

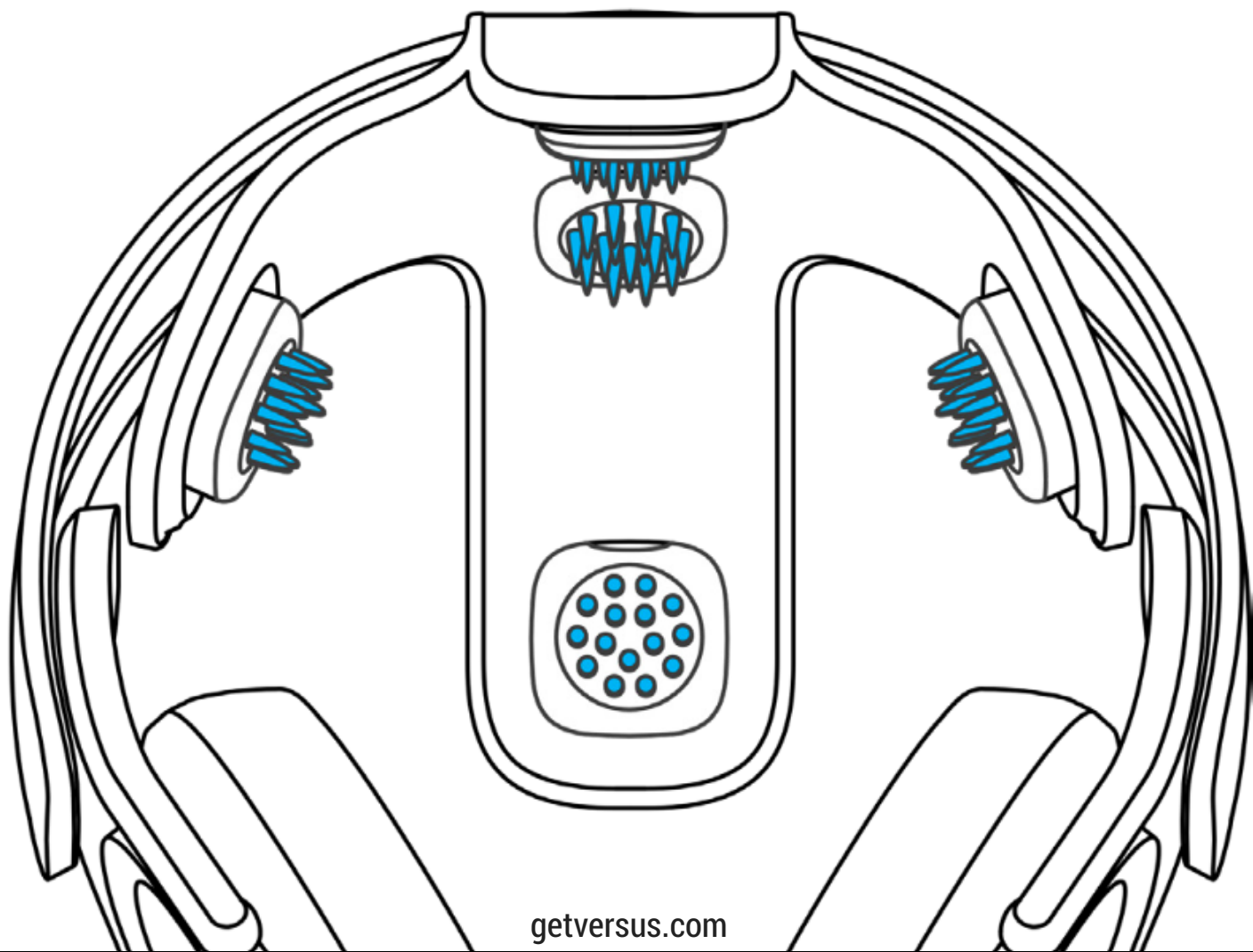


**KINETIC**  
Neuroscience

POWERED BY

**VERSUS**

# USER GUIDE



[getversus.com](http://getversus.com)

## 1. MAKE YOUR PURCHASE(S)

Each user will need their own KNS subscription.  
Multiple subscribers can use the same headset.

