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Re-Introduction to NeurOptimal® 3

All material is privileged information - not for general release at this time.

Hello and welcome Beta Testers - Thank you so much for offering to be on the frontline of beta testing **NeurOptimal® 3**!

This is incredibly exciting and I thought it'd be important to go over all of the information that we looked at years ago at the special Intro of **NO3** to our Reps. Does the image to the right look familiar? Some of it has changed, but mostly we have just developed and built upon the incredible infrastructure that we had in place for that demo. But to say we have come a long way, is an understatement.

At those meetings, we featured the Surface Pro 3 system, running Windows 8 operating system. For some background: The Surface Pro 3 was introduced on June 20, 2014 and Windows 8 was released October 25, 2012. This means that the operating system was in place and had endured the development team's (and my own) intensive testing. We had a stable engineering release that we thought could hopefully be released within that year, with continued incredible amounts of hard work and dedication. But of course things don't always keep to plan and during the summer of 2015, Microsoft announced that Windows 10 would be released July 29, 2015 and then the Surface Pro 4 was released on October 26, 2015.

Because of these hardware and software releases, along with updates from Kodi (originally named XBMC when we started this project) and issues with the visualizer G-Force "playing nice" with the data, we had a few large-scale complications which in turn pushed the original, hopeful, and once possible projected release date of October 15, 2015.

Over the past two and a half years, the development team, which is composed of some of the best LabVIEW programmers on the planet - Fabiola De la Cueva, Darren Nattinger, and Matthias Baudot - have worked tirelessly to mold and program this incredible software under the guidance and direction of the one and only, Dr. Valdeane W. Brown. In turn, I would test to the boundaries of what **NeurOptimal® 3 is** capable of offering. It was a back and forth, intricately choreographed dance that we've had to tune and change over the years, in order to bring you this product.

Val exposed a minute example of the process within the Facebook **NO3 Beta Tester** group, giving you an inside look at one of the tools we utilize to make this dance as seamless as possible - JIRA. It is a tracking tool that has saved us countless hours over the years, and added exponentially to our productivity and communication on bugs, issues, features within the software.

This process continues to this day, and will continue past the public release of **NeurOptimal® 3** so that we can bring you **NO** version 3.1, 3.2, 3.3, etc....

The more you know about **NO 3.0**, the better you can respond to your Clients and Customers about their questions and concerns surrounding **NO3**.

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Tablet Computing and NO3

NO3 is a completely new User Interface based upon a new platform: The Surface Pro
Which uses…

- **Touch** screen technology and the latest touch stylus (pen) and is so advanced that you can use your finger, interacting in a similar way that you do with smart phones
- Based on intuitive, easy to use Gestures, like…
  - **Tap**
  - **Double Tap**
  - **Tap and Hold** (right click functionality)
- Along with Grab and Drag, just like you perform with a mouse on everyone legacy windows laptop
- For this reason, **NO3** is fully backwards compatible with our Legacy Touch Pad laptops!
  This makes our ASUS laptop Beta testers all the more important!

NO3 uses new terminology and is organized differently than NO 2.0 for ease of use, or the overall usability for the end user (you guys!). This required an almost complete rewrite of the program, except for the ***Secret Sauce***, which remains the same, as you would expect.

No more Baselines: Pre-Post "snips" are part of every Session. A wide range of audiovisual formats are supported including iTunes songs and playlists, CDs, DVDs, select streaming audio and video sources.

Multiple Trainers and multiple Locations are supported and can be added by the End User (within **NeurOptimal ® 3** Professional)

Sessions run on Personal systems can be imported into a Professional system

We project that Licensing and Program Updates will not require a MouseCall, in most cases

NO3 also requires embracing the simplicity and elegance of its operation, but brings profound new possibilities for Representatives, Trainers, and the Zengar Community as a whole.

The **Surface Pro** series systems are fully functioning laptop replacements that bring a number of new features:

- Solid State drive instead of hard drive for faster data access
- Active capacitance Surface Stylus
- Auto rotation between landscape and portrait orientation
- Long battery life
- Light weight, easy probability
- Virtual keyboard for ease of tablet's use

- **Tap** --> Select
  A single tap of the stylus or your finger will perform and mimic a single click of a typical mouse. This will 'select' whatever is being tapped on (tiles, icons, etc.).

- **Double Tap** --> Invoke
  A double tap is a shooting technique where two shots are fired in rapid succession at the same target with the same sight picture. Also referred to as a double click. This will 'select', or 'invoke' certain native Windows things (files).
- **Tap and Hold** --> Right click

  In order to invoke the right click drop down menu, a single tap and hold ("long press") of the stylus or finger will bring up a small loading circle and then a right click gesture will occur.

- **Tap, Hold, Drag** --> Drag and drop
  In order to perform a drag and drop motion - a single tap, hold, and then without breaking contact between the surface and stylus or finger, move your stylus or finger and lift it to perform a drag and drop.

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Opening and Closing **NO3**

NOTE: NeurOptimal icon should no longer appear on the desktop - Val would like to release NeurOptimal 3 with a "clean" or bare desktop.

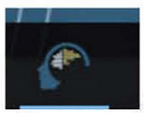
Starting **NeurOptimal® 3** - four different ways

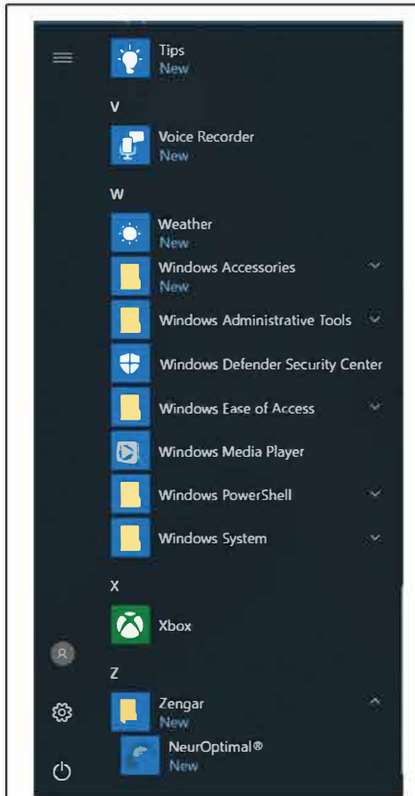
1. Taskbar
2. Start Menu
3. Cortana
4. Zengar Folder

#1 Taskbar: **NeurOptimal ® 3** icon will be pinned to the task bar for usability of opening the program. A single click on the icon will open and load **NeurOptimal ® 3**

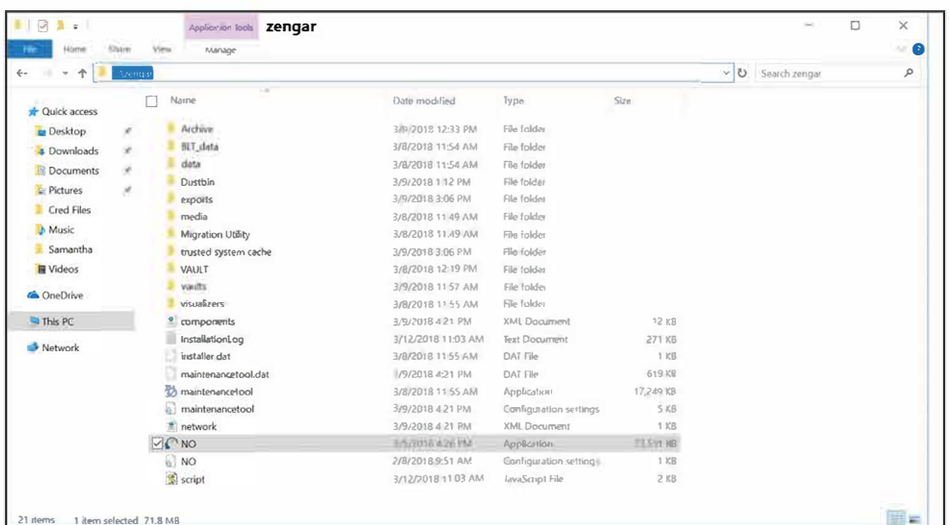
Icon NO3
Program Closed

Icon NO3
Program Opened



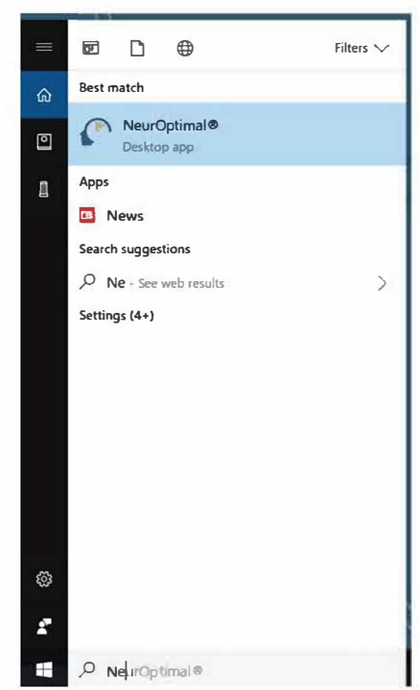


#2 Start Menu: Select the Windows icon, or Windows key on the keyboard, scroll down to "Zengar" and open the folder, within it is **NeurOptimal® 3**



#4 Zengar folder: navigate to c:\zengar and run **NO3** from within the folder by double clicking on NO application.

#3 Cortana: Select into the Cortana search bar ("Type here to search") and type NeurOptimal. Use a single tap, or select <ENTER>, to open and load **NeurOptimal ® 3**



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Once you launch **NO3**, the progress bar "Have You Trained Your Brain Today?" **NeurOptimal® 3** loading window will appear, and show the progress of the software loading.

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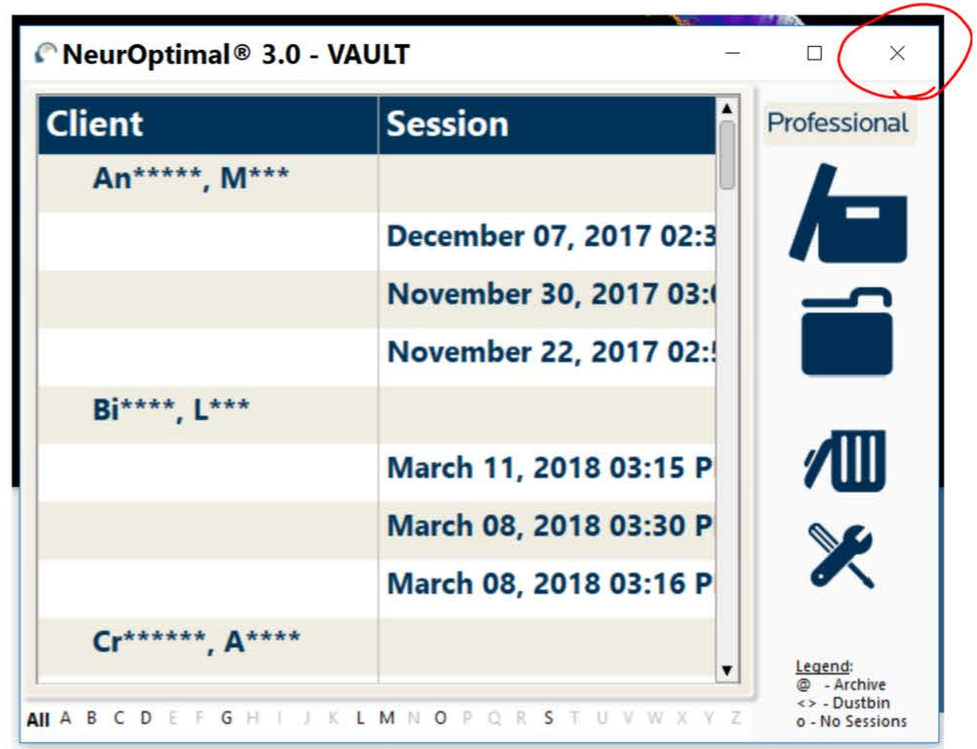
Then **NO3** will actually start up, and will need to load # of 8, starting with checking for updates.

Closing **NeurOptimal® 3** - the **VAULT** (we will get into more detail soon) controls all components of **NO3** so in order to close **NeurOptimal® 3**, and all accompanying components, simply select the X in the upper right hand corner of the **NeurOptimal ® 3** - **VAULT** window. A window showing the progress of each component closing will appear, and once all components have closed, then the icon will no longer appeared selected/open.

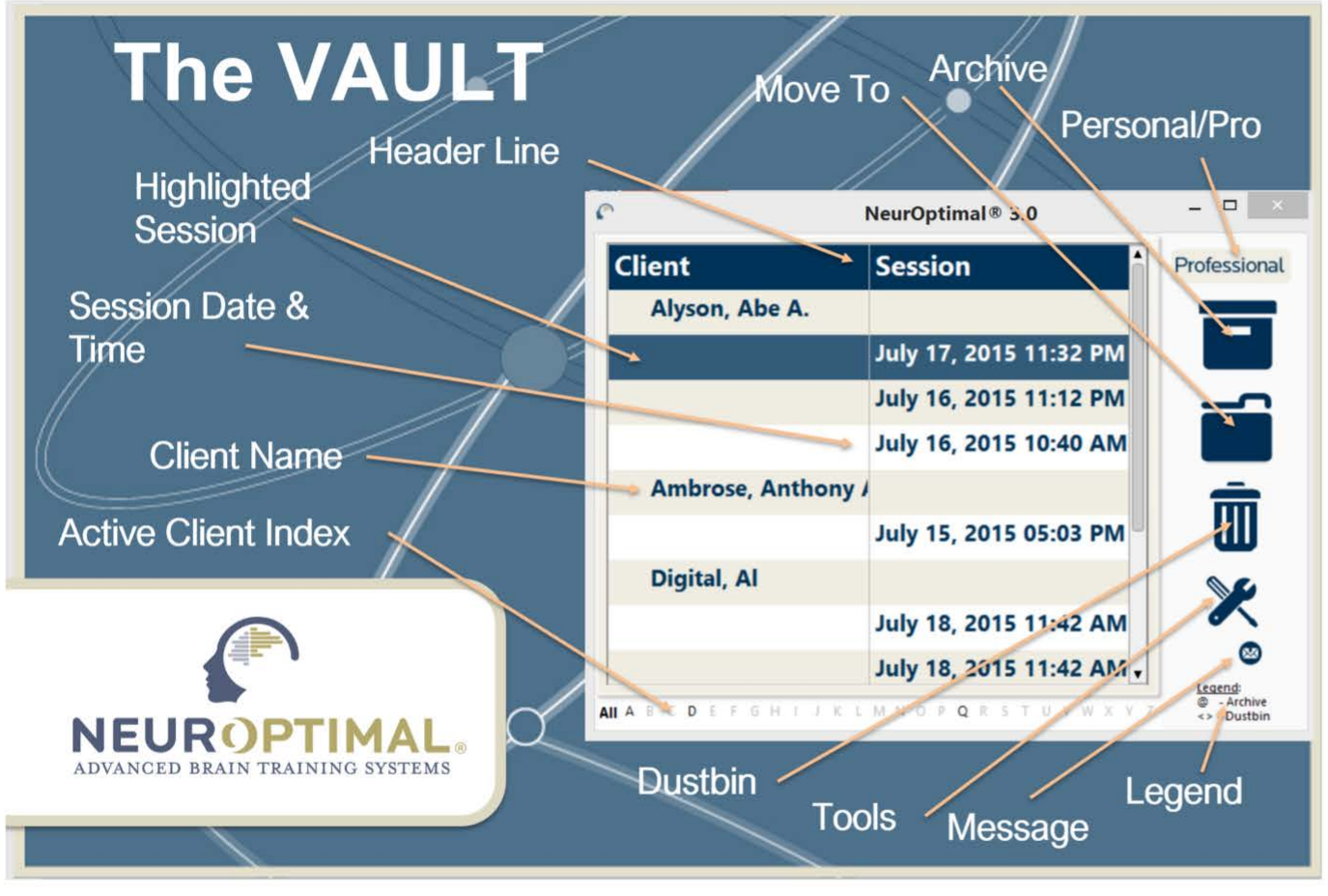


Verify that all components of NO.exe, and NO3 itself, has closed properly:

Icon NO3
Program Closed

Icon NO3
Program Opened

VAULT



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The **VAULT**: It's the Central Hub of NeurOptimal 3!

It organizes access to **Clients**, their **Sessions**, and Displays of those **Sessions**

VAULT stands for Variant Attribute User Lookup Table

It represents the legacy way of listing **Clients** and **Sessions**

Headers of the **VAULT** include Client, Session, Trainer, and Location; two views are:

- Two column VAULT (above photo) showing the Clients listed and their accompanying Sessions
- Four column **VAULT** showing the **Clients** listed with their accompanying **Sessions** and associated **Trainers** and **Locations**

To add a new **Client**, just double tap on the "**Client**" header, or right click on the "**Client**" header and select "Add a **Client**" (more detail found under "Running a **Session**" page to the right)

This kind of functional operation is available through **NO3** - Double Tap or Right Click on an item to invoke it

Want to Start a **Session**?
Double Tap on the **Client** name you'd like to run
Double Tap on the **Session** header and select (Double Tap) the **Client** you'd like to run

Want to Add a **Trainer**?
Double Tap on the **Trainer** header
Right click on the **Trainer** header and select "Add a **Trainer**"

Want to Add a **Location**?
Double Tap on the **Location** header
Right click on the **Location** header and select "Add a **Location**"

... Hopefully you're seeing the pattern! ;) We will go into more detail on each element

VAULT Example to Refer to:

Here is a randomized, populated **VAULT** so I can talk through what some of the elements represent.

You can see there are items within the **Archive** and **Dustbin**, as their "tops" are off (compared to the "resting view" of the icons in the **VAULT** snip above).

According to the **Legend**,

- we can infer that "Sp4, Home office" has been archived since it's been designated with a "@"
- we can infer that "Home" has been deleted since it has a "< >" next to it

We see **Clients** listed as "Cr*******, A****" so we can infer that **Client Confidentiality** has been selected/enabled **(Tools** right click drop down menu**)**.

You can see that I have exposed the **Trainer** and **Location** columns (compared to the two column **VAULT** view above).

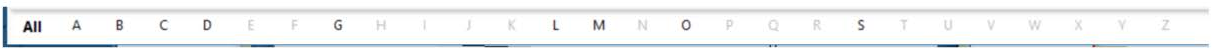
We'll get into what all of these things mean and how to do them in further sections, but just wanted to give a short walk through on what different indicators may mean, feel free to refer back to the photo once you learn about each element.

Navigating the **VAULT**

- Expose **Trainer** and **Location** columns via right clicking on **Client** or **Session** headers and selecting “Show Trainers & Locations”

- "Default Trainer" for **Trainer** and "Default" for **Location** are programmatically set as the default **Trainer** and **Location** for testing and development.

- Use the **Active Client Index** to navigate the **Client** list by selecting the first letter of the last name, or ALL to show all **Clients** listed as active



- Contract or Expand Sessions via the right click menu
  - Headers
  - Clients
  - Sessions

- Scroll bar appears once the area of the **VAULT** is filled in with **Clients** and **Sessions**

- Legend shows the status of the **Clients**, **Sessions**, **Trainers** and **Locations** in respective **VAULT** ('active'), **Archive**, **Dustbin**, etc. corresponding below:

- **Archive** (in pro) is a database to show past **Clients**, **Sessions**, **Trainers**, and **Locations** that are no longer “active” - <u>NOTE</u>: this database feature is not provided within Personal version of **NO3**

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Editing Sessions, Clients, Trainers, and Locations

Any element within the main **VAULT** window can be edited (if **NO3** is within the Professional version). Right clicking on any of the elements (**Clients**, **Sessions**, **Trainers**, or **Locations**) will expose different drop down menus. These menus will allow more interaction with each element and will allow you to edit them, accordingly. Selecting the option of "Edit.." will render the original window that was used to create the element.

For example, if "Edit [Client]" is selected, the window that was filled in to create the **Client**, Client Information window, will show in order to edit the Client's information. This is the case for **Trainers** and **Locations**, as well.

When "Edit This Session" is selected, a new window "Session Information" will render that we have not seen yet. This window will give you all of the information needed on the **Session** selected. This includes the **Trainer**, **Client**, **Location**, Session Type, Actual Duration (in case an issue arises during recording), and media used.

A new feature in **NO3** is the functionality of writing **Notes** during the **Session**. These can be helpful in tracking a **Client's** progress as well. These **Notes** can include anything you, or the **Client**, would like to include. On top of 'during session' **Notes**, there is a feature within the **Session Information** window to include 'after session' **Notes**. These can be helpful to track how the **Client** feels after running a **Session**.

Tool Tips and Context Help

Tool Tips are the messages that appear when the cursor hovers over an icon, image, or other elements in **NO3**. These can be helpful when you are unsure of what a feature does, or how to properly use it.

Going a step further, is the **Context Help** window that can be accessed to give even more information about a particular feature of **NO3**. This window can be rendered via CTRL + H on the keyboard, or via the **Tools** menu. Right click on the **Tools** icon (wrench and screwdriver on the main **VAULT** window) and select "Show Context Help (CTRL+H). This is a separate, floating window that will change depending on what element the cursor is hovering over.

Feel free to expose the Context Help window, or hover over any and all elements within NeurOptimal® 3 while going through this documentation! That will help dramatically in your understanding and utilization of NO3.

