

How to Switch Between Sitting & Standing - Desk Converter Setup Tips

Post-Purchase Setup Guide for Sit-Stand Workflows That Boost Comfort & Focus

CHOOSE A CONVERTER THAT FITS YOUR SPACE

Working with varied viewing & typing heights leads to higher productivity

- Choose a converter that supports your monitor, keyboard, and posture goals
- Dual-surface models help separate typing and viewing height
- Ensure it fits your desk depth and sits flush when collapsed

ADJUST TO ERGONOMIC HEIGHTS

Set markers to quickly identify your ideal position

- Elbows should form a 90° angle when typing, and monitor at eye level
- Maintain same posture alignment when sitting or standing
- Use stickers or tape to mark go-to height positions for speed

SWITCH POSTURES EVERY 30-60 MINUTES

Use reminders/apps to help you maintain healthy posture

- Standing all day is not the goal - movement is key
- Alternate positions every 30-60 minutes to reduce fatigue
- Set alarms or use wearable apps to stay on schedule

ADD MATS OR FOOTRESTS FOR SUPPORT

Support starts with your foundation

- Anti-fatigue mats reduce joint pressure on hard floors
- Use footrests to reduce micro-fatigue and keep posture balanced
- Alternate standing and sitting support tools as needed

CLEAR YOUR WORKSPACE FOR EASY TRANSITIONS

Keep things clean and it will reward you with clear thought

- Keep cables tidy so your converter doesn't catch or pull when raising
- Use cable sleeves or vertical organizers to avoid clutter
- Ensure nothing blocks upward or downward movement zones

WHY THIS ACTION PLAN WORKS

Tactical Benefits

- Makes standing desk benefits accessible without full desk replacement
- Encourages better posture, circulation, and energy throughout the day
- Easy to set up, adjust, and maintain over time
- Ideal for remote workers, students, or hybrid work setups