### 1. KNS Subscription:

<https://getversus.com/?add-to-cart=9651>

### 2. KNS Store:

<https://getversus.com/shop-kinetic-neuroscience>

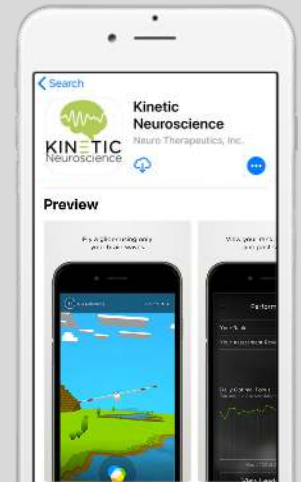


## 2. DOWNLOAD THE APP

1. Search "Kinetic Neuroscience" in the App Store.

- If you are using an iPad, select the "iPhone Only" filter in the top left corner of the App Store.

2. Download the app onto your compatible iOS device.

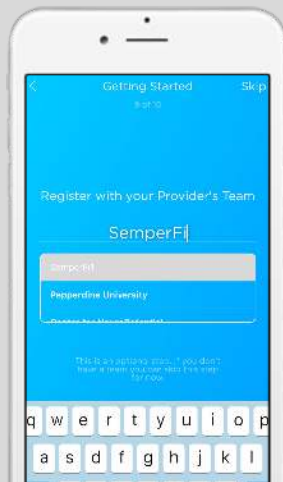


## 3. REGISTER YOUR ACCOUNTS

1. To register your account, open the KNS app and click "Need an Account?" at the bottom of the screen.

2. When registering your account, make sure you choose the Semper Fi team when prompted in the app.

3. If you have already purchased a subscription, choose "Activate Account" on the final screen of the registration process.



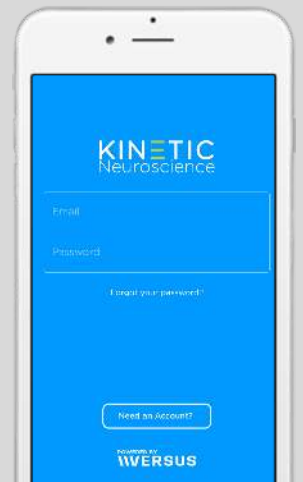
## 4. SIGN IN TO THE APP

1. If you are using a shared device, be sure to log out of any previous user's account.

- Go to the Menu bar, click "Account & Settings", then "Logout".

2. Log in to the KNS app using the email and password you registered.

3. If you are using a shared device, log out of your account at the end of your session.



## 5. PREP THE HEADSET

1. Charge the headset.

- Plug the charger into the Charging Port. The Power Button will glow green when the headset is fully charged.
- Headsets should be charged after 4 hours of continuous use.

2. Clean the sensors.

- If the headset has been used before, gently wipe each of the five sensors with an alcohol swab.

3. Prep the sensors

- With your index finger, apply a lotion-thin amount of Sensor Conditioner to each of the five sensors.



## 6. PUT THE HEADSET ON

Support videos will automatically pop up on the app and can also be accessed by going to the Menu bar and clicking "Account & Settings", then "Support".

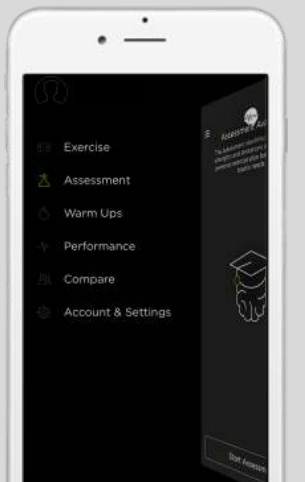
1. Turn the headset on by pressing the Power Button on the left side of the headset for 3 seconds.
2. Plug the supplied audio cable into the Headphone Jack of your headset and iDevice.
3. Orient the headset so that the Ear Clip is on the left side of your head and place it on your head.
4. Lift the left Ear Can and connect the Ear Clip to your earlobe. Place the left Ear Can so it rests comfortably over the Ear Clip.
5. Gently rock the headset back and forth & left and right on your head.
6. Ensure that the headset is oriented so that the headband is straight up from your ears.
7. Firmly pull straight down on the Ear Cans.

