Getting Comfortable

Since you will probably be using your MacBook in more than one location, the issue of finding a comfortable working position can be a vital one, particularly as you cannot put the keyboard and monitor in different positions, as you can with a desktop computer. Whenever you are using your MacBook, try and make sure that you are sitting in a comfortable position, with your back well supported, and that the MacBook is in a position where you can reach the keyboard easily, and also see the screen, without straining your arms.

Despite the possible temptation to do so, avoid using your MacBook in bed, on your lap or where you have to slouch or strain to reach the MacBook properly.

Seating position

The ideal way to sit at a MacBook is with an office-type chair that offers good support for your back. Even with these types of chairs it is important to maintain a good body position so that your back is straight and your head is pointing forwards.

If you do not have an office-type chair, use a chair with a straight back and place a cushion behind you for extra support and comfort as required.

…cont'd

MacBook position

When working at your MacBook it is important to have it positioned so that both the keyboard and the screen are in a comfortable position. If the keyboard is too low you will have to slouch or strain to reach it.

If the keyboard is too high, your arms will be stretching. This could lead to pain in your tendons.

The ideal setup is to have the MacBook in a position where you can sit with your forearms and wrists as level as possible while you are typing on the keyboard.

Adjusting the screen

Another factor in working comfortably at a MacBook is the position of the screen. Unlike with a desktop computer, it is not feasible to have a MacBook screen at eye level, as this would result in the keyboard being in too high a position. Instead, once you have achieved a comfortable seating position, open the screen so that it is approximately 90 degrees from your eye line.

One potential issue with MacBook screens can be that they reflect glare from sunlight or indoor lighting.

If this happens, either change your position, or block out the light source using some form of blind or shade. Avoid squinting at a screen that is reflecting glare, as this will make you feel uncomfortable and quickly give you a headache.

Don't forget

Working comfortably at a MacBook involves a combination of a good chair, good posture and good MacBook positioning.