my dad, a PGA teacher, and shake it off. I literally step away from my computer or phone and shake hands and shoulders. This provides a reset for your body, offering a quick way to get back on track. -Tami Belt, Chief Storytelling Officer, Blue Cube Marketing Solutions The trick is to proactively share the time you'll be on or off the grid with your team (and customers, if you have them). For example, if you're working with a team on another continent that's six hours ahead of your own time zone, consider scheduling meetings with them for the morning when you have time. --Lauren Maffeo, senior content analyst at GetApp, a gartner company I use Calendly -- links to my Microsoft 365 calendar. I manage the system by specifying the days and times I will allow clients to book calls with me. The system only offers time if my calendar is free. Some of my clients have even adopted a tool for their companies! -Kristen Schmidt, founder and president of RIA Oasis Many people like to time-block their days, but it can also help block time all week. ... One week is mostly dedicated to working with clients, and the following week is mostly dedicated to working on his own business (blog posts, marketing, finances, etc.). This can help you stay focused, so you don't have to switch from client mode to admin mode every day. Jess Freeman, owner of Jess Creatives Write down weekly dry wiper targets that are achievable. Checking them and then erasing them is very satisfying and less stressful than staring at a huge cause. Meredith Jaeger, author, HarperCollins When you work from home, you can easily feel isolated ... Use the free networking app Shapr to meet like-minded professionals who share your interests (disclosure: I'm part of the team) or contact an old colleague to have a drink. --Ludovic Huraux, CEO of Shapr While one of the goals of building smart home was to raise awareness, significance and reality to green life, the home also aimed to meet the Standards for Gold LEED (Leadership in Energy and Environmental Design) certification of the United States Green Building Council State. LEED standards measure green construction construction, operations and maintenance and can be applied to the building or community. In order to achieve certification, the building is measured on how it performs in terms of energy savings, water efficiency, CO2 emission reduction, indoor environmental quality levels and the use of sustainable resources. LEED-certified buildings use less energy, water and other natural resources, as well as reduce greenhouse gas emissions. Certification levels, from low to high, include: Certified, Silver, Gold and Platinum. In 2008, Smart Home became the first LEED Platinum rated hall residence in the world. Also in 2008, Triangle Business Magazine chose duke smart home program as green nonprofit program of the year. What's next for Smart Home? As students continue to explore new technologies and research advances, more prototypes are being deployed to the home, like smart doorbell that allows residents to lock and unlock smart home's front door with a cell phone or computer. And who says all this work can't be fun? Smart Pool can help you improve your pool table skills, with a projector, camera and mathematical modeling of vectors and balls in play. What was developed for Smart Home is not just for merit for the course; these ideas have the potential to revolutionize the way we live in our homes. Duke builds a bridge between thinking about green life and actually living. Students involved in the Smart Home project are leaders not only in technology, but also in informing the community, showing us how to actually make a smart life. Dean Drobot/ShutterstockBy 2020, analysts predict that in our homes we will use 20.4 billion smart devices, everyday items that can talk to each other online and store and receive data. However, with promises of increased interconnectedness and ease, there were security lapses that compromised the safety of these devices in the cruelest places: where we live. This is worrying because often these are devices that should help you be safe, says Gabe Turner, a lawyer at Security Baron. And they seem to be doing the opposite. Here's how smart home devices can go wrong and what you can do about it. Saklakova/ShutterstockParents in Washington state used a baby monitor to track their 3-year-old son, HuffPost reported. Then they heard a hacker's voice over the monitor saying, Wake up little boy. Dad's looking for you. In Texas, another set of parents also heard the voice of hackers through a baby monitor. And a family in Indiana heard the police song Every Breath You Take. However, in April 2017, Z-Wave Alliance, the group that makes up the technology that many of these devices are talking to each other on, released a new protocol called S2 Security. This has greatly changed the landscape of how easy it is to get into the devices yourself, turner says. But there are still things people should be doing to prevent their home security system. Do not worry about all your devices - they are worth every penny. NavinTar/ShutterstockArjun and Jessica Sud, an Illinois couple with a then seven-month-old girl, also heard the voice of hackers through a baby monitor and security camera, the Detroit News reported. The couple also used the Nest thermostat, which was ranked up to 90 degrees. Other users of Nest, which is owned by Google, have reported similar incidents. There have also been cases of domestic abusers continuing to use smart technology after being moved out of their home, changing locks and hiking thermostats, the New York Times reported. A good way to start protecting your systems is to change your password frequently and make sure you have a long, unique and complicated password, Turner says. Matteo Migliorati/ShutterstockIn 2017, a 6-year-old girl in Dallas told Amazon's personal assistant Alexa how much she loves dollhouses and sugar cookies. A few days later, they materialized on her family's doorstep, CBS News reports. To prevent this from happen again, her parents activated parental controls and introduced a four-digit purchase passcode. Find out the smart home device americans believe in the least. Gorlov-KV/ShutterstockLaura Lyons was making food one Sunday when she heard something frightening through her Nest security camera: missiles from North Korea were headed for Los Angeles, the San Jose Mercury News reported. A company spokesman recommended a two-slip check to protect against future security breaches. This means you put a password in, but you also need another code sent to your phone to get into the system. Google recommends that users set up a two-month check for their Gmail accounts. Because once they're in one of your accounts, it can make it easier to get into other accounts, Turner says. Billion Photos/ShutterstockResearchers of William and Mary say smart devices on popular platforms such as Nest, Samsung's Smart Things and Philips Hue are vulnerable because they are all controlled by one central app. So even light bulbs and smart plugs can be hacked. Another tip? Get a password manager. Then find out eight things in your home that might spy on you. Sompetch Khanakornprati/Shutterstock The potential for security flaws is sometimes discovered by good hackers - such was the case with the Conexis L1 Smart Door Lock. According to Forbes, they discovered a vulnerability in communication between the locks and the device that controlled the system. This would allow them to intercept them and make it easier for someone to get inside. Another way to protect yourself is to always allow software and hardware updates on your devices. It's annoying that every time you're on an iPhone, you have to run those iOS updates, Turner says. But they have the advantage. Are you worried about safety? Here are 10 smart places for homeowners to install security cameras: that the SimpliSafe alarm was vulnerable to hackers with basic skills, Forbes reported. More than 300,000 U.S. households used the alarm, but hackers were relatively easily able to cull needles for customers, experts found. This is often a breach of basic information such as that it can leave people vulnerable. So be careful with your surroundings and don't use public WiFi. You don't want people to be able to see you put that password in, Turner says. For maximum security, create a separate network exclusively for all connected devices in your home. Then read about smart home devices that are worth every penny. Originally published: July 23, 2019 2019