It looks like most people here use PCs. I'm running IDL on a Mac and it looks like it is slightly more stable. I had IDL 8.0 running for a month, using it daily, before it crashed. Crashing means either IDL became totally unresponsive, or just parts quit working (e.g. the editor). In any case, I do not understand some of the concept of the workbench. When IDL crashes (or must be "forced quit"), you loose all the log information. What a concept! You know what you did when it is successful, but you are in the dark when it crashes because you typed the wrong command. Why can't they save the log once a command is issued and before really executing it. Or, at least, give you the option to do so.

Back to the crashes. Isn't the workbench written in java? I have problems with other java-based programs that they crash eventually. There must be, most likely, some memory problem like accumulating memory leaks or not properly freeing and releasing used memory. Might be good to monitor the memory usage of your machine to see if there is a spike right before IDL crashes.

Volker