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Add a Client, Trainer, Location

First I will go into more detail for Adding a **Client**, **Trainer**, and **Location**…
(if you are past this, feel free to jump to How to Start a **Session**)

Adding a Client

Adding a Client – there are two ways to create a new **Client**:

Double tap on the "**Client**" header, this will bring up the **Client Information** window to input a new **Client**

Right click on the "**Client**" header and select "**Add a Client**", this will bring up the **Client Information** window to add a new **Client**

Within the **Client Information** window, the only necessary information to include is the first and last name of the **Client (**asterisk). Within this window you can enter:

- Gender
- Birthday
- Address
- Phone numbers
- Email and website
- **Trainer**
- any Notes about the **Client** (currently limited to 200 characters)

No special characters can be inputted

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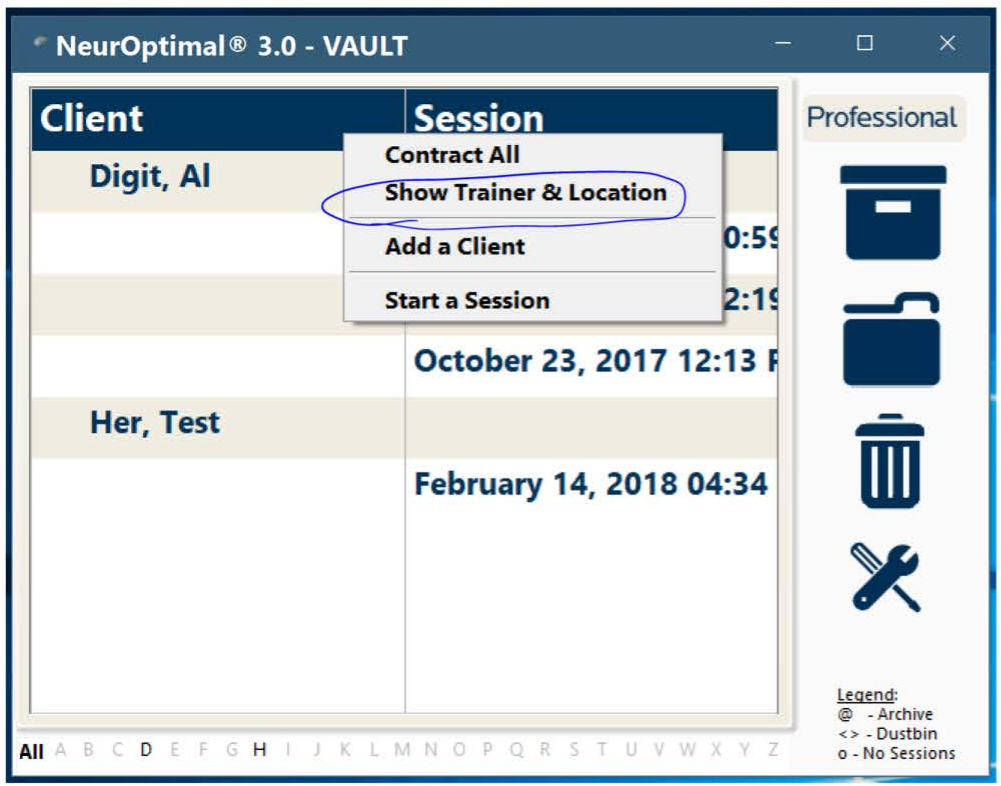
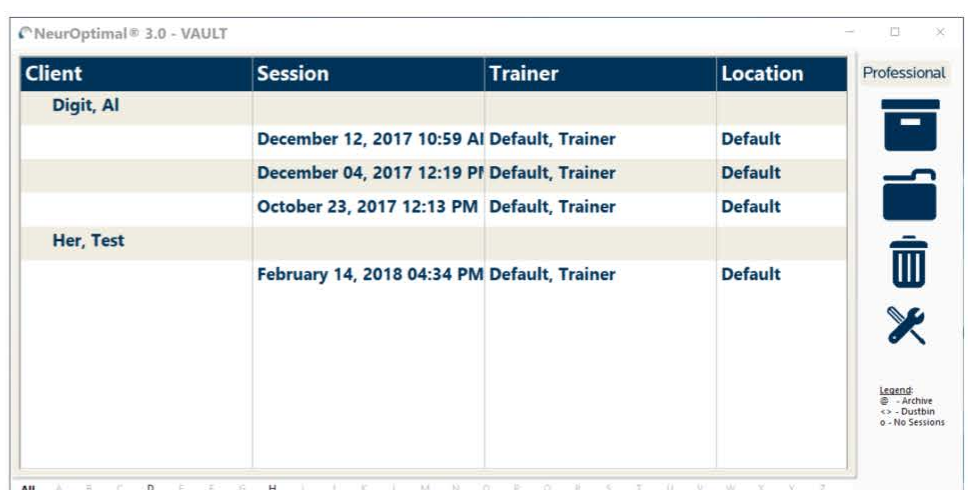
Exposing the four columns of the main VAULT in order to add a Trainer or Location:

Right click on the **Client** or **Session** header and select "Show Trainer and Location" this will invoke the **Trainer** and **Location** headers to show, and alter the main **VAULT** to show four columns instead of two.



Grab and Drag the **Windows Title** Area at the top of the **VAULT** in order to reposition the window (sometimes exposing the extra two columns will shift the window "off the screen")

Grab and Drag the edges of the **VAULT** window to resize it as you'd like!



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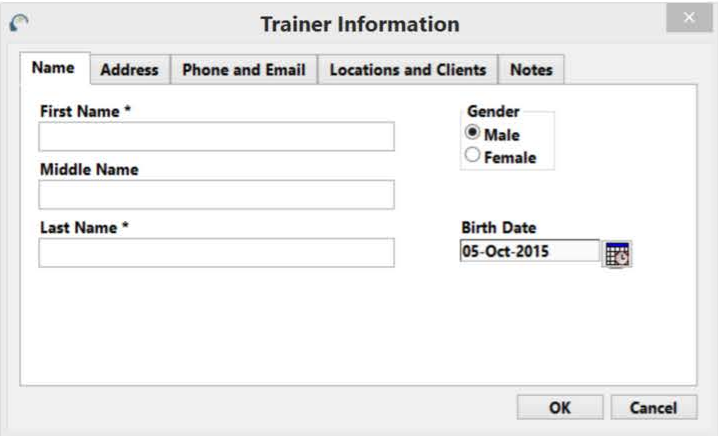
Adding a Trainer and Location



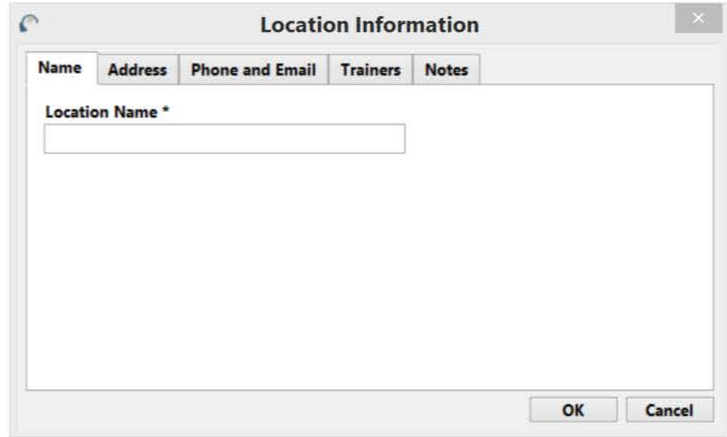
Adding a Trainer – there are two straightforward ways to create a new Trainer:

Double tap on the "**Trainer**" header, this will bring up the **Trainer Information** window to input a new **Trainer.**

Right click on the "**Trainer**" header and select "**Add a Trainer**", this will bring up the **Trainer Information** window to add a new **Trainer.**

Within the **Trainer Information** window, the only necessary information (for the window to accept and create the **Trainer**) is the **Trainer** First and Last Names (asterisk). But within it, you can also enter:

- Gender
- Birthday
- Address
- Phone numbers
- Email and website
- Select and create **Locations**
- Select **Clients** to default to that **Trainer**
- Any Notes on the **Trainer**



Adding a Location – there are two straightforward ways to create a new Location:

Double tap on the "**Location**" header, this will bring up the **Location Information** window to input a new **Location**

Right click on the "**Location**" header and select "**Add a Location**", this will bring up the **Location Information** window to add a new **Location**

You can also add a **Location** within the **Trainer Information** window > **Locations** and **Clients** tab, select <**Add a Location**>

Within the **Location Information** window, the only necessary information (for the window to accept and create the **Location**) is the **Location** Name (asterisk). But within it, you can also enter:

- **Location** Address
- Phone numbers
- Email and website
- Select **Trainers** for that **Location**
- Any Notes about the **Location**

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Right click functionality on headers within the VAULT:

The snip to the left shows the drop down menu when right clicking on the Client header within **VAULT**.

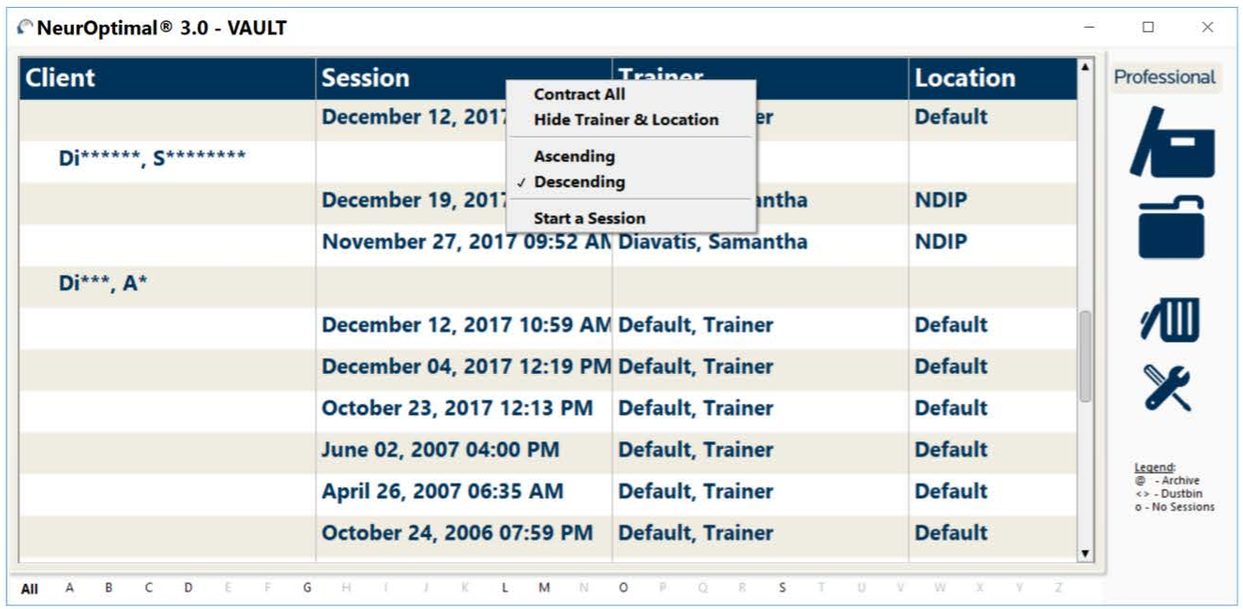
Within this menu, you can:

- **Contract All**: this would contract ALL **Sessions** listed within the **VAULT** so that you only see **Client** names listed. When that is selected, then you'll get the option to "**Expand All**"; which is the opposite and would expose the **Sessions** listed for each **Client**

- **Show/Hide Trainer** and **Location**: in this example, **Trainer** and Location columns are already showing so the option currently would be to **Hide Trainer & Location** columns. If the columns weren't showing, then the option would be listed as "**Show Trainer & Location**"

- **Add a** Client: this option is the same as double clicking on the **Client** header - this will bring up the Client Information window in order for you to create a new **Client**

- Start a **Session**: this option will bring up separate dialog window asking '**Which Client**' so that you can select which **Client** you'd like to start a new **Session** on



This snip to the left shows the drop down menu when right clicking on the **Session** header within **VAULT**.

Within this menu, you can:

- **Contract All**: this would contract ALL **Sessions** listed within the **VAULT** so that you only see **Client** names listed. When this option is selected, then you'd get the option to "**Expand All**"; which is the opposite and would expand the **Sessions** listed for each **Client**

- **Hide Trainer & Location**: in this example, **Trainer and Location** columns are already showing so the option currently would be to **Hide Trainer & Location** columns. If the columns weren't showing, then the option would be listed as "**Show Trainer & Location**"

- **Ascending** vs. **Descending**: select to show the **Sessions** listed in **Ascending** or **Descending** order from **Session** run

- **Start a Session**: this option will bring up separate dialog window asking '**Which Client**' so that you can select which **Client** you'd like to start a new **Session** on

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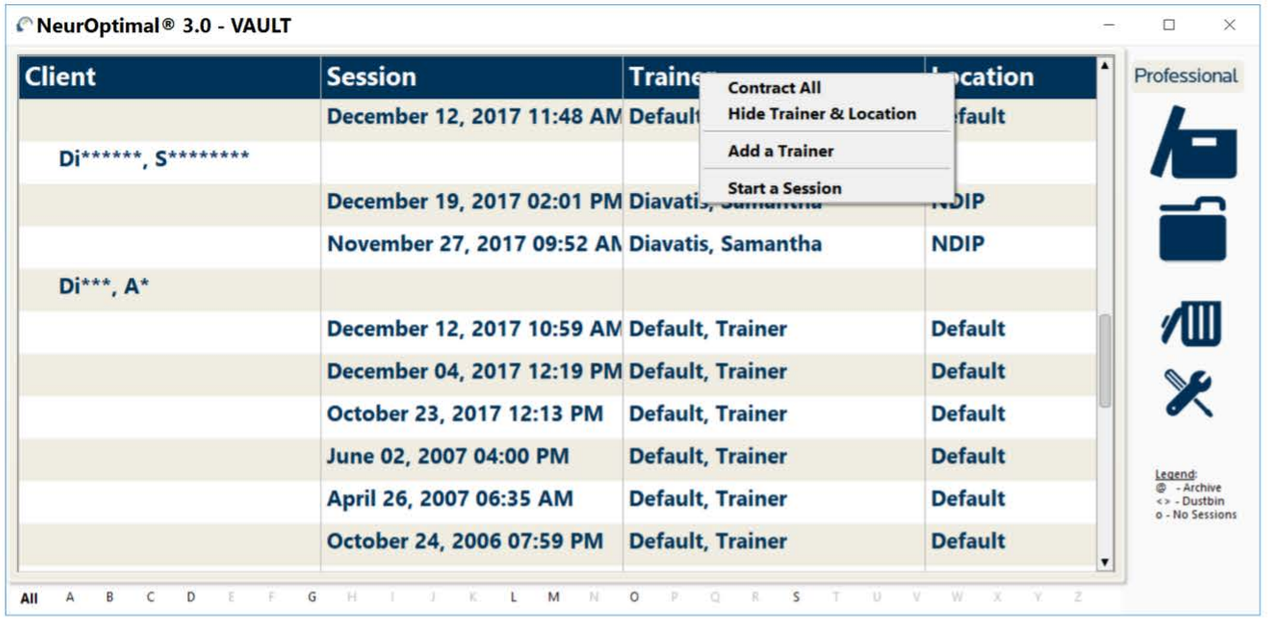

This snip to the left shows the drop down menu when right clicking on the Trainer header within VAULT.

Within this menu, you can:

- **Contract All**: this would contract ALL **Sessions** listed within the **VAULT** so that you only see **Client** names listed. When this option is selected, then you'd get the option to "**Expand All**"; which is the opposite and would expand the **Sessions** listed for each **Client**

- **Hide Trainer & Location**: in this example, **Trainer and Location** columns are already showing so the option currently would be to **Hide Trainer & Location**. If the columns weren't showing, then there wouldn't be an option to expose this drop down menu

- **Add a Trainer**: this is option is the same as double clicking on the **Trainer** header; this will bring up the **Trainer Information** window so that you're able to create a new **Trainer**

- **Start a Session**: this option will bring up separate dialog window asking '**Which Client**' so that you can select which **Client** you'd like to start a new **Session** on

This snip to the left shows the drop down menu when right clicking on the Location header within **VAULT**.

Within this menu, you can:

- **Contract All**: this would contract ALL **Sessions** listed within the **VAULT** so that you only see **Client** names listed. When this option is selected, then you'd get the option to "**Expand All**"; which is the opposite and would expand the **Sessions** listed for each **Client**

- **Hide Trainer & Location**: in this example, **Trainer** and **Location** columns are already showing so the option currently would be to **Hide Trainer & Location**. If the columns weren't showing, then there wouldn't be an option to expose this drop down menu

- **Add a Location**: this is option is the same as double clicking on the **Location** header; this will bring up the **Location Information** window so that you're able to create a new **Location**

- **Start a Session**: this option will bring up separate dialog window asking '**Which Client**' so that you can select which **Client** you'd like to start a new **Session** on

Right click functionality on items within VAULT:

The snip to the left shows the drop down menu when right clicking on a **Client** listed within **VAULT**.

Within this menu, you can:

- **Contract Sessions for** "%": This will contract all **Sessions** listed under the specific **Client**
- **Edit** "%": This option will bring up the **Client Information** window that you originally used to create the **Client** (look under "**Add a Client, Trainer, Location**). In this window you can edit the **Client information**.
- **Delete** "%": This option will send the item to the **Dustbin**. Since it is the **Client**, ALL **Sessions** associated with the **Client** would be sent to the **Dustbin**. Dragging and dropping the item over the **Dustbin** icon has the same behavior
- **Archive** "%": This option will send the item to the **Archive**. Since it is the **Client**, ALL **Sessions associated** with the **Client** would be sent to the **Archive**. Dragging and dropping the item over the Archive icon has the same behavior.
- **Copy** "%" To: This option will make a copy of the **Client** and all associated **Sessions** and give you the option to send them to a **Vault**, or you can create a new vault if one has not already been created.
- **Move** "%" To: This option will move the **Client** and all associated **Sessions** to a vault or give you the option to create a new vault if one has not already been created. This means that these items (**Client** + **Sessions**) will be removed from the **VAULT** permanently. They can be re-imported back into the program if you export the vault, but this action is not simply reversed/un-done.
- **Start a Session for** "%": This option will start a new **Session** for the **Client** selected.

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This snip to the left shows the drop down menu when right clicking on a **Session** listed within **VAULT**.

Within this menu, you can:

- Edit This **Session**: This option will bring up the **Session Information** window so that you can see information about the specific **Session**, and make edits to the information.

- **Playback This Session**: This option will Playback the **Session**; this will bring up the **TRAIN Player**, **Matrix Mirror**, etc. to playback the **Session**. Media can be played during Playback but won't automatically start.

- **Tunnels**: This option will load the specific **Session** into the **Tunnels** window.

- **Waterfalls**: This option will load the specific **Session** into the **Waterfalls** window.

- Delete This **Session**: This option will send the **Session** to the **Dustbin** to be permanently deleted. Same behavior as dragging and dropping the **Session** over the **Dustbin** icon.

- Archive This **Session**: This option will send the **Session** to the **Archive** to no longer be "active" in the **VAULT**. Same behavior as dragging and dropping the **Session** over the **Archive** icon.

- Copy This **Session** To: This option will copy this specific **Session** to be copied to a newly created **vault**. Same behavior as dragging and dropping the **Session** over the **Move To** icon and selecting "Copy".

- Move This **Session** To: This option will move the specific **Session** to a newly created **vault**. This is the same behavior as dragging and dropping the **Session** over the **Move To** icon and selecting "Move".

- Start a Session for "%": This option will start a new **Session** for the **Client** who ran this specific **Session**.

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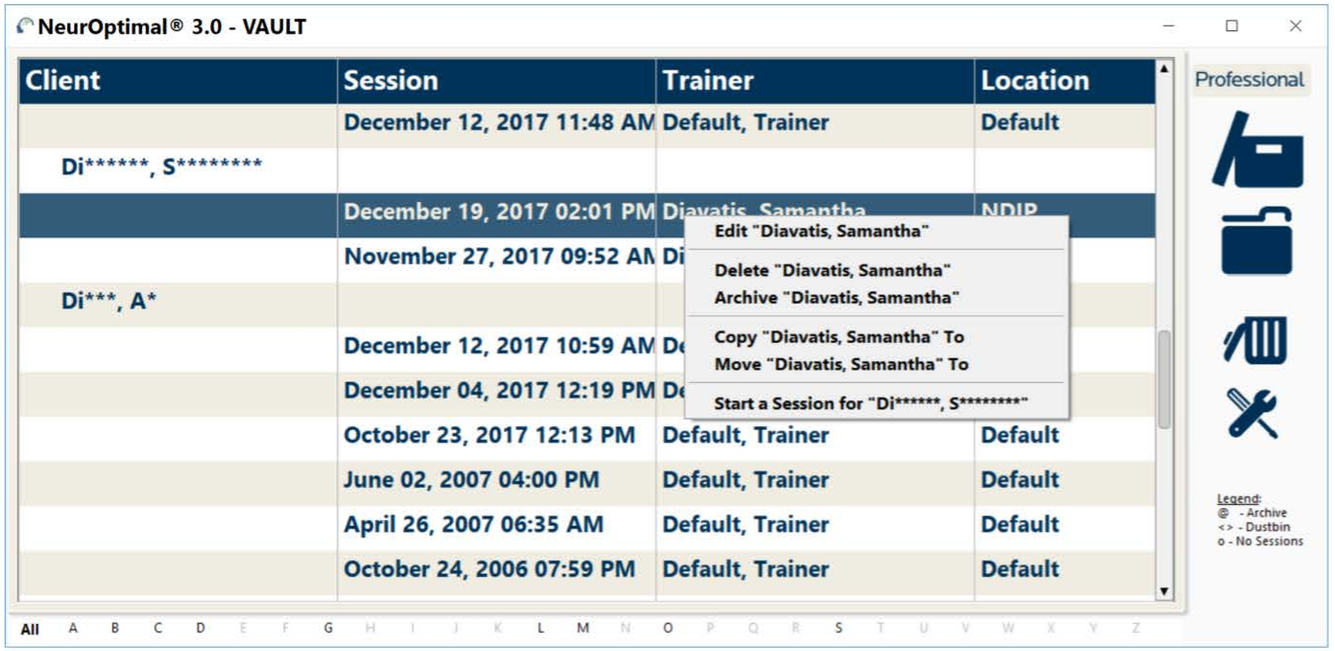


This snip to the left shows the drop down menu when right clicking on a **Trainer** listed within **VAULT**.

Within this menu, you can:

- Edit "%": This option will bring up the **Trainer Information** window originally used to create the **Trainer**. This gives you the option to edit the information originally provided for the specific **Trainer**.
- **Delete** "%": This option will send the **Trainer** to the **Dustbin** to be permanently deleted.
- **Archive** "%": This option will send the **Trainer** to the **Archive** to no longer be "active" in the main **VAULT**.
- Copy "%" To: This option will copy the specific **Trainer** and send it to a newly created **vault**.
- Move "%" To: This open will move the specific **Trainer** to a newly created vault.
- Start a **Session** for "%": This option will start a new **Session** for the **Client** who ran this **Session** that is highlighted.

This snip to the left shows the drop down menu when right clicking on a **Location** listed within **VAULT**.

