

# Instruction Leaflet



## Downloading the game:

Go to the App Store or the Google Play Store to download Zip and the Misty Mountain.

You can get it at:

- <https://itunes.apple.com/am/app/zip-and-the-misty-mountain/id1090818735?mt=8>

- <https://play.google.com/store/apps/details?id=ie.cortechs.zip>

OR go into the store and type 'Zip and the Misty Mountain' into the search box.

Remember your access code will be sent to you by email once your headset is dispatched. You will need this to access the game after you have downloaded it.

## Pair the Headset:

- You must always pair your headset with your device (iOS or Android) before opening Zip. It will not read brainwaves unless you pair.
- Switch bluetooth to 'On' on your tablet (Usually 'Settings/Bluetooth/Scan').
- Switch on your headset and push + hold the headset button upwards for two seconds to pair.
- When the blue light starts to double-flash it is searching for bluetooth.
- Scan for bluetooth devices; headset will appear as 'Mindwave Mobile' plus headset icon.
- Click this to pair headset with tablet. Your headset is ready to use with Zip.
- If there is no signal on the wave quality bar on the top right of screen when you open the game, then your headset is not connected so no brainwaves are being picked up. Close app fully, pair headset & start again.

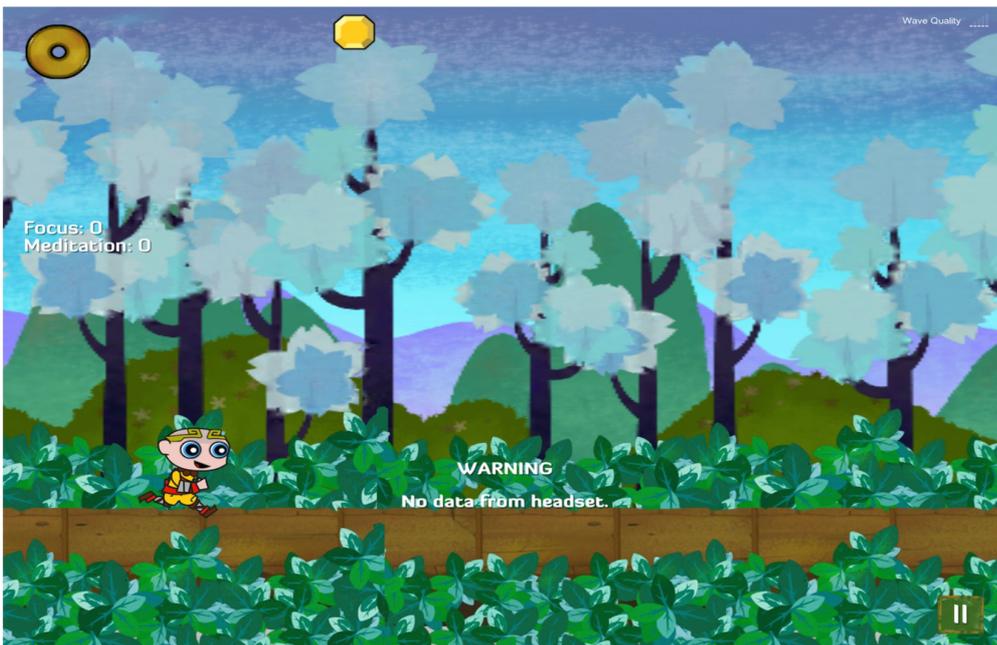
Note: Always close app completely after each use. Some Android devices don't automatically unpair the bluetooth connection with the Neurosky headset so it is preferable to unpair the Mindwave Mobile headset and re-pair it each time before use.

To close app completely on your device:

On Android - hold central button down for more than one second and swipe app

On Apple - double press the home button. Select Zip game and swipe up to close

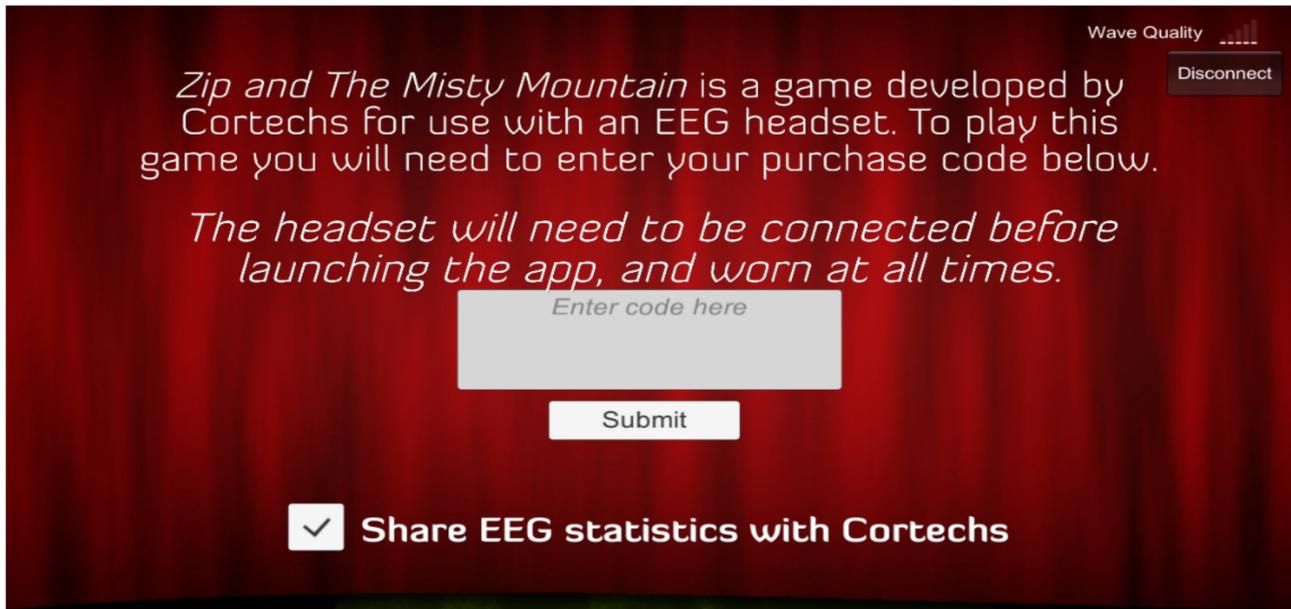
## If the headset is not paired correctly there will be a warning on the game:



## Using your unique code:

To access the game for the first time, you will be prompted to enter a code (as below). Insert your personalised code (provided by Cortechs to you by email).

Please tick the 'Share EEG statistics with Cortechs' to receive Progress Reports. This is confidential and will never be shared.



This box tick option is available only upon first opening of our Zip game following download. If you forget to do this the first time, don't panic. It is easily amended.

On Android, go into 'Settings' and find 'Application Manager'. Find Zip app, uninstall and then reinstall the app from Google Play. On Apple, press the game app icon until it shakes and delete using the X. Reinstall from the App Store.

You can tick this box with each fresh installation. With this box ticked, we can report back on your progress across the game sessions. We will use your code number as your identifier. You do not have to be connected to wifi while playing the game; your sessions will be uploaded when you do connect to wifi.



## Playing the Game:

Upon first entry, you will be able to access the first temple (tutorial) at the base of the Misty Mountain where you will learn how to master your powers of focus and relaxation. You need to proceed up through the mountain temples to unlock the mist-covered temples.

**We advise that parents play this game for the first time with 6-8 year olds as there is some reading in the tutorial session.**

(Tutorial ) Temple 1 accessible:

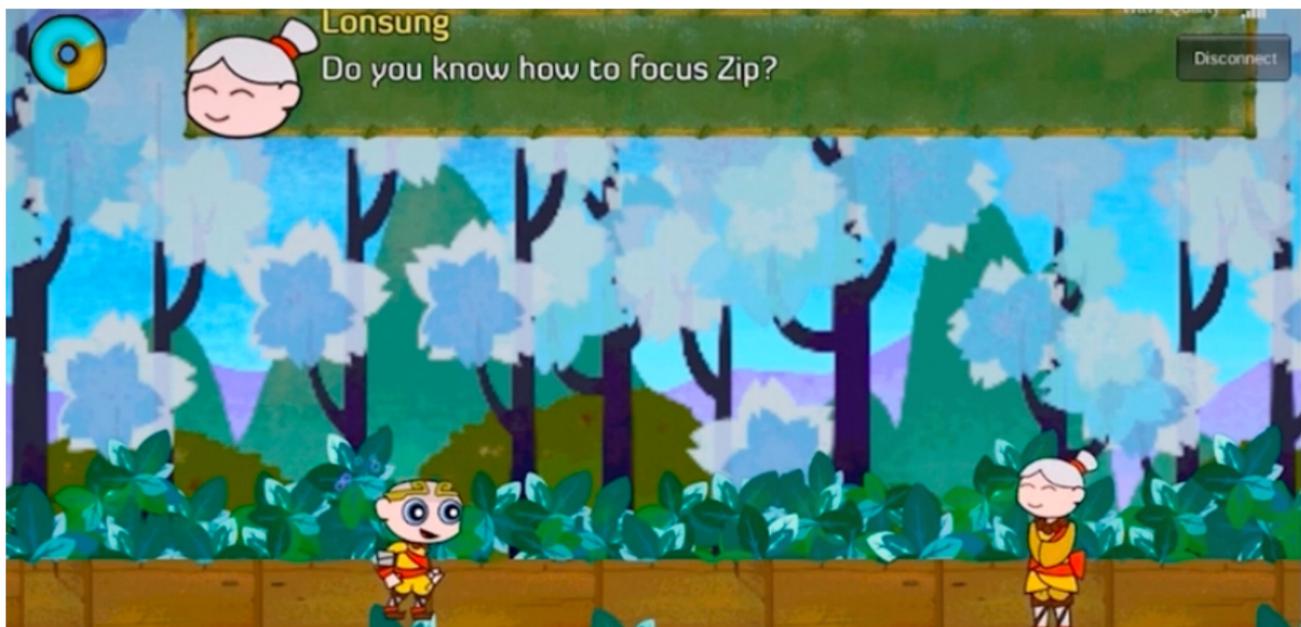


Temple 2 and 3 accessible:



The tutorial has Zip take you to the Monks: Abbot Drang and Lonsung. They will guide you and Zip to understand how to master your brain training powers of focus and relaxation. Lonsung teaches Zip about his brainpower abilities and how to access them. The power of soaring through focus and magnetising gems with relaxation can be achieved.

At the end of the tutorial, you can practise your ability to focus, to fill your focus meter and to relax to become magnetised. You can access this anytime before you proceed to the next level.



### TIP!

The tutorial has Zip take you to the Monks: Abbot Drang and Lonsung. They will guide you and Zip to understand how to master your brain training powers of focus and relaxation. Lonsung teaches Zip about his brainpower abilities and how to access them. The power of soaring through focus and magnetising gems with relaxation can be achieved. At the end of the tutorial, you can practise your ability to focus, to fill your focus meter and to relax to become magnetised. You can access this anytime before you proceed to the next level.



## The Remaining Four Levels:

The important thing to remember in this game is that being able to master concentration & relaxation is behind Zips' success in this challenge.

- When your mind is focused you will see your focus meter (see image below) fill with fuel which gives Zip the ability to soar. When your mind is calm, Zip has the power to become magnetised and attract more gems. Collecting the right amount of gems and soaring allow Zip to complete each of the levels and get to the next temple.
- Ultimately, our aim is to give you and your kids fun, reliable tools to improve your focus. So you must get through each of the 5 temples to get to the Master at the top of the Misty Mountain in the game by reaching and maintaining a focused state. This is monitored using your headset.
- Your ability to concentrate will be tested more the higher you go as you will have more gems to collect and will rely more on your soaring ability (which is fuelled by your focus powers). Most importantly, you will need to use your powers of focus to wake the sleeping monks and abbots!
- Make sure to be as focused as you can to fill your focus meter and access your soaring powers. You must collect as many gems as you can to match the amount needed to access the temple at the end of the level. Deep breaths and keep trying!

## Pausing the Game:

If you ever want to pause the game, press the pause button at the bottom right side of screen and a menu will appear. You can use this to make some changes or to add/remove your real-time brainwave readings from the screen. These are measured (0-1) showing how focused or meditative you are at any one time with 1 being the highest state and 0 being the lowest state on the Attention scale.

## Recommended:

We recommend that you use this game for 20 minutes 3-4 times a week. We will touch base once you complete the game with a progress report.



**John**  
Progress Report  
May 2016



# GO FORTH AND BRAIN-TRAIN!

STARTING SESSION		LATEST SESSION
0%	TIME IN ATTENTIVE ZONE	64%
69%	MAXIMUM FOCUS LEVEL REACHED	91%
0%	MINIMUM FOCUS LEVEL REACHED	50%

If you have any queries, don't hesitate to contact us below:

- Email us at [carmel@cortechs.ie](mailto:carmel@cortechs.ie)
- Visit Cortechs: <http://www.cortechs.ie>
- Follow Cortechs: <https://twitter.com/focusmadefun>
- Like Cortechs: <https://facebook.com/cortechsconnect>