## 7. COMPLETE THE ASSESSMENT

If this is your first time on the KNS app, you may wish to complete a NeuroPerformance Assessment (NPA).

1. From the menu bar, select the Assessment tab. Follow the prompts to start the NPA and complete the sensor verification process.

- The NPA lasts about 20 minutes and will assign you a performance protocol for your exercises.
- Once you have completed 450 minutes of exercises for that protocol, you can complete another assessment.

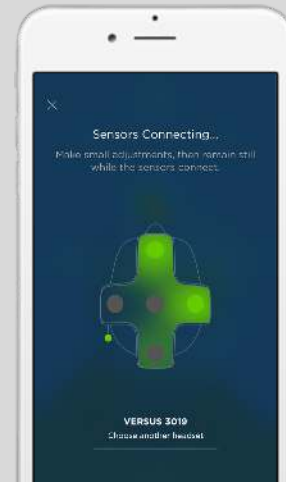


## 8. GET CONNECTED

1. A list of available devices will appear. From this list, choose the serial number of the headset you are using. The serial number is listed on the left interior of the headset.

2. When the corresponding circle in the Sensor Connection screen turns green, that sensor is connected.

- If you are having trouble getting a sensor connected, part your hair so that sensor is out of the way of that sensor.
- The assessment will start when all the sensors are connected and stop if the sensors become disconnected.



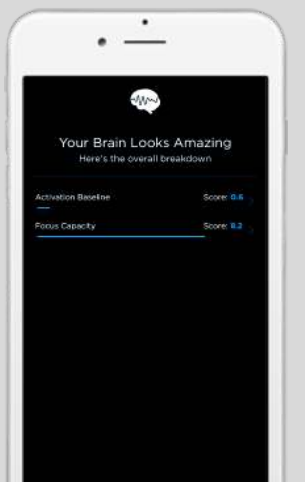
## 9. VIEW THE RESULTS

1. Upon completion of the NPA, you will be shown your assessment results.

- You can also access these results by going to the menu bar and clicking on the Performance tab, then "Your Assessment Results".

2. At the end of each exercise session, you will be provided with your overall results for that session.

- You can also track exercise points and optimal time in the "Performance" tab of the Menu bar.

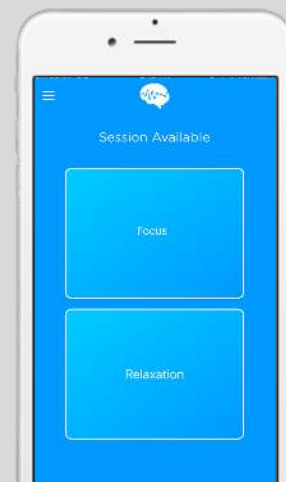


## 10. CHOOSE YOUR EXPERIENCE

1. From the menu bar, select the Exercise tab.

2. Select whether you would like to complete the Focus or Relaxation experience.

- The Focus experience consists of four games, each lasting the same amount of time.
- The Relaxation option is an eyes-closed experience that uses sounds to guide your practice.



## THE FOCUS EXPERIENCE

1. To start the Focus exercises, press "Continue" in the Exercise Session screen.

2. Power the feedback and converge the three circles at the bottom of the screen by creating a focused brain state.

- The app will automatically provide instructions before each game starts.
- You can pause an exercise session and resume it at a later time.



## THE RELAXATION EXPERIENCE

1. To start the Relaxation experience, press "Continue" in the Exercise Session screen.

2. Read the instructions carefully. Close your eyes and slow your breathing.

- The app will play different sounds to indicate how well you are quieting your mind.
- The relaxation experience lasts for an hour. You can pause the experience and resume it at a later time.