Within this menu, you can:

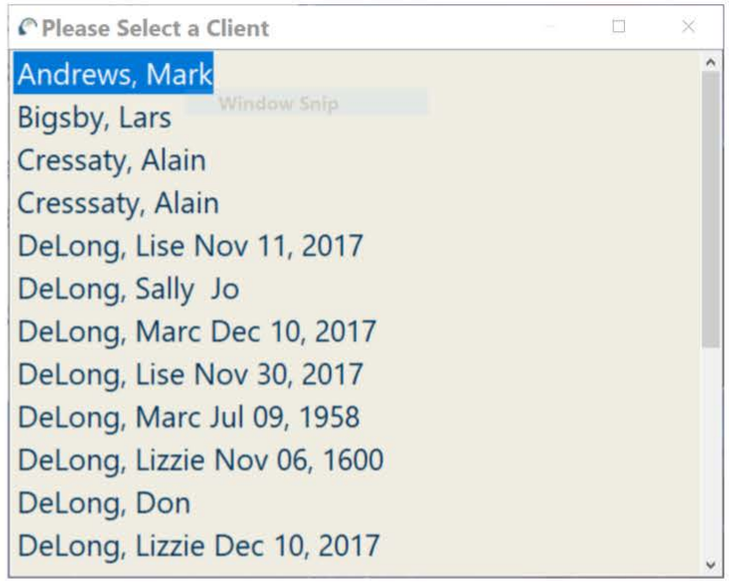
- Edit "%": This option will bring up the **Location Information** window originally used to create the **Location**. This gives you the option to edit the information originally provided for the specific **Location**.
- Delete "%": This option will send the **Location** to the **Dustbin** to be permanently deleted. **Archive** "%": This option will send the **Location** to the **Archive** to no longer be "active" in the main **VAULT**.
- Copy "%" To: This option will copy the specific **Location** and send it to a newly created **vault**.
- Move "%" To: This open will move the specific **Location** to a newly created **vault**.
- Start a **Session** for "%": This option will start a new **Session** for the **Client** who ran this **Session** that is highlighted.

How to Start a Session

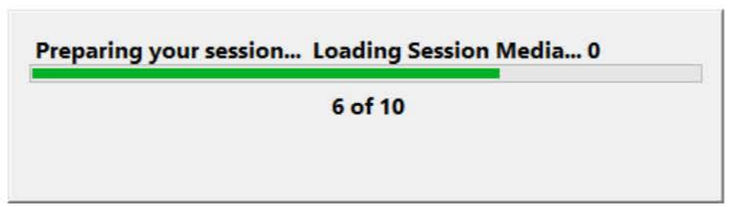
Double Tap or Right Click options

- Double tap on a **Client**, **Session** auto starts for that **Client**
- Double tap on the **Session** header > "**Please Select a Client**" > double tap on **Client** to run a **Session** for
- Right click on a **Client** > "**Start a Session for** '%'"
- Right click on a previously recorded **Session** > "**Start a Session for** '%'"
- (pro only) Right click on **Trainer** listed in **VAULT** > "**Start a Session for** '%'"
- (pro only) Right click on a **Location** listed in **VAULT** > "**Start a session for** '%'"
- Right click on **Client** header > "**Start a Session**" > "Please select a Client", double tap on the **Client** to run
- Right click on **Session** header > "**Start a Session**" > "**Please Select a Client**" and double tap on the **Client** to run
- (pro only) Right click on the **Trainer** header and select "**Start a Session**" > "**Please Select a Client**" and double tap on the **Client** to run
- (pro only) Right on the **Location** header and select "**Start a Session**" > "**Please Select a client**" and double tap on the **Client** to run

Please Select a Client window that will appear whenever you select "Start a Session" without designating which **Client** to **Start a Session** for



This "Preparing your session..." window will appear when you first start a **Session**, it shows you the progress of the **Session** starting, and all items # of 10 need to be loaded in order for a **Session** to properly start.



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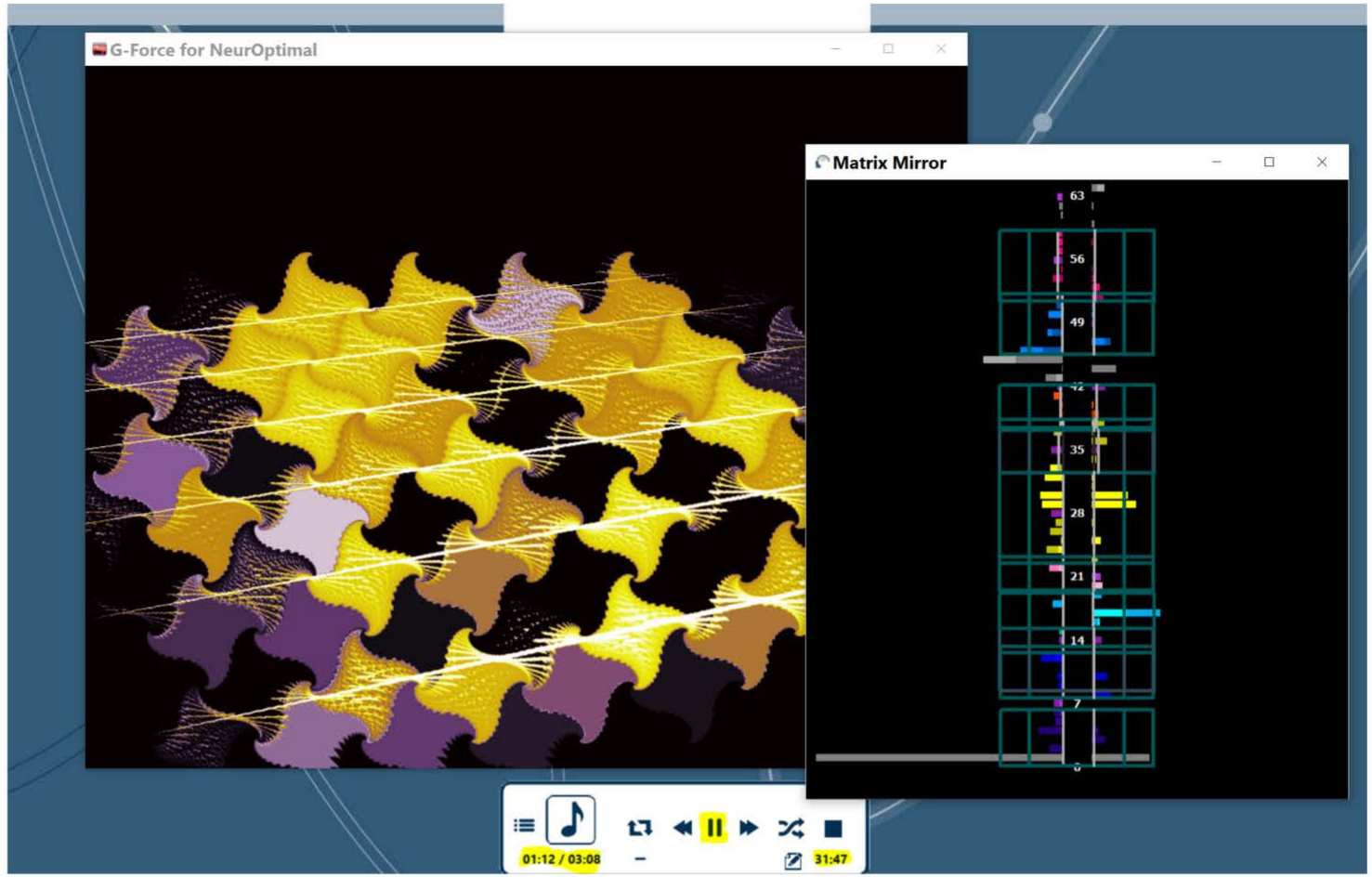
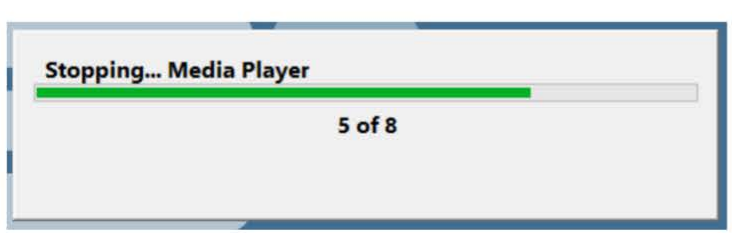
You know a **Session** has started correctly when..

- The **Matrix Mirror** window shows activity
- **Zengar** music is playing
- Remaining time is **Session** timer ticks down
- **Elapsed/Total time** of current media is ticking up
- **NOMP** shows as **Session NOMP** (Remaining time in **Session** timer appears, **Stop** icon appears, **Notes** icon appears)

Verify that all of this is functioning properly before running a **Session**; if any of one of these things are not working properly - the **Session** will not run properly.

Highlighted on **NOMP**: Elapsed/Total Media timer, Pause icon showing (verifying the media and **Session** are "playing"), Remaining Time in **Session** Timer populated and ticking down.





If you need to end a **Session** early, select the **Stop** icon within **NOMP**,
A window declaring "Stopping..." will appear, and all # of 8 need to process in order for the **Session** to end properly. **VAULT** will reappear, and verify that **NOMP** goes back to "resting" state.

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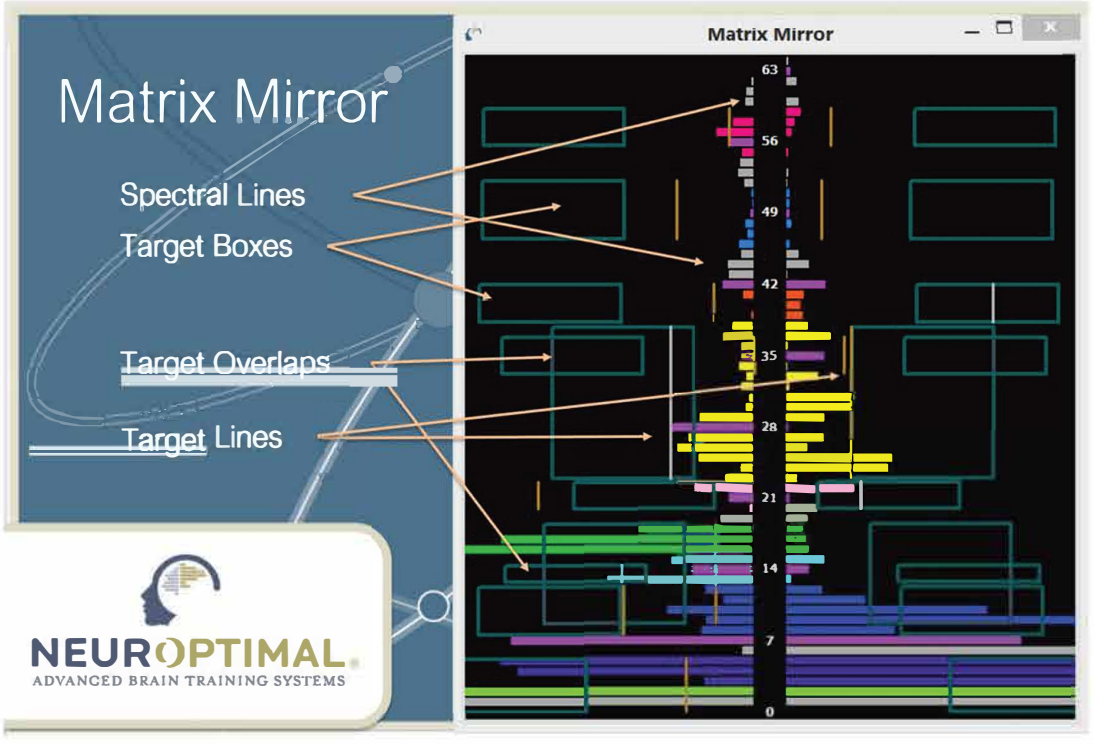
Matrix Mirror

Note: **Spectra** line colors have been changed, the image below is for learning purposes only.



Earlier versions of **NeuroCare Pro ™** used the **Matrix Mirror**

Spectra and **Targets** were layered on top of each other and you had to grab and drag each of the 16 **Targets** to change their thresholds

NO3 brings back the **Matrix Mirror** - with some new Features - no longer having to grab and drag each **Target**

The **Matrix Mirror** integrates **High Hertz Target**s into the new, default 20 **Targets**

You can change the **Vertical Scale** of the **Matrix Mirror**

You can separate **Spectra** and **Targets** and set different **Time-Frequency Scale** for each

You can migrate the **Time-Frequency Scale** of one to the other

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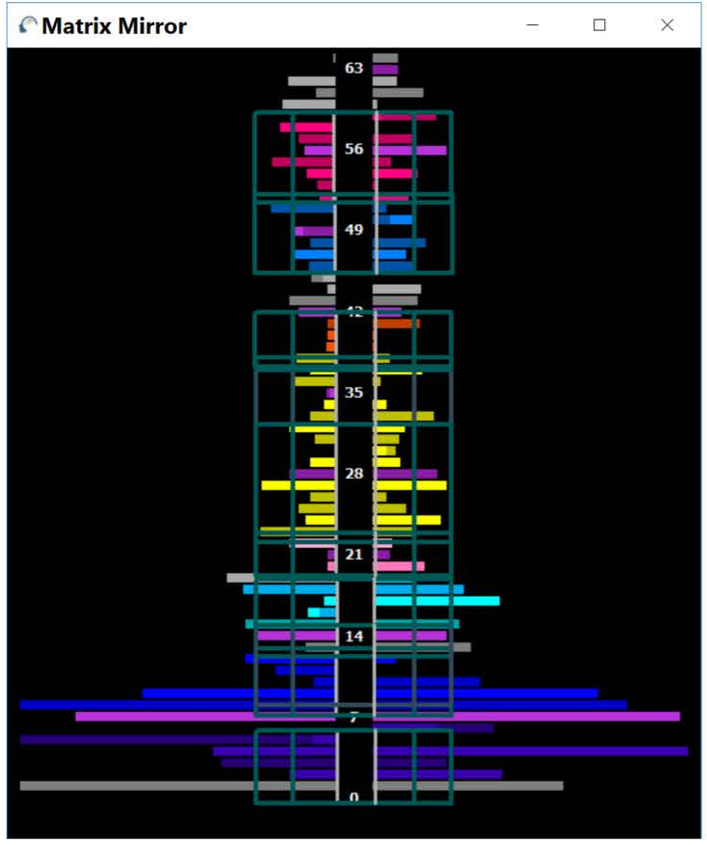
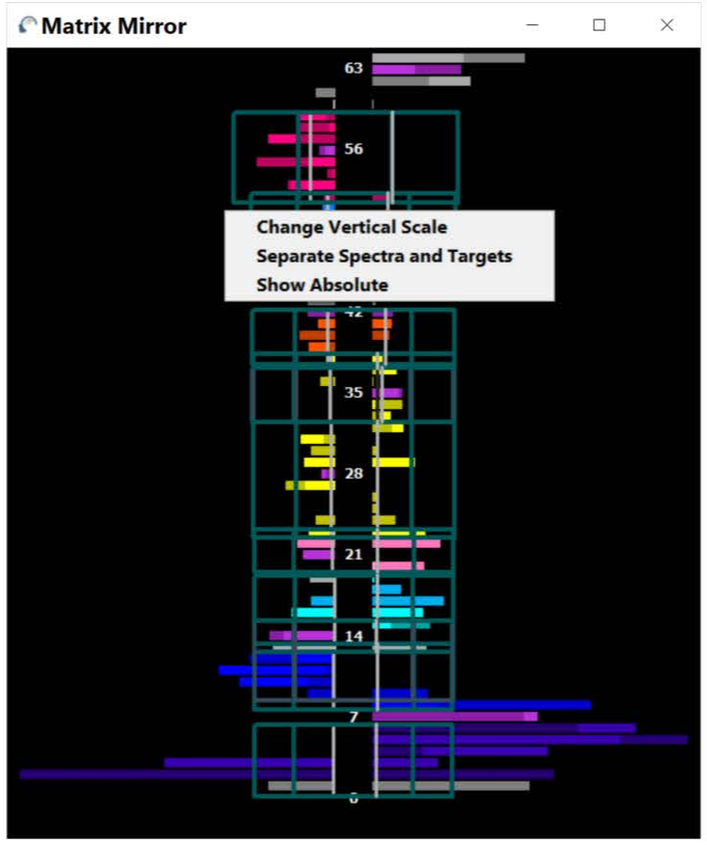
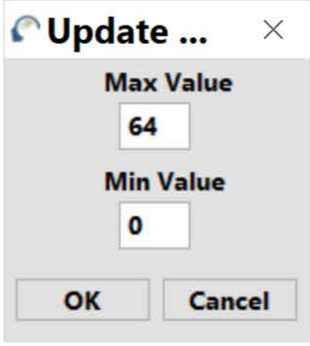




The snip to the far left is a recent view of the **Matrix Mirror**. The snip to the direct left shows the right click menu when you right click within the **Matrix Mirror**.

Within this menu, you can:

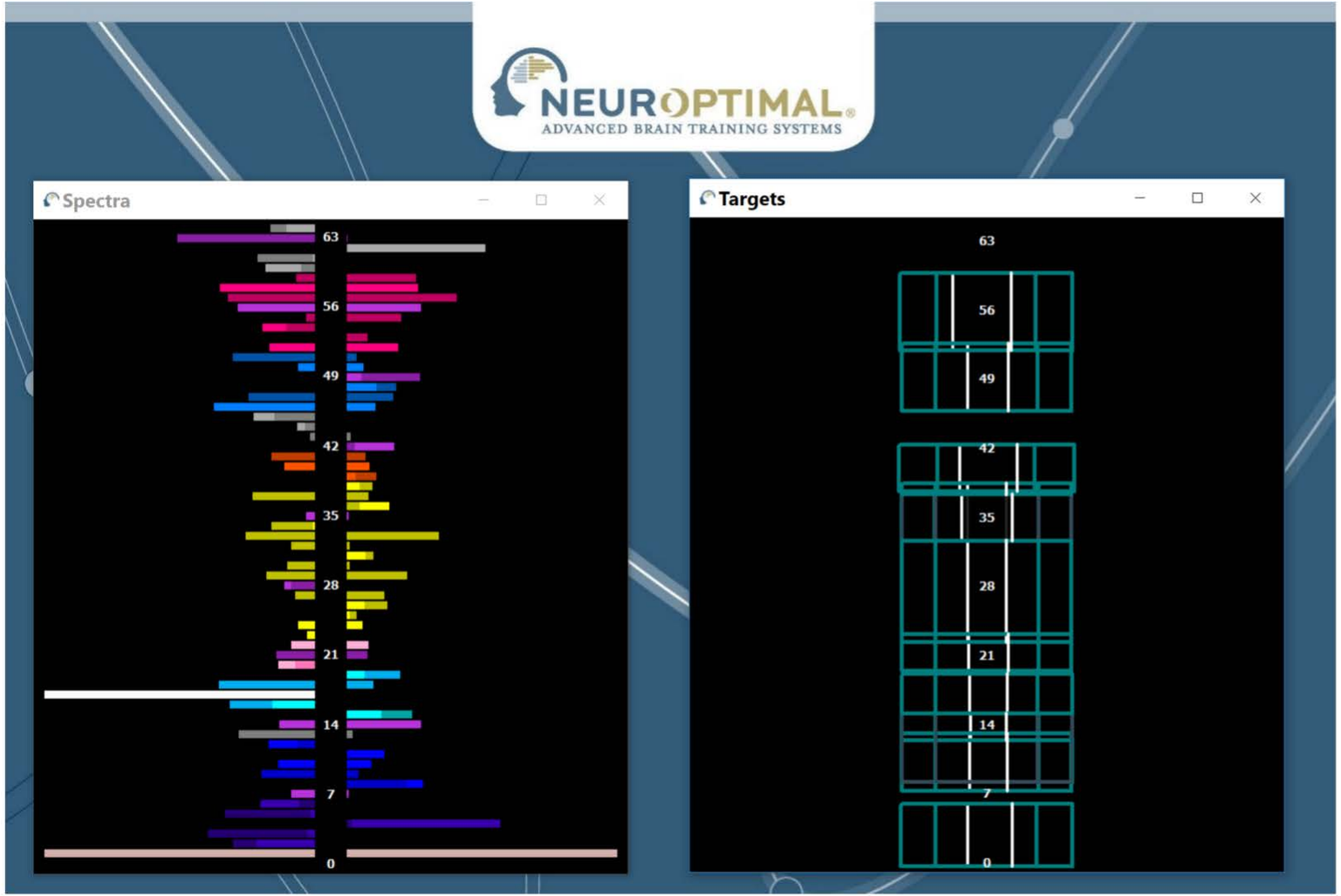
- Change the **Vertical Scale** - see snip below
- Separate **Spectra** and **Targets** - separate the **Matrix Mirror** into two windows\
- **Show Absolute** - Select to **Show Absolute** vs. **Show Imaginal**



This is the **Vertical Scale** window that appears whenever you select to **Change Vertical Scale** within **Matrix Mirror**, **Spectra** or **Targets**.

The values can be set to be anywhere between 0 as the **Min Value**, and 64 as the **Max Value**.

These scales can be shifted from **Targets** to **Spectra** if you separate the **Matrix Mirror** and set the scale in one, and then want to see the same scale in the other window.



The snip to the left shows the **Matrix Mirror** separated into two windows: **Spectra** and **Targets**

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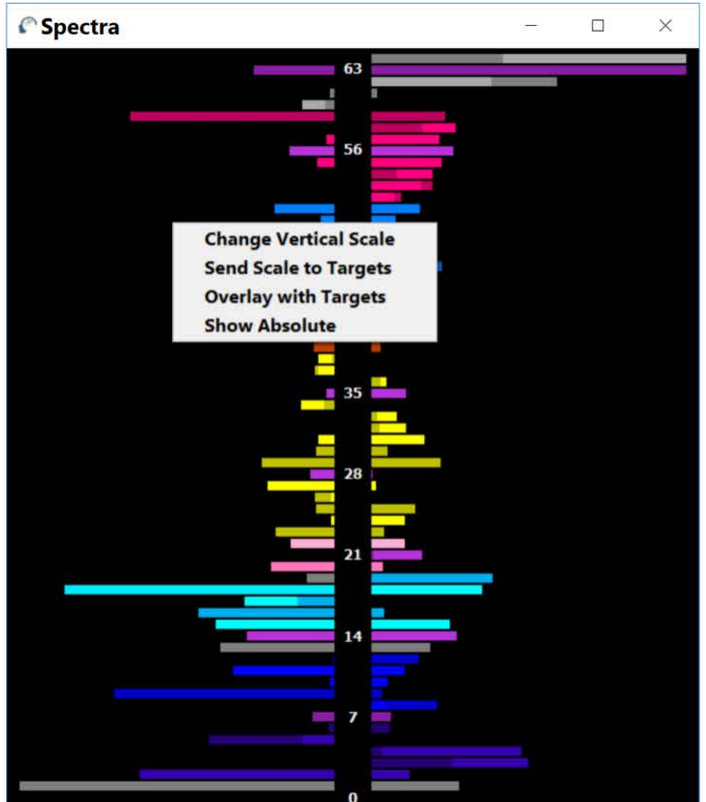

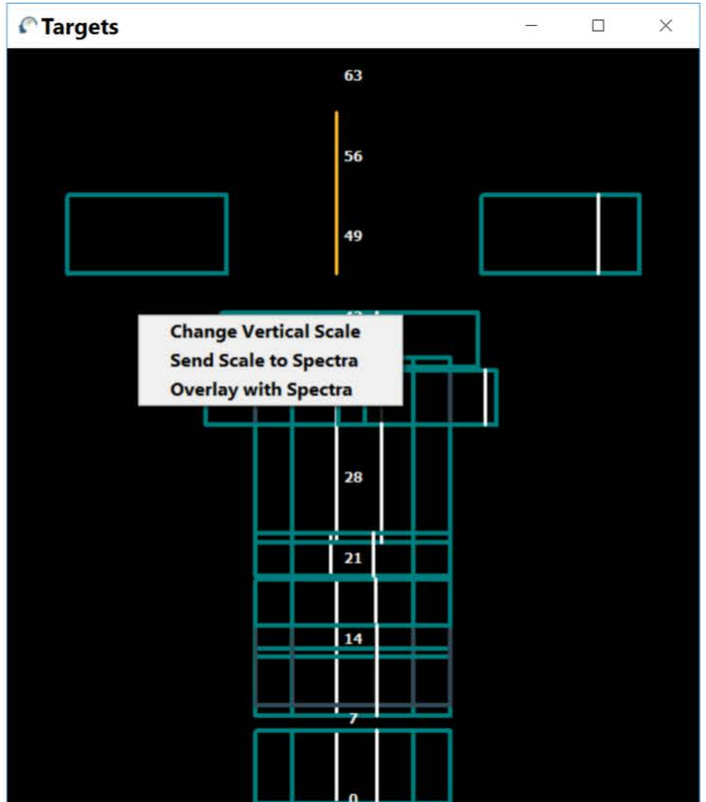

The snips to the left show the right click menu options whenever you right click within **Spectra** and **Targets** windows, respectively.

