STEP #1: Click on Settings

STEP #2: The Hotkey for Recording/Pausing for Mac users defaults to Command+Shift+R, **note that the up arrow equals the shift button.** Likewise, the Hotkey for stopping from the keyboard defaults to Command+Shift+S. Note you can also create your own Hotkeys by clicking on the X, then clicking on the record option that appears, then type in your sequence of keys.

STEP #3: Click on Okay when done.