Within these menus, you can:

- Change the **Vertical Scale** specific to one window
- Send the Scale designated in one window (**Spectra**, for example) to the other window (**Targets**, in this example)
- Select to **Overlay** the Targets/Spectra over the other to combine them back into the **Matrix Mirror**
- Select to **Show Absolute** vs. **Show Imaginal** in **Spectra**

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Edit a Session

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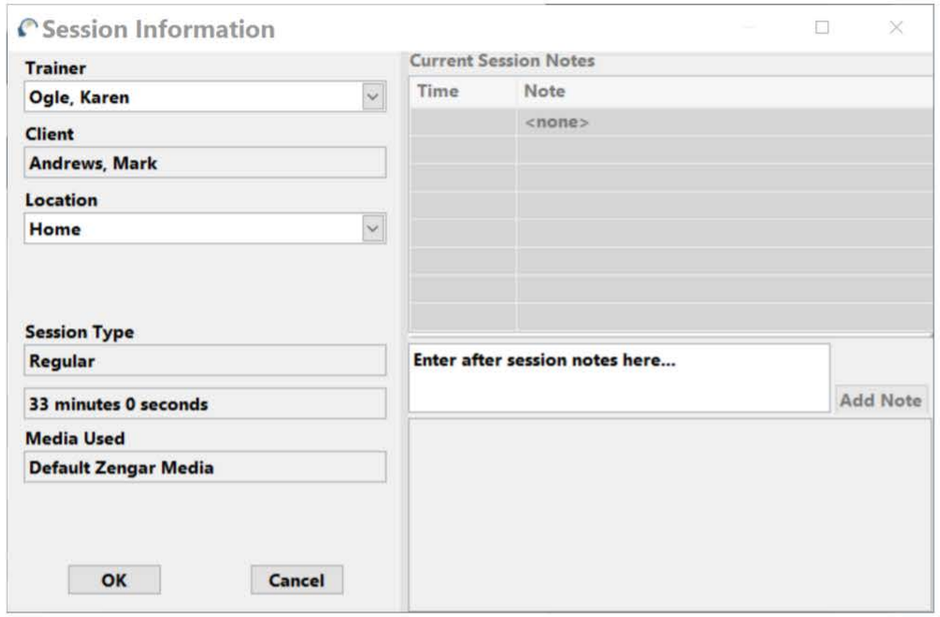
After you run a **Session** within **NeurOptimal® 3**, you can right click on the **Session** and select "Edit This Session" in order to view and edit the information pertaining to the specific **Session**.



Here is a **Session Information** window after a **Regular Session**.

From the window, you can see who ran the **Session**, the **Trainer** and **Location** of the **Session**, type of **Session** and **Actual Duration** ("33 minutes 0 seconds"), and the Media Used primarily during the **Session**.

In this specific example, I did not type any **Session Notes** in during the **Session**. If I had, they would be listed under "Current Session Notes" with the time stamp of when I selected the **Notes** icon on **NOMP**.

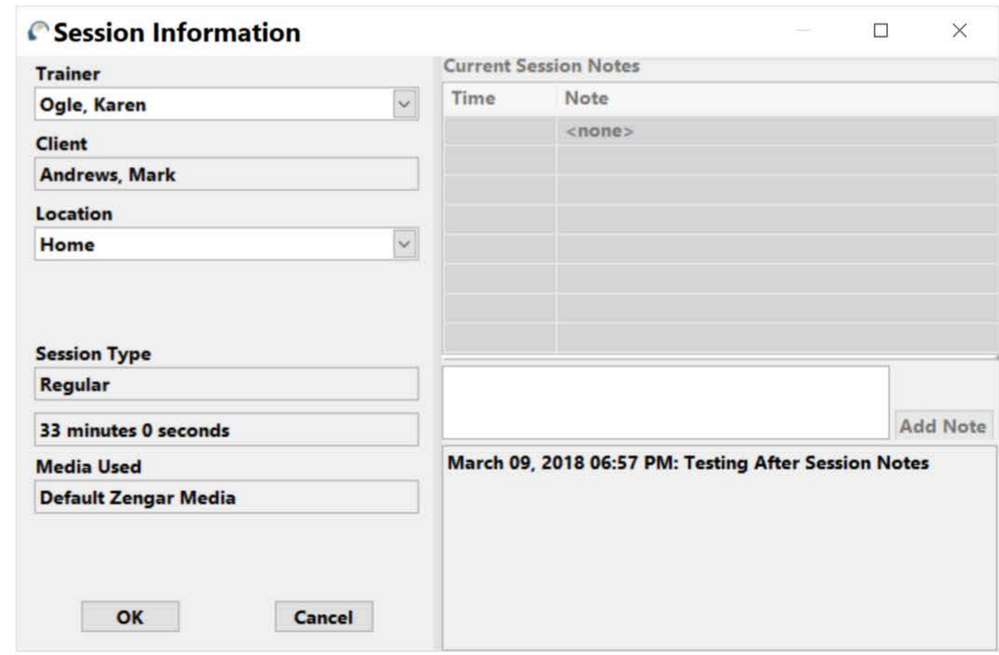
However, to show you **After Session Notes**, I have typed in an example in the snip below.

Here is the same **Session Information** window on the same **Session**, but after I entered in an **After Session Notes** within the entry field next to the "Add Note" button.

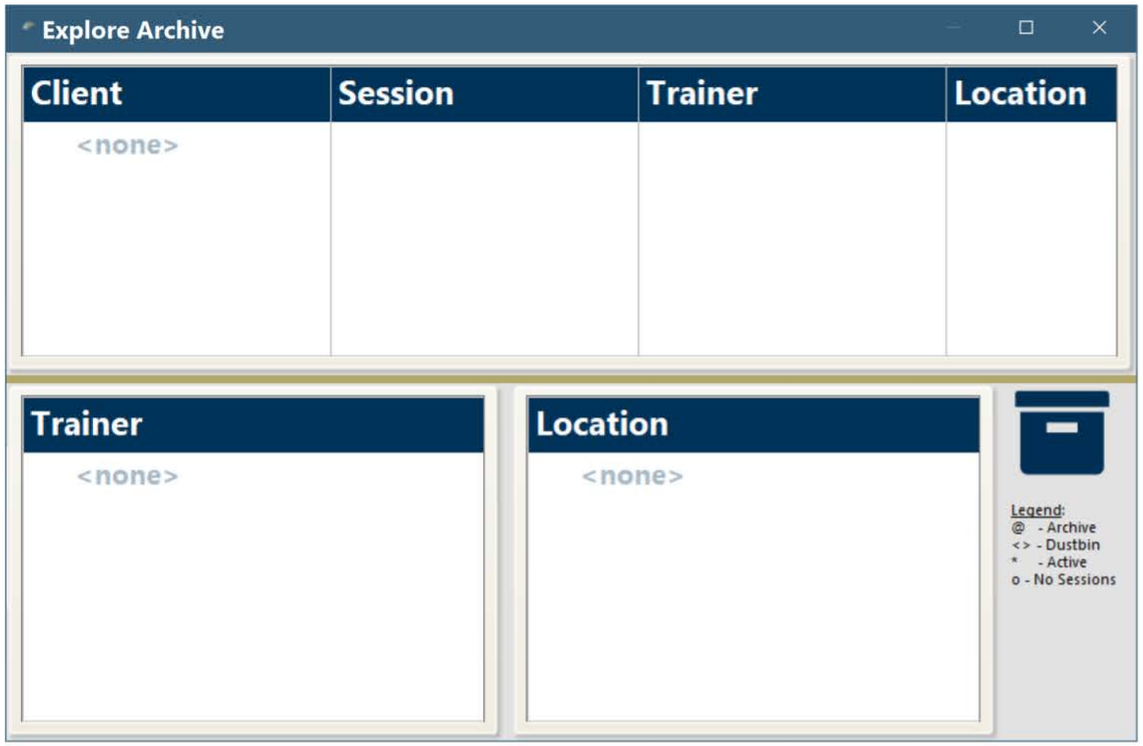
I simply typed in my example **Note**, "Testing After Session Notes", and selected Add Note. You see that the **After Session Note** was listed and time stamped in the After Session Notes History.

Once an **After Session Note** has been entered, you cannot editor delete it. If you've entered a **Note**, or made an edit within the window, by accident - you can select Cancel or X on the window and revert the changes you made.

Note: Need to select "OK" for changes to remain.



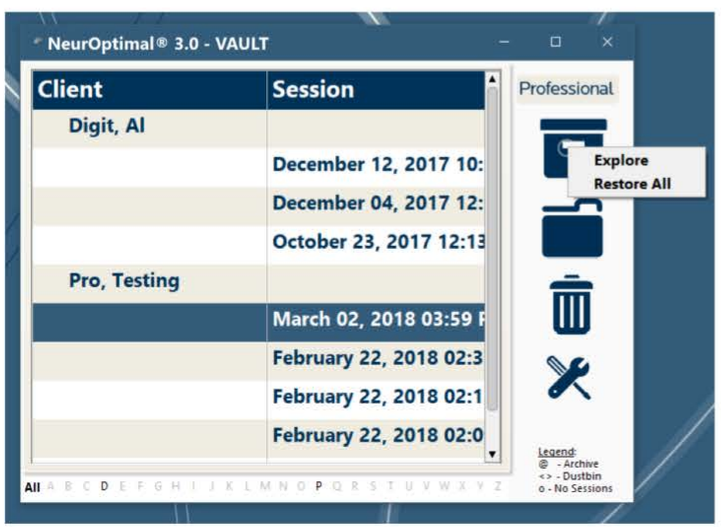
Archive



The **Archive** is a feature of **NeurOptimal® 3** that allows you to save old **Sessions**, **Clients**, **Trainers**, or **Locations** if they are no longer in use, but could potentially be used again in the future. This is helpful for a **Client** that may be taking a break in training, or if a **Client** has moved away, or if a **Trainer** is no longer used. Basically it's a storage for elements that you don't necessarily want to delete, but you don't want them cluttering up the main **VAULT**.

Archiving Clients, **Sessions**, **Trainers**, or **Locations** is relatively straight forward. There are two different ways to **Archive** each element. Any item that you want to **Archive** can be done either by right clicking on it, and selecting the "**Archive**.." option. Or the item can simply be dragged and dropped over the **Archive** icon on the main **VAULT** window. The **Archive** is used for items within the main **VAULT** that you don't necessarily want to delete completely, but don't want to have cluttering up the main **VAULT**.

The **Archive** is organized by **Sessions**, and then will list the corresponding **Client**, **Trainer**, and **Location**. Or if it is a **Trainer/Location** being **Archived**, then it will show at the bottom of the **Archive** window within the single column headers pertaining to Trainers or **Locations**, respectively. Any item within the **Archive** is no longer "active" and therefore will be referred to as "archived". The legend at the bottom of the **Archive** explains what status the item is in.



Navigate to the "E**xplore Archive**" window by double clicking on the **Archive** icon, or right clicking and selecting "**Explore**" as shown in the snip to the left. From this drop down menu, you can also select to **Restore All items f**rom the Archive back into the Main **VAULT**.

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This is an example of a populated **Archive**. At this point, I have dragged and dropped items over the **Archive** icon on **VAULT**, or I have right clicked on an item (Client, Session, Trainer, or Location) and selected to "Archive..."

According to the legend, the "@" sign designates an item that has been archived. We see in the snip to the left that the two **Clients** have been archived, but the **Trainer** and Location associated with each **Session** that have not been archived, and are designated with a "*" that, according to the legend indicates that those items are still "active" aka located within the **VAULT**.

You can see that "**Home Office"** has been archived and is shown as such listed related to the archived **Session**, and also is listed under the "**Location**" header.

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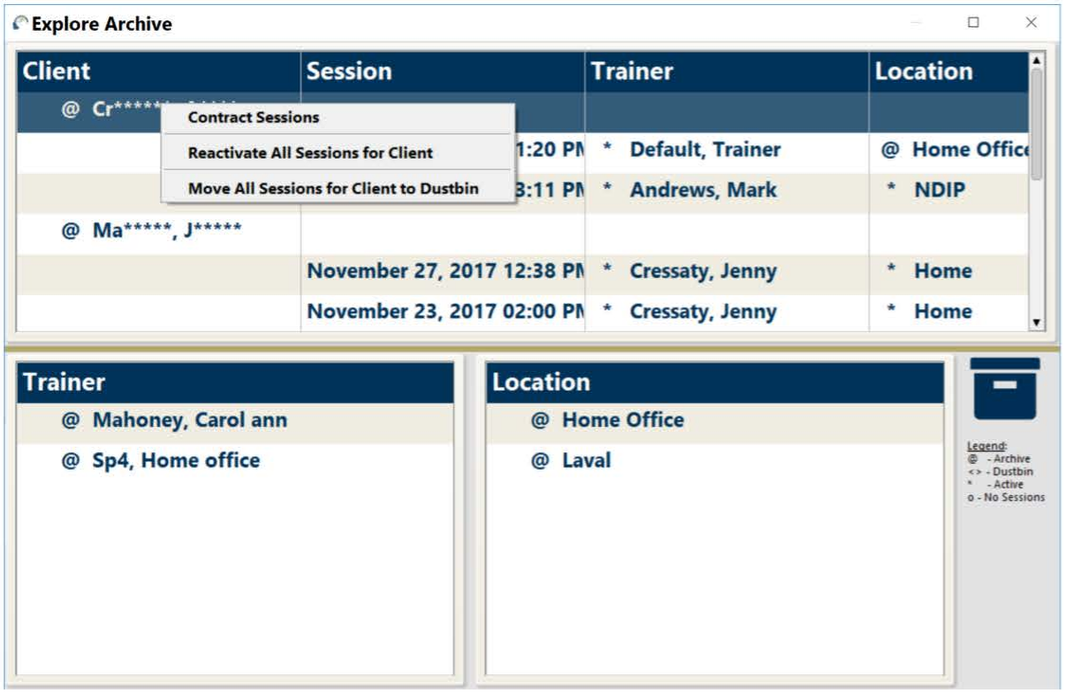
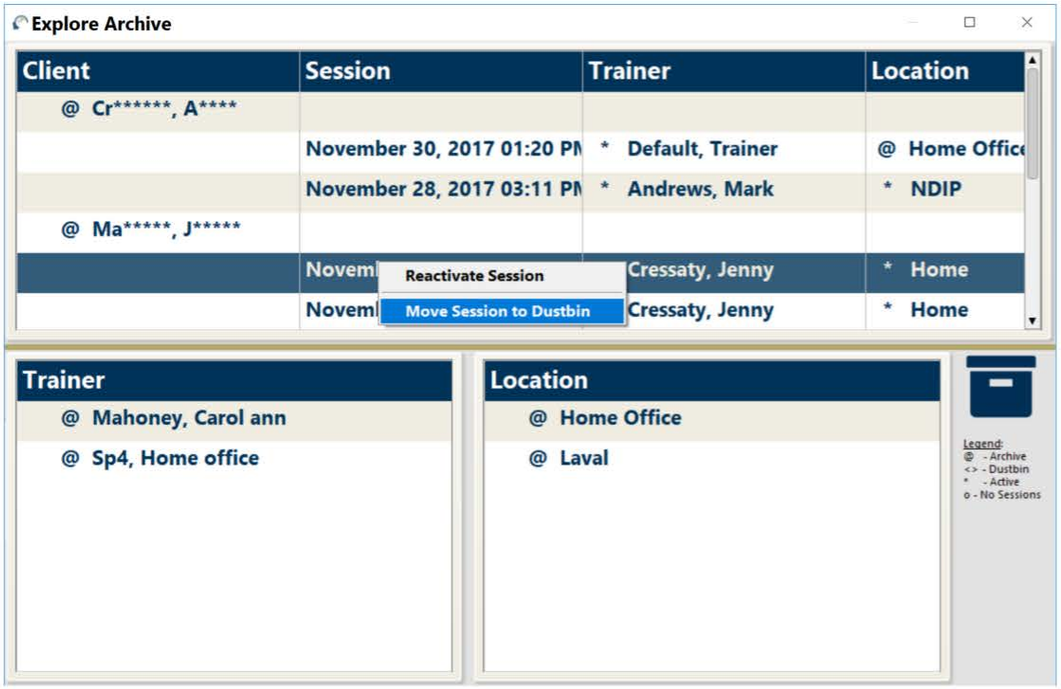
Right click functionality in **Archive**



The left snip shows the drop down menu for when you right click on a **Client**.

Right click on a **Client** listed within the **Archive** and you're given the options of **Contract the Sessions** (just list **Clients** that are archived, with the **Sessions** "hidden"), R**eactivate all Sessions** for the specific **Client**, or **Move all Session for Client** to the **Dustbin** to be permanently deleted.

By right clicking on the **Client**, the decision you make will affect **ALL Sessions** listed under the **Client**



The snip to the left shows the drop down menu when you right click on a specific **Session** listed within the **Archive**.

Right click on a specific **Session** within the **Archive** and you're given the option to **Reactivate** the specific **Session**, or move the **Session** to the **Dustbin** for the **Session** to be permanently deleted.

By right clicking on a specific **Session**, the decision you make will only affect the **Session**, as opposed to all of the **Sessions** listed under the **Client**.

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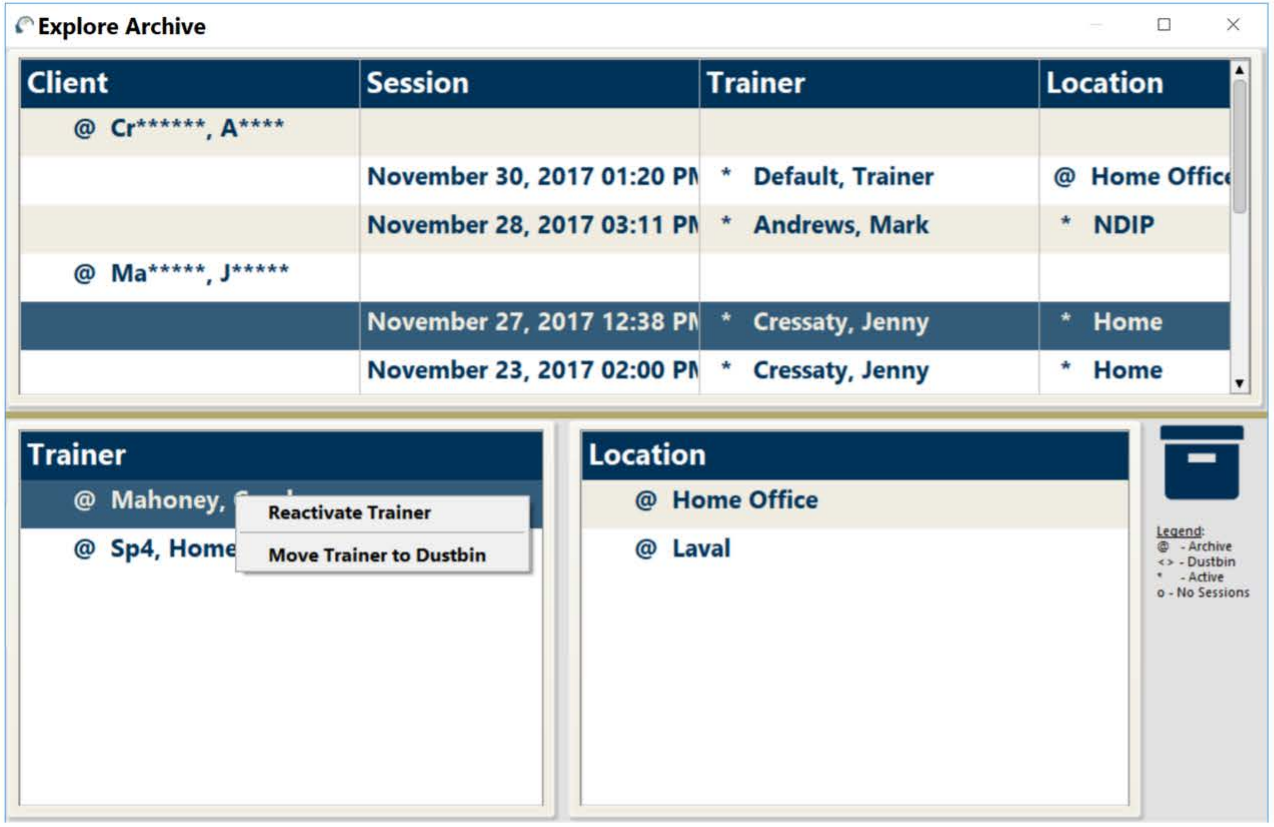
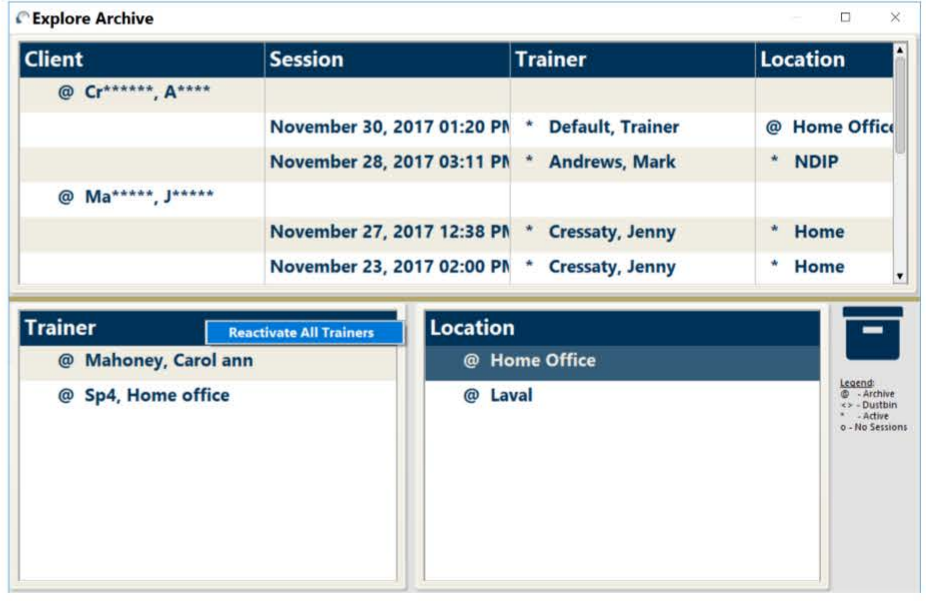
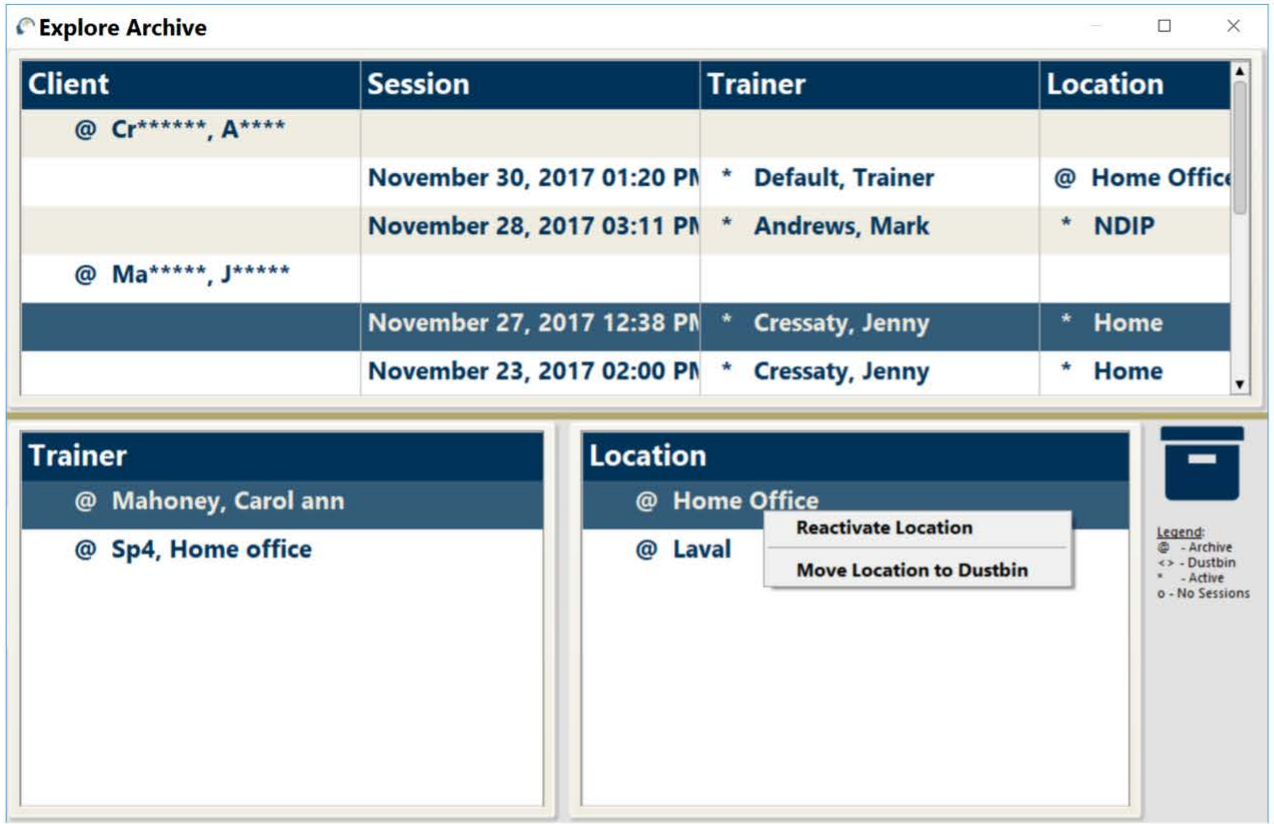


The snip to the left shows the drop down menu when you right click on a specific **Trainer** located within the **Archive**.

Right clicking on a **Trainer** listed in the **Archive** gives you the option to **Reactive the Trainer**, or to move the **Trainer** to the **Dustbin** to be permanently deleted.

If you right click on the **Trainer** header (see below snip), then you're given the option to **Reactive ALL Trainers**.

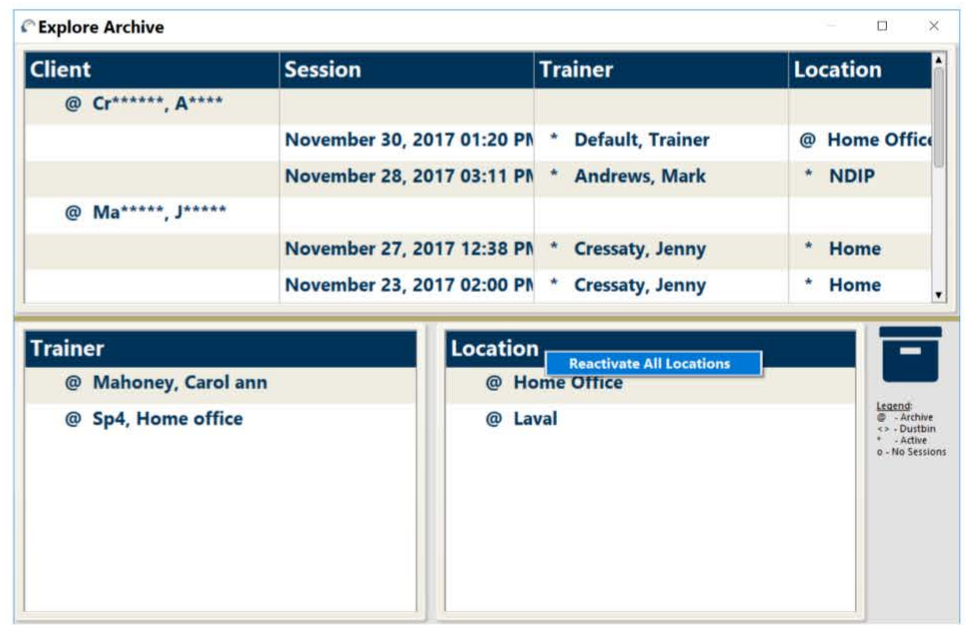


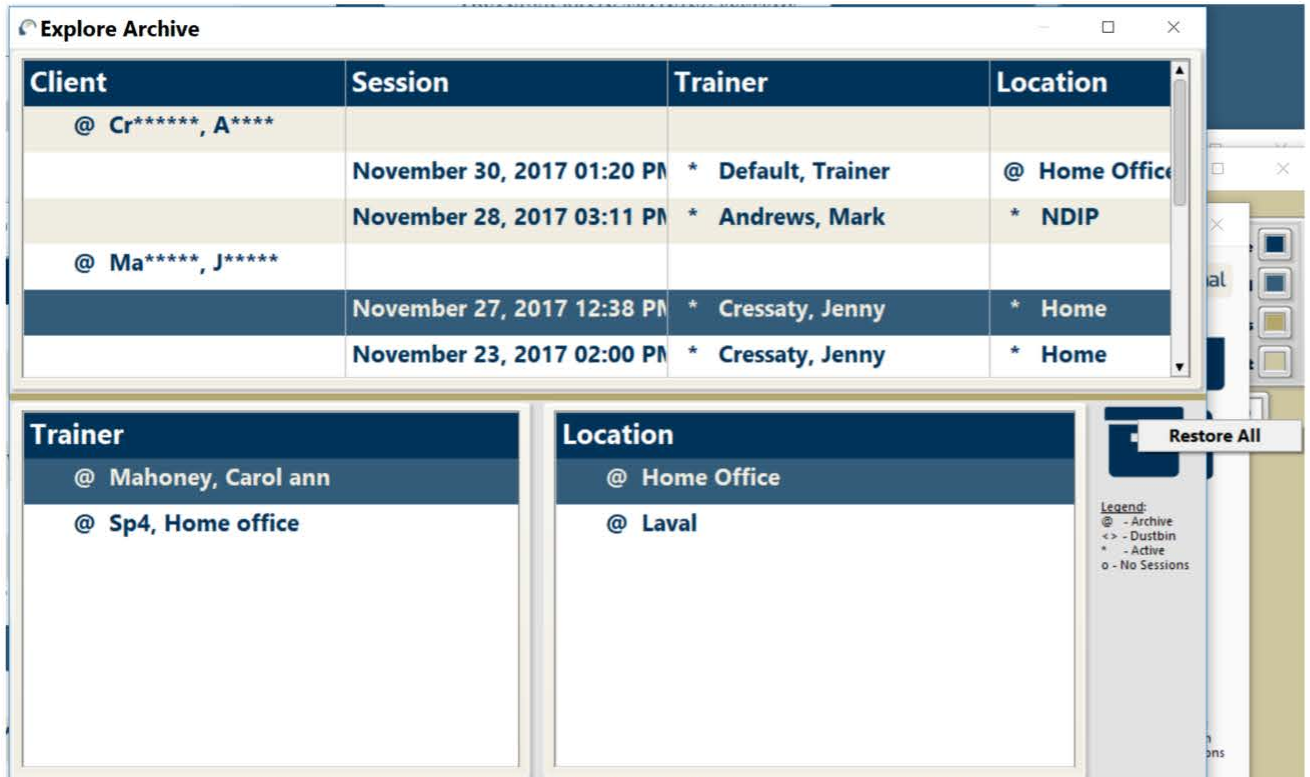


The snip to the left shows the drop down menu when you right click on a specific **Location** located within the **Archive**.

Right clicking on a **Location** listed in the **Archive** gives you the option to **Reactive the Location**, or to move the **Location** to the **Dustbin** to be permanently deleted.

If you right click on the **Location** header (see snip below), then you're given the option to **Reactive ALL Locations**.





The snip to the left shows the drop down menu when you right click on the **Archive** icon within the **Explore Archive** window.

Right clicking on the **Archive** icon gives you the ability to **Restore All** of the items currently located within the **Archive**. Selecting this will restore ALL items back to the main **VAULT**.

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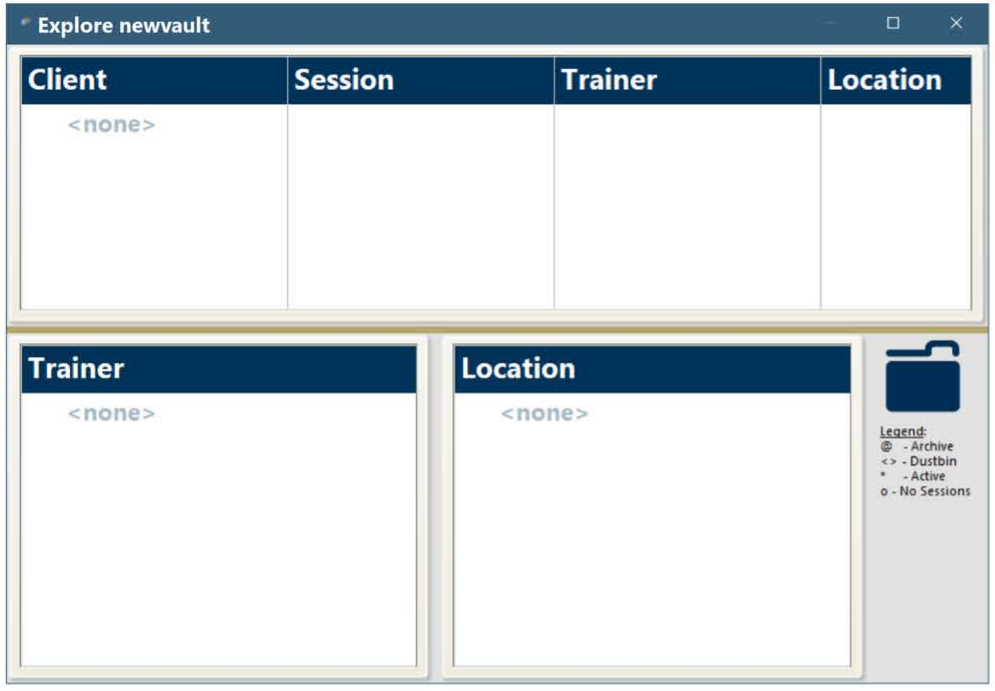
Move To -"vaults"

Empty newly created vault:

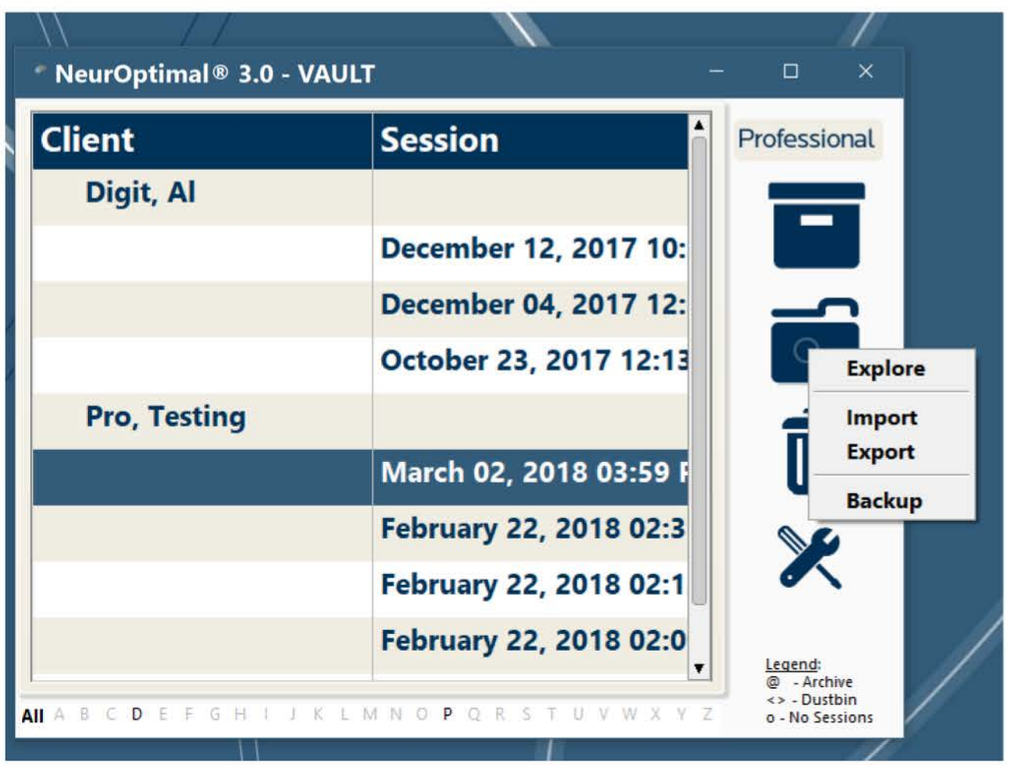


"**vaults**" are created and used to store, transfer, and copy user selected sections of the main **VAULT**. They are especially helpful in the fact that if you have a **Personal** and **Pro** license, then you can transfer the **Personal** files into the **Professional** version of **NO3** and use the **After Session Views** not included within the **Personal** version of **NO3**. These are accessed and created using the **Move To Folder** icon on the main **VAULT** window. Double clicking on this icon will render a window asking "**Which Vault**" for you to create a new one, or open an existing one. Right clicking on the **Move To Folder** also allows you to **Explore**, **Import**, **Export vaults**, or Backup the main **VAULT**

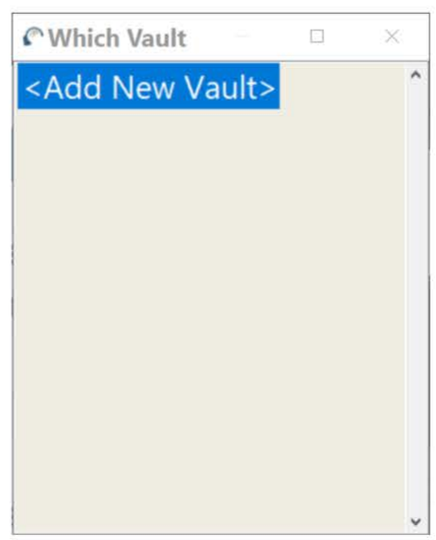
Explore: navigate a newly created **vault** window
Import: import a **vault** from another system
Export: export a vault on this system to import onto a different system
Backup: select this to back up the **VAULT** (backup files)

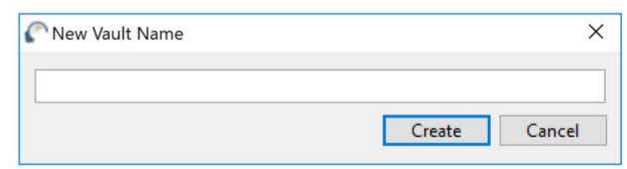
- Within **Pro**: enables users to create, move, import. and view created **vaults**. **Vaults** can be populated with **Sessions**, **Clients**, **Trainers**, and/or **Locations**.

- Within **Personal**: there is one vault ["**personalvault**"] and it can be used to **import Sessions** and **Clients** from a Personal system into a system with the **Professional** version – **Sessions** can then be looked at with **Pro** features: VIZ, **Tunnels**, **Waterfalls**)



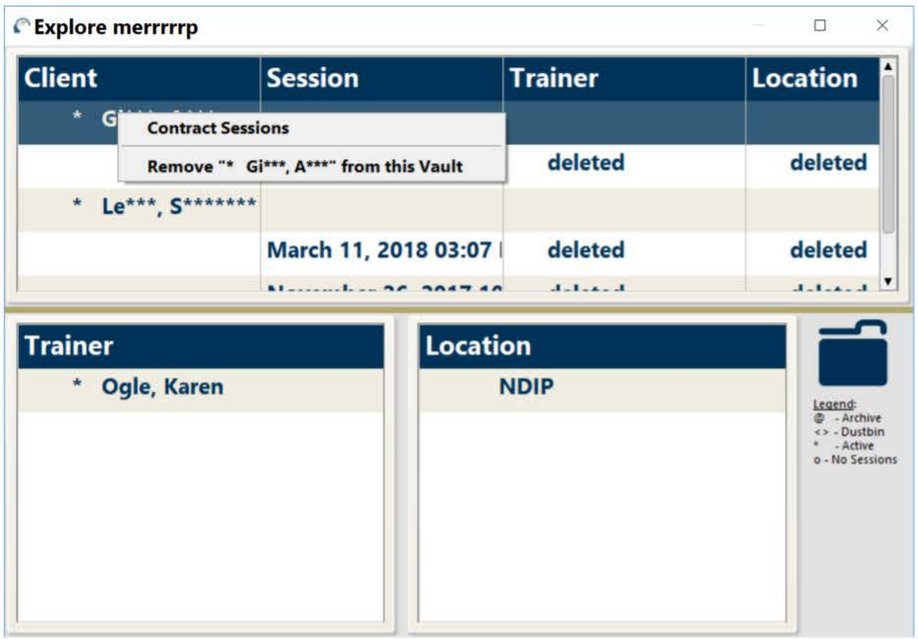
Navigate to the "**Explore** [**vaultname**]" window by double clicking on the **Archive** icon, or right clicking and selecting "**Explore**" as shown in the snip to the left. A window asking "**Which Vault**" will appear. If no **vaults** have been created yet, select the <**Add New Vault**> option shown below.





If there are no **vaults** already created, you can select to <**Add New Vault**> and **New Vault Name** dialog box will appeared, enter your desired vault name.

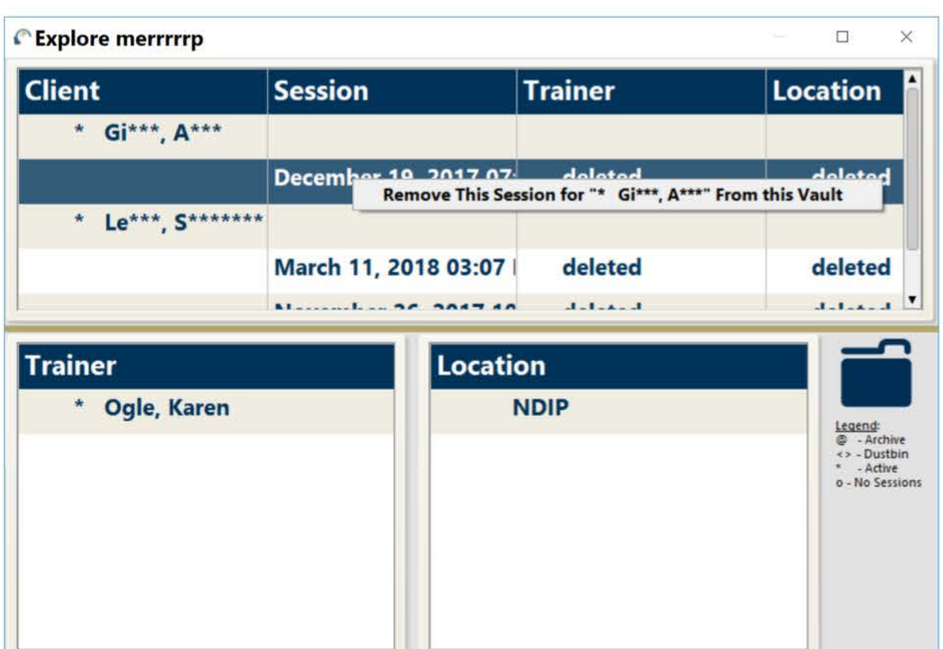
Right Click Functionality in **vaults**



The snip to the left shows the drop down menu when you right click on a **Client**.

Right click on a **Client** listed within a **vault** and you're given the option to **Contract Sessions** listed for this specific **Client**, or to **Remove "%" from this Vault** for the **Client**, and all accompanying **Sessions**, to be permanently deleted.

By right clicking on the **Client**, the decision you make will affect **ALL Sessions** listed under the **Client**.



The snip to the left shows the drop down menu when you right click on a specific **Session** listed within the **vault**.

Right click on a specific **Session** within the **vault** and you're given the option to **Remove This Session for "%" From this Vault** which will permanently delete it.

By right clicking on a specific **Session**, the decision you make will only affect the **Session**, as opposed to all of the **Sessions** listed under the **Client**.

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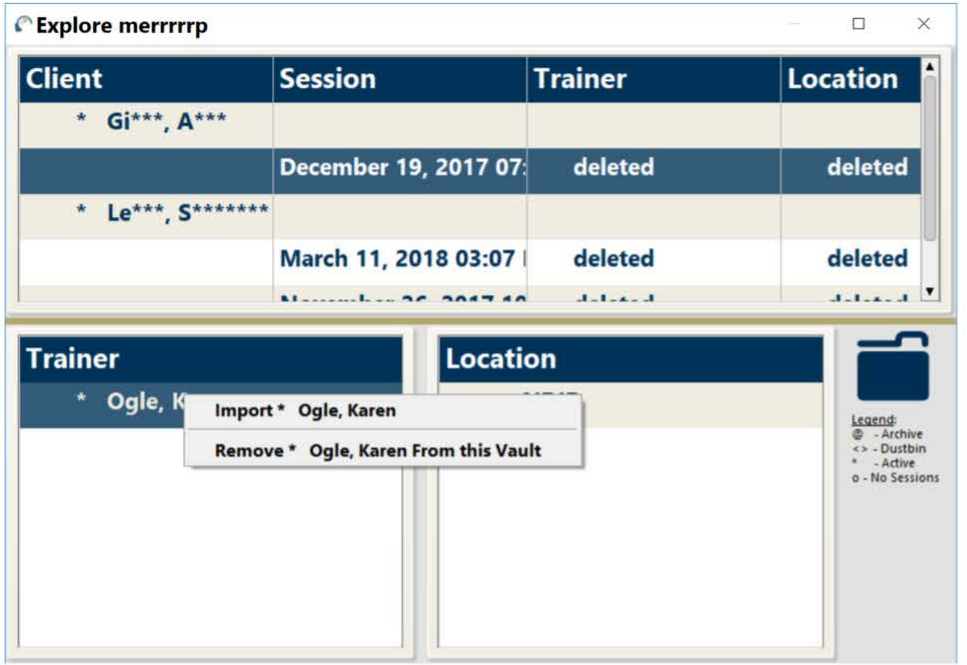
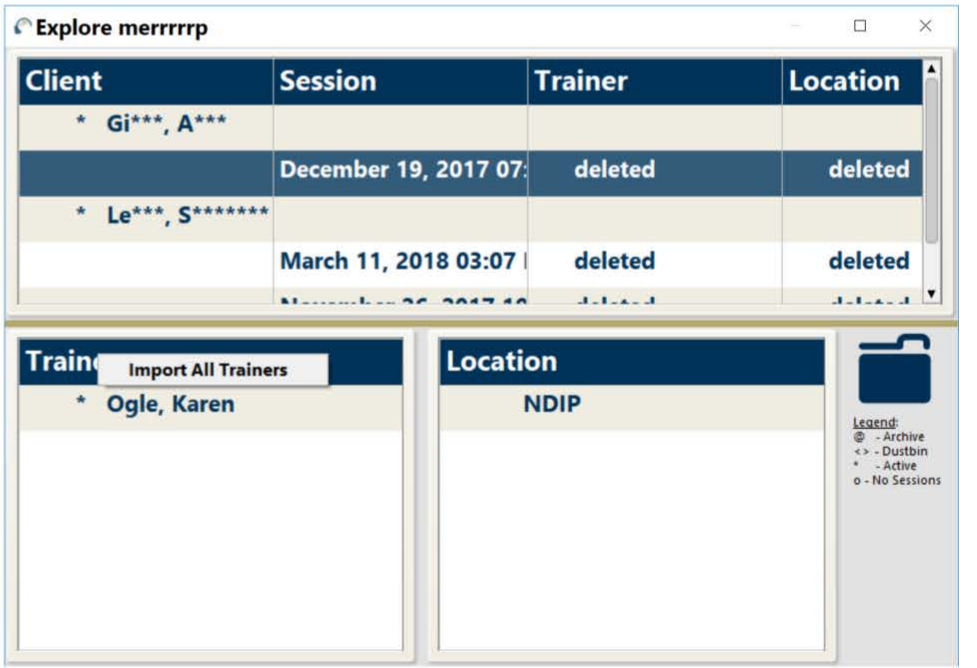


The snip to the left shows the drop down menu when you right click on a specific **Trainer** listed within the **vault**.

Right clicking on a **Trainer** listed in the **vault** gives you the option to **Import "%"** back into the main **VAULT**, or **Remove "%" From this Vault** which will permanently delete it.

If you right click on the **Trainer** header (see below snip), then you're given the option to **Import All Trainers** back into the main **VAULT**.



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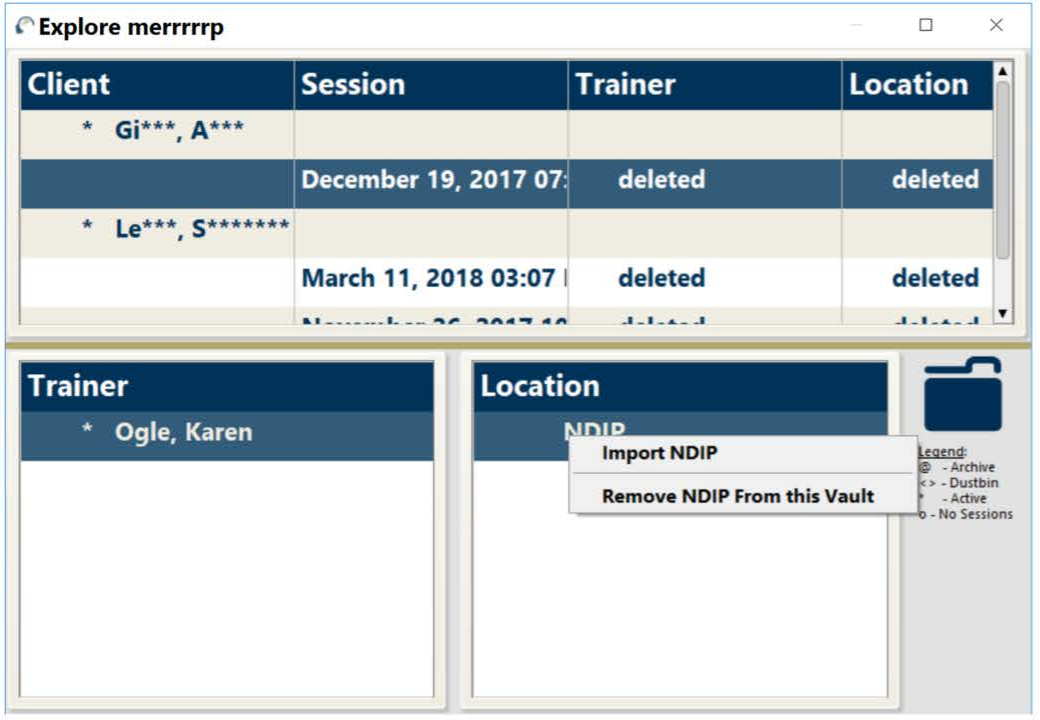
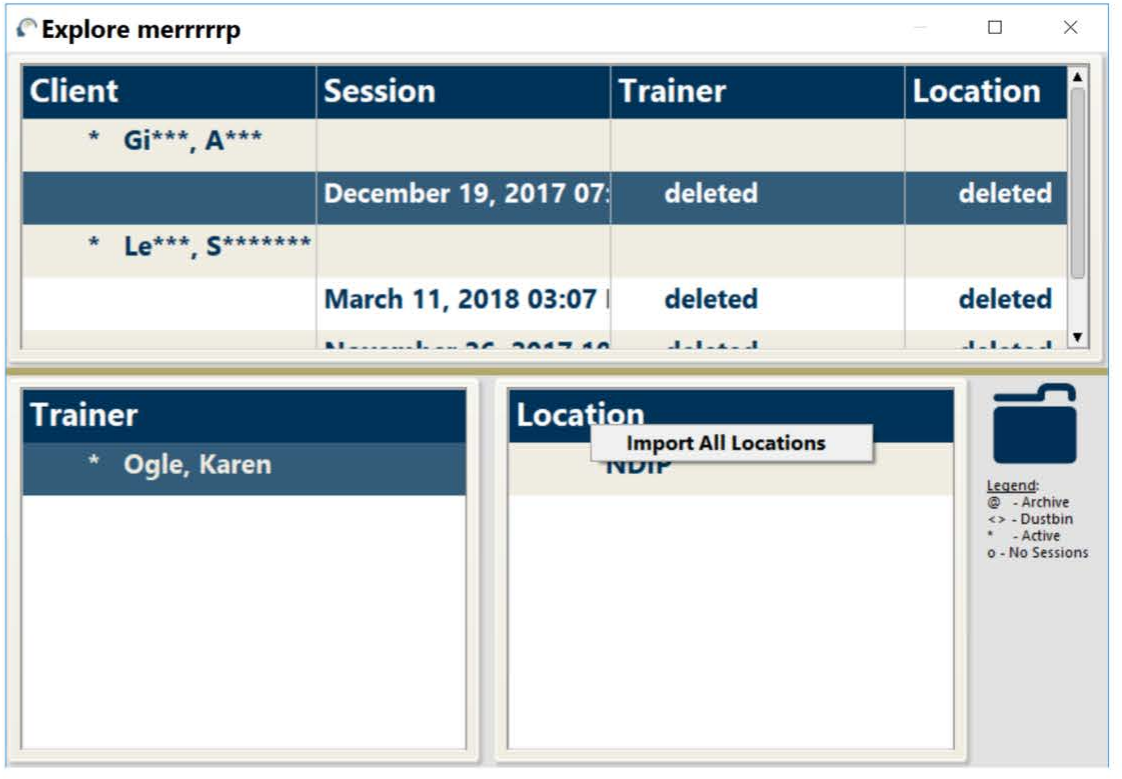
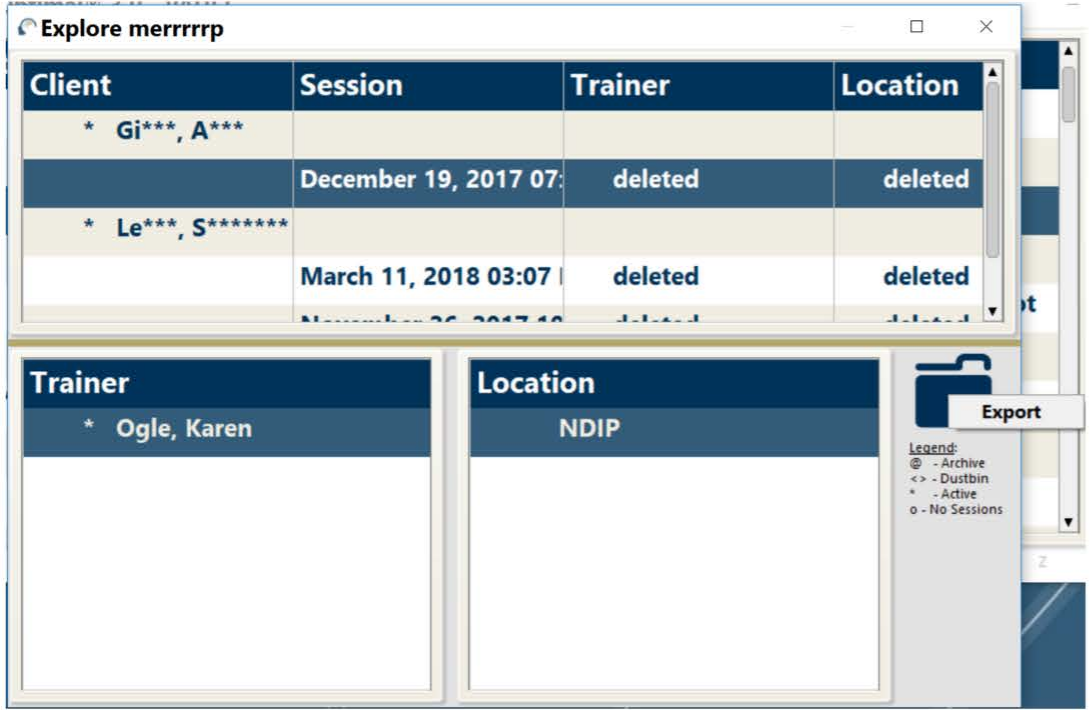


The snip to the left shows the drop down menu when you right click on a specific **Location** listed within the **vault**.

Right clicking on a **Location** listed within a **vault** gives you the option to **Import %** back into the main **VAULT**, or to Remove % From this Vault which will delete it permanently.

If you right click on the Location header (see snip below), then you're given the option to Import All Locations back into the main VAULT.





The snip to the left shows the drop down menu when you right click on the **Move To** icon within the **Explore [vaultname]** window.

Right clicking on the **Move To** icon gives you the ability to **Export** the **vault** in order to **Import** it onto another **NO3** system. Selecting this icon will **Export** the **vault**.

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Quick Steps to Export/Import:

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- ✓ Create **vault** and **Move** or **Copy** items to it for exporting (drag n drop or right click)
- ✓ Right click on **Move To folder** and select **Export**
- ✓ The program will ask **Which Vault**, select the one to **Export**
- ✓ A windows explorer window will ask to select destination, should auto navigate to c:\zengar\exports or you can save directly on the 'jump drive' being used to transfer the vault
- ✓ Enter file name or keep the auto populated one which is "**vaultnamedatecreatedtimecreated**"
- ✓ Give it a min and then navigate to where you saved it to verify it was created properly ("**vaultzip**" file)
- ✓ Right click on **Tools** and navigate **Preferences > Generate Encryption Credential File**
- ✓ Select c:\zengar\export for file create location, or use the 'jump drive'
- ✓ Navigate to the saved place and verify it was created (**vaultcred** file)
- ✓ Both files are needed to **Import** the **vault** into a different **NO3** system
- ✓ **Transfer** the files to jump drive (unless already saved there)
- ✓ Safely remove the jump drive and insert it into other system and load **NO3**
- ✓ Right click on the **Move To folder** and select **Import**
- ✓ Windows explorer window asks, **"Which vaultzip**" file, navigate to jump drive and select the **vaultzip** file
- ✓ Select **Which Vault** to upload it to, or select **Add a New One** to create a new **vault** to load it into
- ✓ Once **vault** is selected, select the **vaultcred** file on jump drive to verify the credentials of uploading the vault
- ✓ Double click on the **Move To folder,** if the **vault** to **Import** into was anything other than the **VAULT**. Select the **vault** the files were imported into and verify the contents uploaded correctly

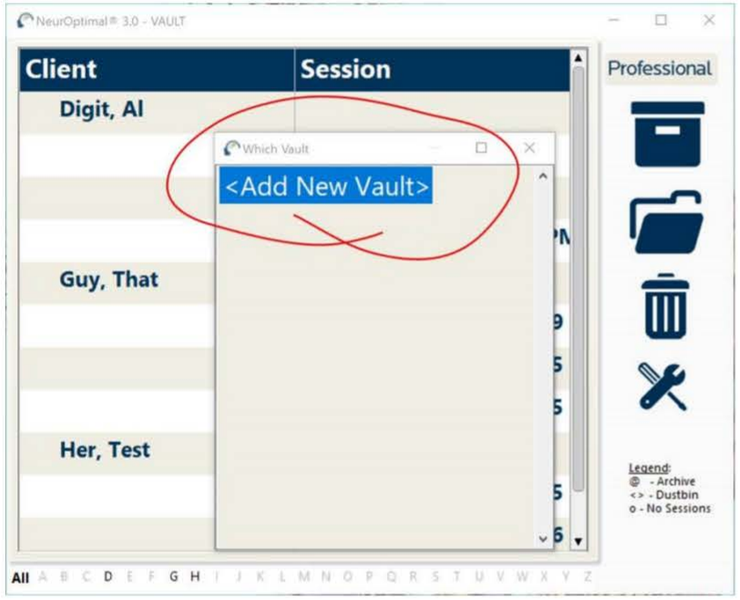
Export **vaults**

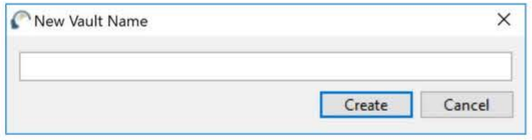
In order to export **Sessions** from a Zengar beta testing system to **Import** them into Val's system, there is a two-step verification process. A **vault** is created to gather the **Clients** and **Sessions** wanted to send to Val's system, this creates a **vaultzip file**. The other file needed is a **vaultcred file**, and this is generated on the system within **NO3**. Once a **vaultcred file** is processed, on the first **vaultzip** Import, than it will not be needed again.

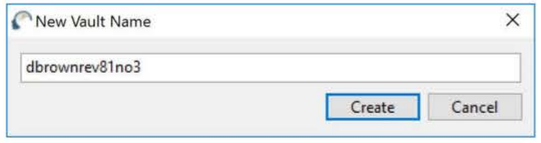
Steps for Creating and Exporting a **vault**:

Create a new **vault** to Move or Copy items from the main **VAULT** for exporting the **Sessions** to another NO system.

Double click on the **Move To** folder icon on the right side of the **VAULT** window, in order to enter a new **vault**. After you double click on it, the "Which Vault" window below will appear. Double click on <Add New Vault> in order to get the "New Vault Name" dialog to enter the **vault** name.







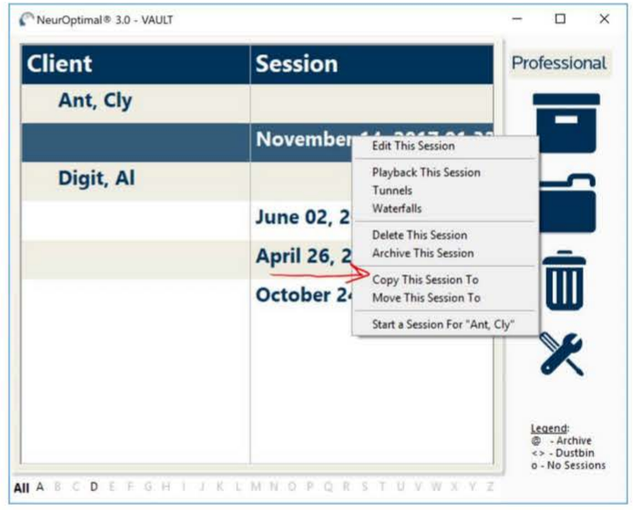
In order to help record keeping, an example of the **vault** name to use could be [testername/systemID] [no3] [version#]

ex: [dbrown][no3][version121]

Drag and drop a specific **Session** to the **Move To** folder in order to Move or Copy the **Session** to the **vault**

a. Select a **Session**, drag and drop it over the **Move To** Folder
b. A dialog will appear asking if you'd like to Copy or Move the **Session**(s)
c. Select to Copy so that the original file remains in the **VAULT**

Select CTRL while selecting multiple **Sessions** (blue highlight) in order to move or copy multiple **Sessions**
Drag and drop a **Client** in order to move or copy ALL of their **Sessions**
Right click on an item and select "**Copy % To**" or "**Move % To**"



The program will prompt **To Which Vault**, select the newly created **vault** that you want to send the **Session**(s) to.

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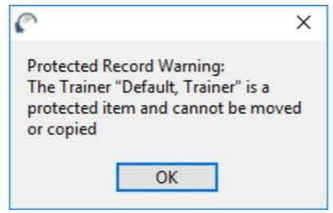
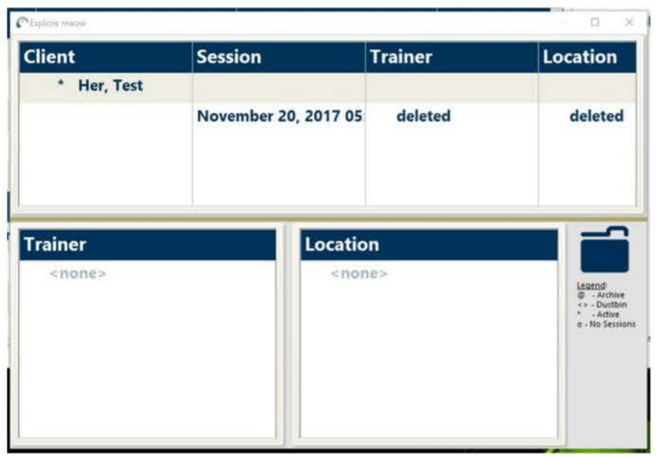
If you get a message about a protected item - it can be disregarded:



This is alerting you that the **Default, Trainer** is the default trainer and as such, it cannot be moved or copied. Which is fine, the **Session** can still be copied and exported to Val.

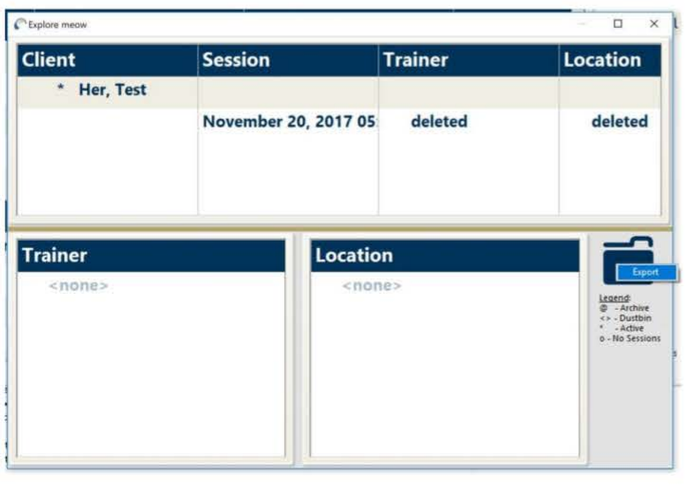
Verify the **Session**(s) were correctly copied to the created **vault**

a. Double click on the **Move To** icon and select the created **vault** via double click
b. Within the window, you should see your **Session** listed
c. In case you received the Protected Record Warning, the **Location** and **Trainer** will be listed as "deleted"

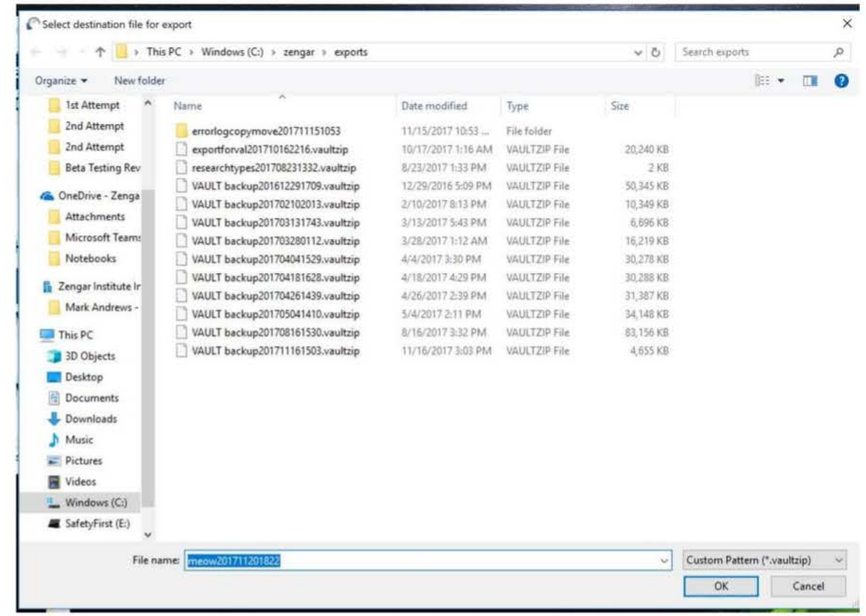


Session still correctly was sent to the **vault** so we can still export it, even though a warning message was received due to the Default Trainer being used.

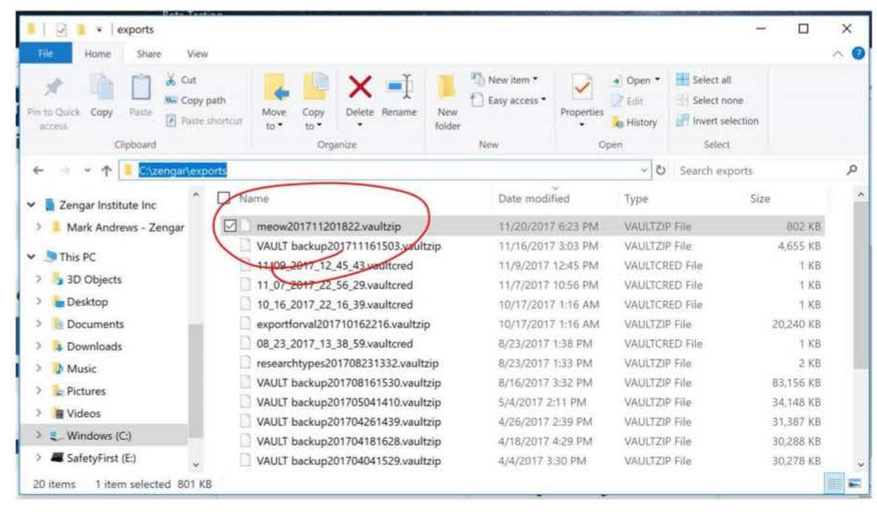
With the **vault** open, right click on the **Move To** icon within the window and select **Export**



An explorer window will ask to select the destination, it should automatically navigate to c:\zengar \exports or you can save directly on a jump drive (external hard drive, micro SD card, thumb drive, etc.). Enter the file name for the **vaultzip file**, or keep the automatically generated one (vaultname, year date and time created - which can be helpful for record keeping).



Watch the cursor and give enough time to let the process occur - if it's one **Session**, pretty instantaneous. Then navigate to where the file was saved to verify it was created properly ("**VAULTZIP**" file).



You have successful **Exported** a newly created **vault**!

How to Generate Encryption **Credfile**

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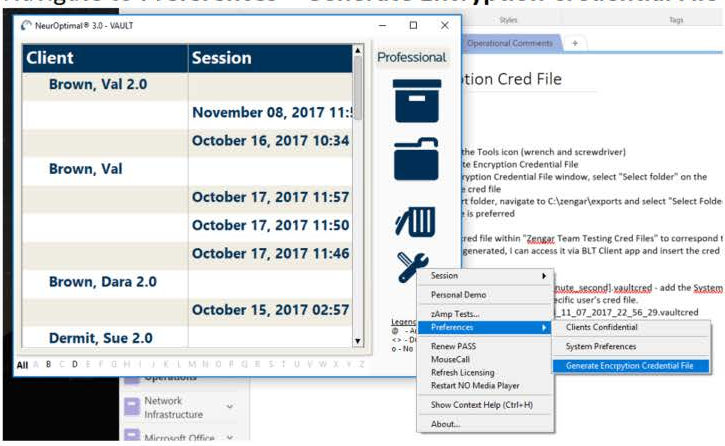
1. Launch **NO3**

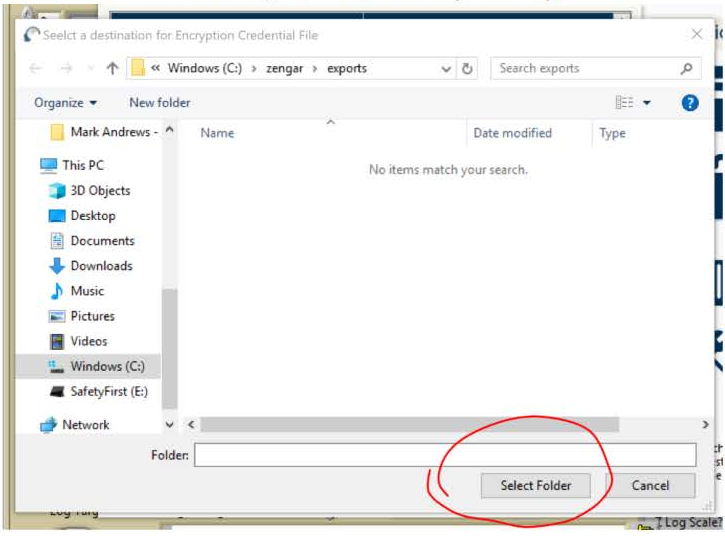
2. On the main **VAULT** right click on the **Tools** icon (wrench and screwdriver)

3. Navigate to **Preferences** > **Generate Encryption Credential File**



4. In the Select a destination for **Encryption Credential File** window, select "Select folder" on the location that you'd like to save the **vaultcred** file

5. If it doesn't auto load to the **Export** folder, navigate to c:\zengar\exports and select "**Select Folder**" to save it there, unless another place is preferred



NOTE: The **vaultcred** files save as [month_day_year_hour_minute_second].vaultcred - add the **SystemID** at the beginning of the file name in order to note the specific user's cred file.
Example: 11_07_2017_22_56_29.vaultcred --> DARASP4_11_07_2017_22_56_29.vaultcred

Once the key is generated, the Zengar Team can access it via **BLT Client app**.

Dustbin

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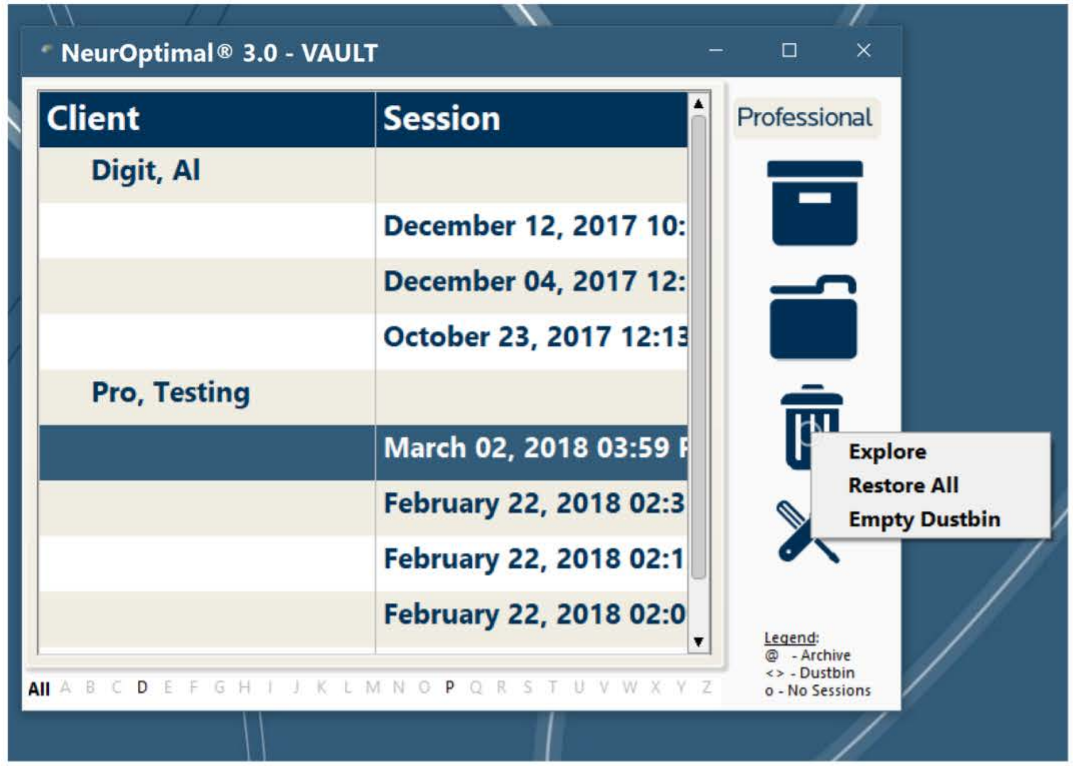
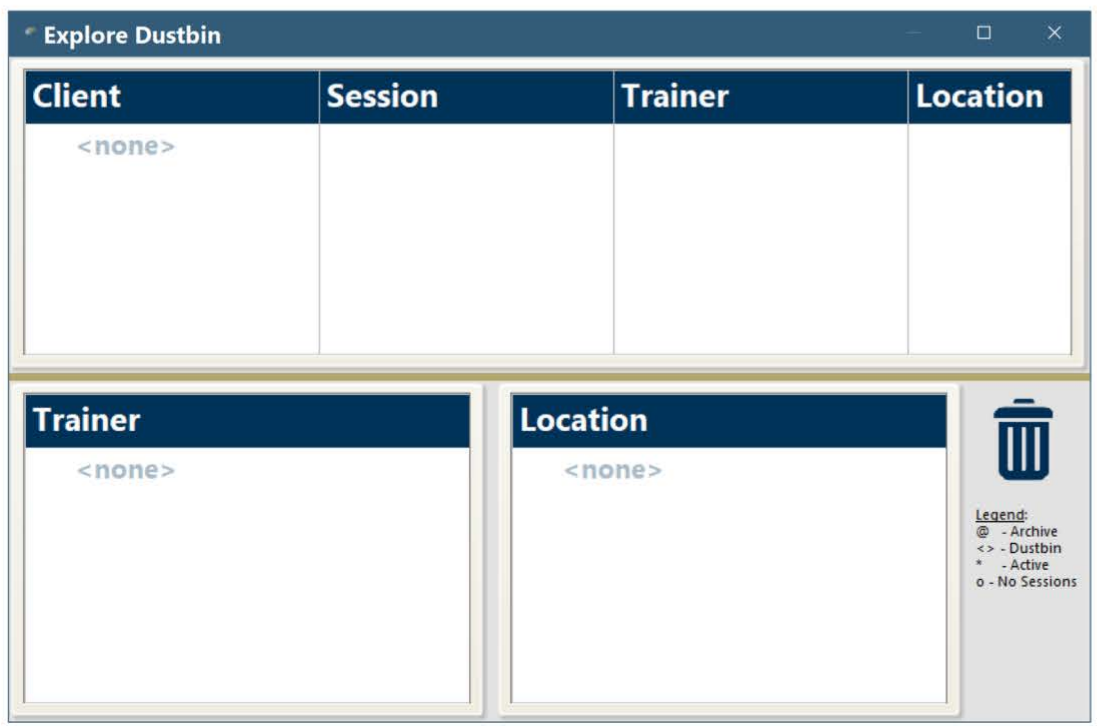


Navigate to the "**Explore Dustbin**" window by double clicking on the **Dustbin** icon, or right clicking and selecting "**Explore**" as shown in the snip to the left.

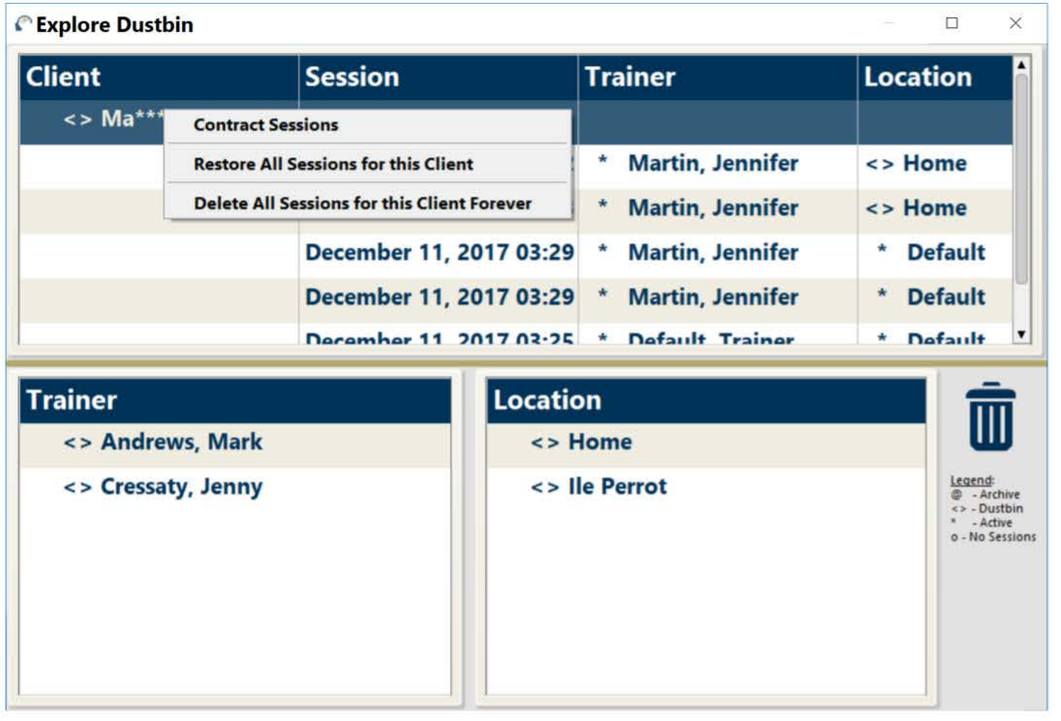


Dustbin is the element of **NO3** that removes items that are no longer needed. The **Dustbin** can remove **Sessions**, **Clients**, **Trainers**, or **Locations**. Right clicking on the element and selecting "**Delete**... [This Session/Client/Location/Trainer]" will automatically move the element to the **Dustbin**. Once an item has been sent there, the lid of the **Dustbin** will move off and represent the fact that there are item(s) in it. The **Dustbin** can be set up to automatically employ an empty Interval. This can be set up within the **Preferences Editor** and can be set to be "**Never**", "**Monthly**", "**Weekly**", or "**Daily**". This is helpful if you want the process to be automatic, or to never occur. The **Dustbin** can be compared to the **Recycle Bin** on windows systems.

Deleting Clients, **Sessions**, **Trainers**, or **Locations** is the same process as **Archiving** them. Items that are no longer needed can be sent to the **Dustbin**. This means that once they are removed from the **Dustbin**, or if the E**mpty Dustbin** Interval is set up, then these items will be deleted **FOREVER** and can no longer be retrieved even by the **MouseCall** guys.

In order to send items to the **Dustbin**, right click on an item to expose the drop down menu and select the "**Delete**.." option. This will send the item(s) to the **Dustbin**, and once a single item is sent to the **Dustbin**, the icon will reflect that. The lid of the **Dustbin** will move to the side of the **Dustbin** and indicate that items are currently residing there. You can also simply drag and drop items over the **Dustbin** icon to move them there. These are the same functions to move items into the **Archive**. Any item within the **Archive** is no longer "active", but "deleted" and the legend at the bottom of the **Dustbin** will reflect and indicate the change.

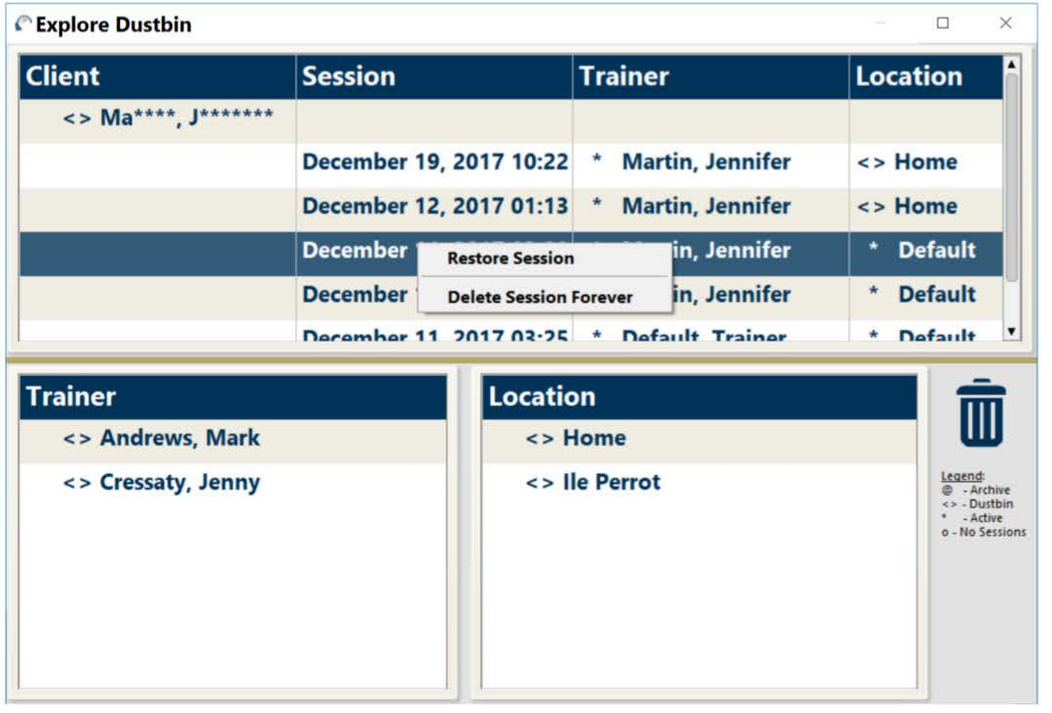
Right Click Functionality in **Dustbin**



The left snip shows the drop down menu for when you right click on a **Client**.

Right click on a **Client** listed within the **Dustbin** and you're given the options of **Contract Sessions** (just list **Clients** that are within the **Dustbin**, with the **Sessions** "hidden"), **Restore All Sessions for this Client** (which will send them back to the main **VAULT**), or to **Delete All Sessions for this Client Forever**, which will permanently delete them and there is nothing that can be done to bring them back.

By right clicking on the **Client**, the decision you make will affect **ALL Sessions** listed under the **Client**.



The snip to the left shows the drop down menu when you right click on a specific **Session** listed within the **Dustbin**.

Right click on a specific **Session** within the **Dustbin** and you're given the option to **Restore Session** (which will send it back to the main **VAULT**), or **Delete Session Forever** (which will permanently delete the **Session** and there's nothing that can be done to bring it back).

By right clicking on a specific **Session**, the decision you make will only affect the **Session**, as opposed to all of the **Sessions** listed under the **Client**.

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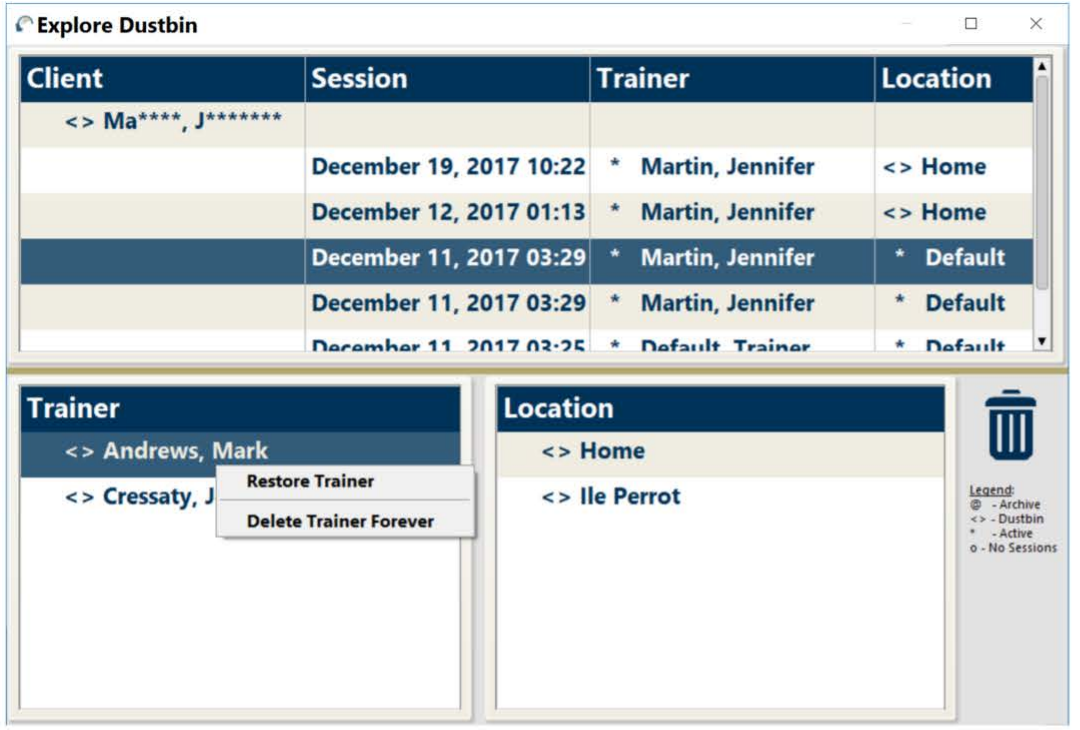
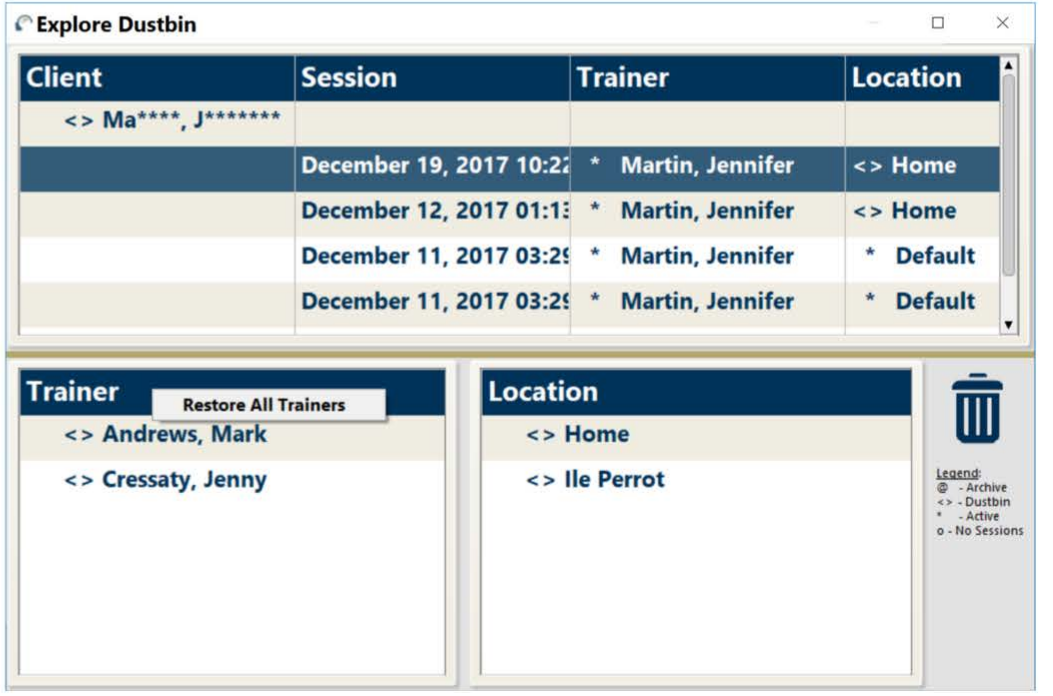


The snip to the left shows the drop down menu when you right click on a specific **Trainer** located within the **Dustbin**.

Right clicking on a **Trainer** listed within the **Dustbin** gives you the option to **Restore Trainer** (to bring it back to the main **VAULT**), or to **Delete Trainer Forever** (which will permanently delete the **Trainer** and cannot be undone).

If you right click on the **Trainer** header (see below snip), then you're given the option to **Restore All Trainers**.



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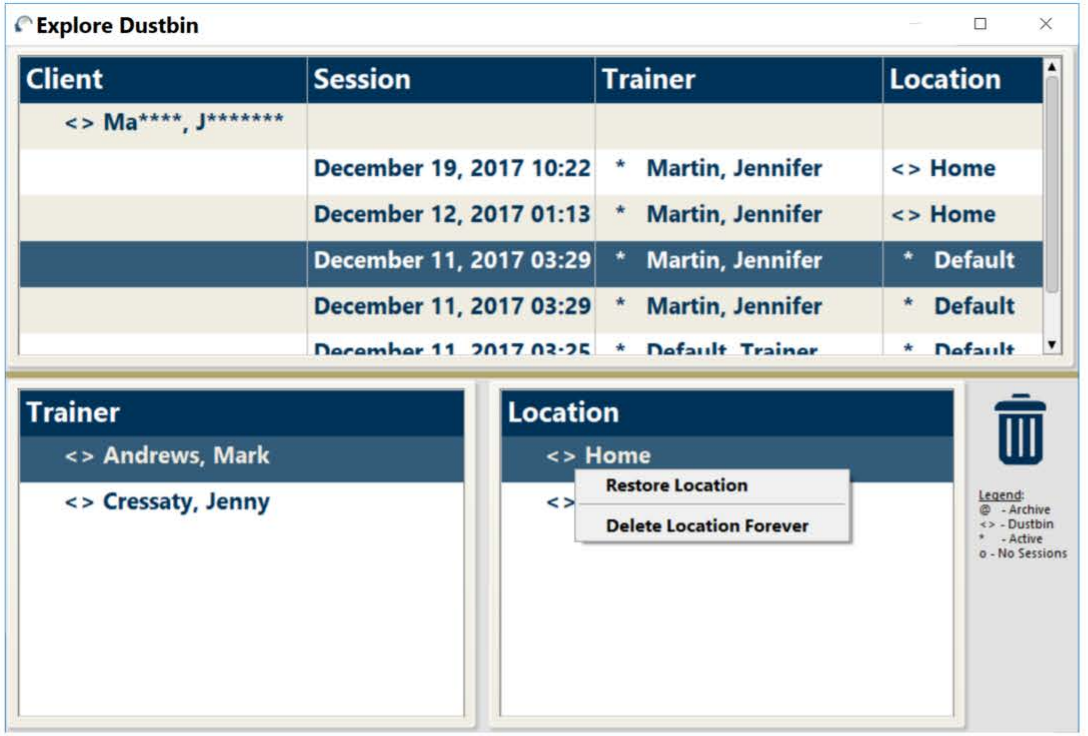

The snip to the left shows the drop down menu when you right click on a specific **Location** within the **Dustbin**.

Right clicking on a **Location** listed in the **Dustbin** gives you the option to **Restore Location** (sending it back to the **VAULT**), or to **Delete Location Forever** (which is permanent and cannot be undone).

If you right click on the **Location** header (see snip below), then you're given the option to **Restore All Locations**.

NO Media Player ("**NOMP**")

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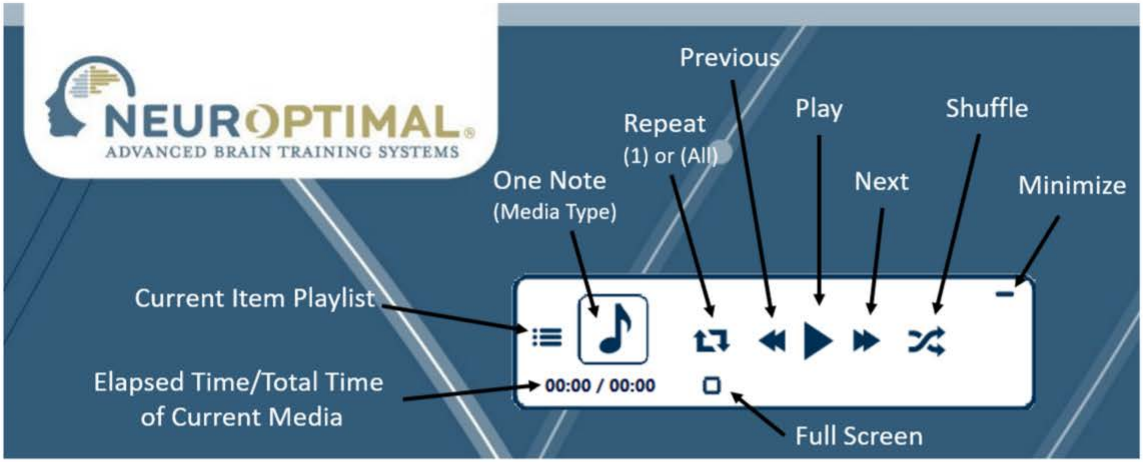
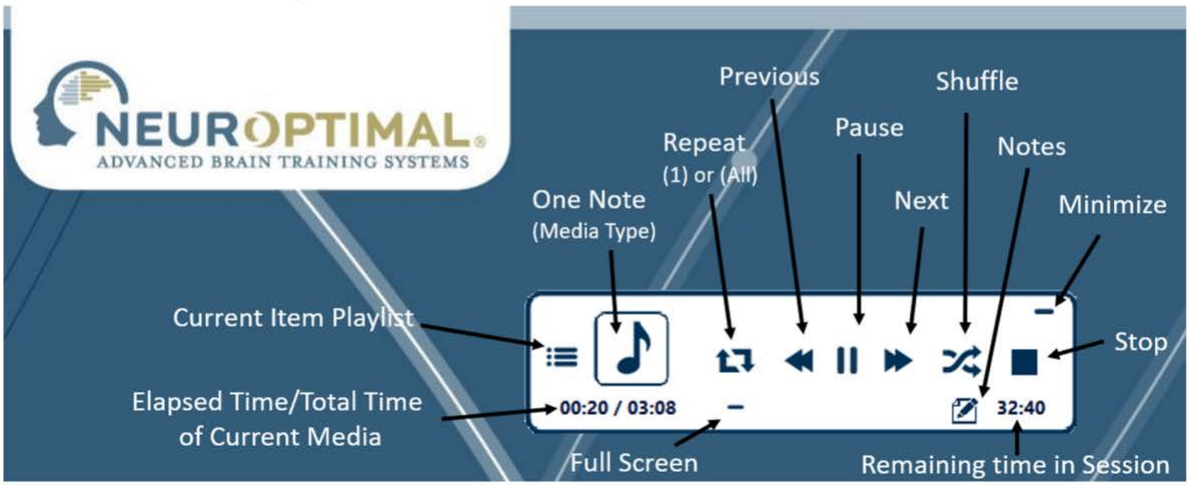


"Resting" **NOMP** - **Session** is <u>not</u> running

NOMP while **Session** is running



NO Media Player ("**NOMP**")

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This Media Player has been designed and programmed specifically for **NeurOptimal® 3**. The **NO3 Media Player** can be utilized while running a **Session**, or while the **NO3** program is simply open.

I have marked all elements as to what they are/do, but will go into further detail in case the name in itself is not enough:

- **Elapsed Time/Total Time**: this timer shows you the progress of the currently playing media. This timer helps indicate that the media file has correctly been loaded.

- **Current Item Playlist**: this icon is very helpful when determining issues of loading files on your system. A single click on the icon will expose a drop down, indicating what media is currently loaded.
  - If the file is a playlist, the title tracks will be listed and you can navigate the playlist manually that way.
  - **Zengar** Default media is a playlist, so you're able to jump around and change the track (vs. **Zengar** 2 Music being a single file and you had to listen to it entirely)
  - 

  - If a .avi file is loaded, then you need to select the video file before the file will load properly within **Media Center.**
  - If the drop down menu loads blank, then you know there was an issue loading the file or source that was selected. This is why we recommend playing around and learning **NOMP**, while NOT running a **Session** first, so that you're able to learn the behavior.

- **One Note** (single eighth note): this music note is a drop down menu for you to select what kind of media to play next. Every time you start a **Session**, the Session will load with the **Zengar** Music playing. Simply select this icon to expose the drop down menu of media type options, and select which option you'd like to play

  - Single eighth note: if a media other than **Zengar** music is playing, you can select this icon to revert back to regular **Zengar** music
  - Folder icon - indicates media that resides on your local drive
  - CD/DVD icon - indicates playing a loaded CD or DVD that has been loaded via an external ROM drive
  - Movie camera icon - indicates playing a streaming video source
  - Double eighth note - indicates playing a streaming audio source

- **Repeat**: This is relatively self-explanatory - **NOMP** loads without **Repeat** selected, as default. If you select a file that is shorter than the designated **Session** time (20 min file for 33 min **Regular Session**) you're able to select to **Repeat** (1) which means repeat the single track. Or you can select to **Repeat** (A) which means to repeat all tracks. That would be used if the **Playlist** selected was too short, and you wanted the **Playlist** to start back over at the beginning.

- **Previous**: This is relatively self-explanatory - a single click on the **Previous** icon will restart the track, a double click on the **Previous** icon will restart the previous track. If the track is less than 00:06 in, then a single click will start the previous track. If the track is more than 00:06 seconds in, a single click will restart the track and a double click is needed to start the previous track in the playlist.

- **Play/Pause**: **Play/Pause** icon is relatively straight forward - When the media and/or **Session** is **Playing**, you'll see a **Pause** icon so that you're given the option to **Pause** the media (and/or **Session**). If the Media and/or **Session** is paused, then you'll see a **Play** icon, giving you the option to **Play** the media and/or **Session**. This button is very important as it controls the **Media** and Session.

- **Next**: **Next** is straight forward - a single click of the **Next** icon, will start playing the **Next** item in the playlist. A double click of the Next icon will play the track after the next track in a playlist.

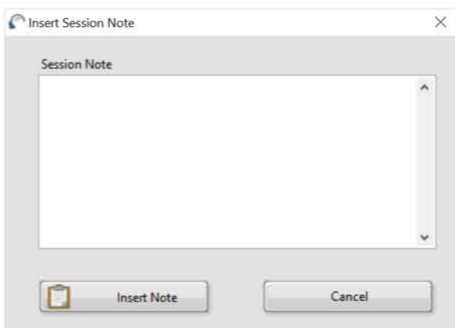
- **Shuffle**: **Shuffle** does exactly as it sounds, it will **Shuffle** the currently loaded playlist and put the tracks in a randomized order. Simply de-select the icon to return the tracks to the "normal" order

- **Minimize**: This minimize icon will minimize the **NO Media Player** to the task bar

- **Stop**: This icon only appears during **Session** recording, and is the way to end or exit out of a **Session**. Simply click on the icon, the **NOMP** will revert back to "resting" **NOMP**, **Matrix Mirror** will disappear, media will stop playing, etc. This is a great indicator of if a **Session** started properly (if **this** icon shows).

- **Remaining time in Session**: This timer will only appear while a Session is running. This is a good indicator of if a **Session** started properly. When a **Session** starts, verify that this timer appears and appears with the correct value.
  - **Regular**: 33:00
  - **Demo**: 15:00
  - **Extended**: 44:00
  - **Custom**: anywhere between 15 - 44 mins (set by the user)

- **Notes**: This icon is a wonderful new feature in **NO3**, we are offering our end users the ability to take **Notes** directly in and during the **Session**! When you select on the **Notes** icon, the software time stamps when that action was done, and whatever information/note you enter into the Notes box, will be associated with that time. This is helpful for when a Client or user notes something at the exact time in the Session, and instead of them saying "Well I think about 15 mins in..." we have an exact time stamp of **when** the Notes icon was selected and the note was entered. These **Notes** are accessed via the **Session Information** window (right click on a **Session** and select **Edit This Session**). And within that window, you're also able to enter After Session Notes.



- **Full Screen**: This icon can be used to toggle **NO Media Center** in and out of Full Screen. You can also use a keyboard shortcut: "\" when focus is within the Media Center (Kodi) window.

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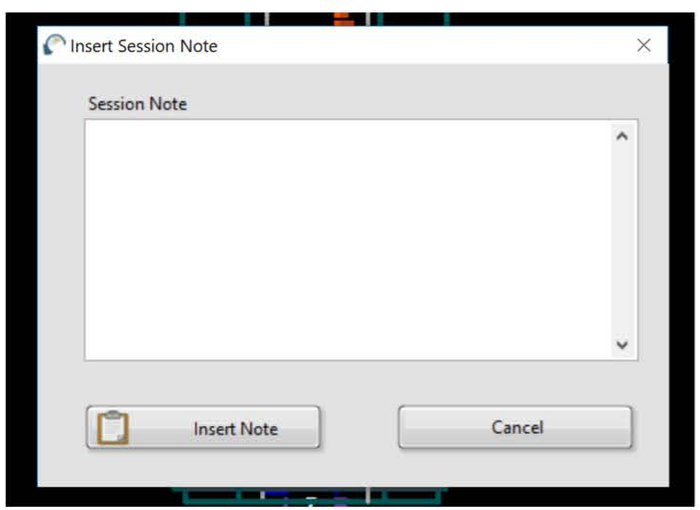
Creating **Notes** during a **Session**

A great new feature in **NO3**. is the ability for the **Trainers** or **Clients** to enter **Notes** while the **Session** is running. This is extremely beneficial for many reasons, but one of the main ones is that these notes are automatically time stamped, so you can see when exactly during the **Session** the **Client** experienced what they commented on.

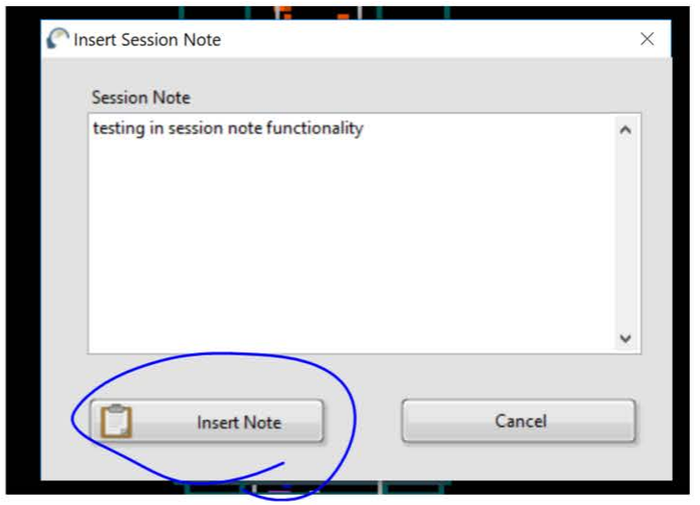
For the Beta testing, we'd like you to utilize this feature and get comfortable with it. While running a **Session**, you can enter **Session Notes** via NO Media Player ("**NOMP**")

When running a **Session**, you'll notice that **NOMP** looks different than **NOMP** while not running a **Session**. Once you start a **Session**, **NOMP** will populate two timers (the left timer is the media timer, the right timer shows the amount of time left in a **Session**), a **Stop** icon, and a **Notes** icon.

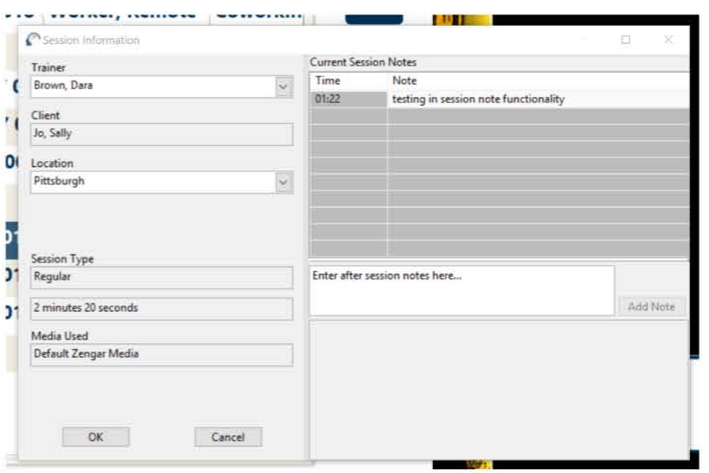
If you select the **Notes** icon (circled in the image above), that will populate this external window "Insert Session Note":



You are then able to type in the desired **Note** that will be timestamped for whenever you selected the **Note** icon. Once you have entered the desired **Note**, Select "Insert Note", circled below, in order to enter the note and to return back to the **Session** (FYI, session continues while writing notes).



Once you have entered a note, or the **Session** has concluded, you're able to access the **Notes** from the **Session Information** window. To get to this, right click on the newly created **Session** and select "Edit This Session" to bring up the **Session Information** window:



As you can see in the above image, I had typed a "testing in session note functionality" as a note at 01:22 into the **Session**.

Using different Media

Kodi - **Media Center** window - has changed the game of what media options we have while running a **Session** within **NeurOptimal® 3**. With the release, we are allowing our users to run other files from their systems, run a **Session** while watching a **DVD** or listening to a **CD**, and while streaming select sources of audio and video channels. Due to migrating from **Windows Media Player** to creating our own media player, **NeurOptimal Media Player** - ("**NOMP**") the Media Center (Kodi) and **NOMP** can be used as a standalone media player. Due to this, we ask you to begin testing the use of **NOMP**- Media Center-**G-Force** while **NOT** running a **Session**. This will get you accustomed to the way that the media interacts with the two third party applications (Kodi and **G-Force**).

To run a **Session** using **NeurOptimal® 3** music:

With **Client** hooked up, **Start a Session** by…

- Double clicking on a **Client** name
- Double clicking on **Session** header and then select **Client**

Zengar Default Media for **NO3** auto starts a **Session** (every **Session**)

To run a **Session** using playlist/music videos (.wpl, .m3u, etc.):

- With **Client** hooked up, **Start a Session**
- Once the **Session** has started (media starts, **Matrix Mirror** moves, **Session** timer is counting down) - Select the music note icon to expose the media options
- Select the Folder icon
- Within the "Choose or Enter Path of File" window, you should auto navigate to c:\zengar\media
- Select media from that folder, or navigate to the Music and/or Video folders if your media is located there
  - c:\Music
  - c:\Videos
  - Or if on a thumb drive/jump drive/external hardware, navigate to the drive
- Once you have selected a file (double click on it, or single click and select OK), **NOMP** will load the file
- Verify that file is loaded correctly by selecting the **Playlist** icon and verifying what you selected is listed
- Press **Play** to **un Pause** the **Session** and play the newly loaded media

To run a **Session** using .avi files:

- With **Client** hooked up, **Start a Session**
- Once the **Session** has started (media starts, **Matrix Mirror** moves, **Session** timer is counting down) - Select the **One Note** icon to expose the media options
- Select the Folder icon
- Within the "Choose or Enter Path of File" window, you should auto navigate to c:\zengar\media
- Select media from this folder, or navigate to the c:\Videos folder if your file is located there
- Select the media file via double clicking or select and "OK"
- Select the **Playlist** icon drop down menu and verify that .avi file is listed
- Select the .avi file that is listed
- Media Center (Kodi) will load the video and play it, un Pausing the **Session**
- Verify that the video is playing, **Matrix Mirror** is moving, and **Session** timer is ticking down

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To run a **Session** using a **DVD:**

- With **Client** hooked up, **Start a Session**
- Once the **Session** has started (media starts, **Matrix Mirror** moves, **Session** timer is counting down) - Select **Pause** to pause the **Session**
- Select the **One Note** icon to expose the media options
- Select the **CD/DVD** icon
- Allow **NOMP** to load the **DVD**, Media Center (Kodi) will auto load with the **DVD's** menu, and the **Session** will automatically start again (if there is a menu) since there is audio and video playing in the menu
- Interact with the **DVD** menu as you would normally (Select **Play** to start the movie, or select a Scene, etc.)
- Once the **Session** has run down, the **DVD** will stop, and the focus will shift back to **NeurOptimal ® 3** - **VAULT** window

We have run into issues with the streaming sources we selected, so for now streaming sources are off limit until we find channels that aren't broken

To run a **Session** using Streaming Audio

To run a **Session** using Streaming Video:

To run a **Session** using a **CD:**

- With **Client** hooked up, **Start a Session**
- Once the **Session** has started (media starts, **Matrix Mirror** moves, **Session** timer is counting down) - Select the **Pause** icon to pause the **Session**
- Select the **One Note** icon to expose the media options
- Select the **CD/DVD** icon to load the **CD**
- **CD Album Selection** dialog window will appear with a list of **CDs** to select from
- Select which **CD** you have entered and select OK (if your CD is not listed, select the checkbox and hit OK)
- Select the drop down p
- **Playlist** menu and verify that the track names have loaded (if your **CD** was not available to select, the tracks will load as "Track 1", "Track 2", "Track 3", etc.
- Select **Play** to start playing the **CD** loaded and to **unPause** the **Session**
- Verify that the **CD** is playing and that the **Session** has unpaused (**Matrix Mirror** moving and **Session** timer ticking down)
- Once the **Session** runs out, the media will stop and the focus will return to the main **VAULT** window

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Media Center - Kodi

Kodi Media Player ("**Media Center**") is replacing the legacy **Windows Media Player** visualizer. It is a free and open-source media player software application. It allows users to play and view most streaming media, even videos, music, etc. from the Internet, as well as digital media files from the local system. **Media Center** will not automatically appear on **Session** start. **Media Center** will be used for audiovisual media (streaming video, DVD, .avi files). Refer to the previous page of "Using different Media" in terms of directions specific to each media source and the expected behavior/steps to take.

Media Center should load "normal" sized window (Not **Full Screen**), but minimized to the task bar

Media Center's **Full Screen** short cut is "\" on the keyboard (ie. "**Full screen**" mode can be toggled in and out using "\" on the keyboard).

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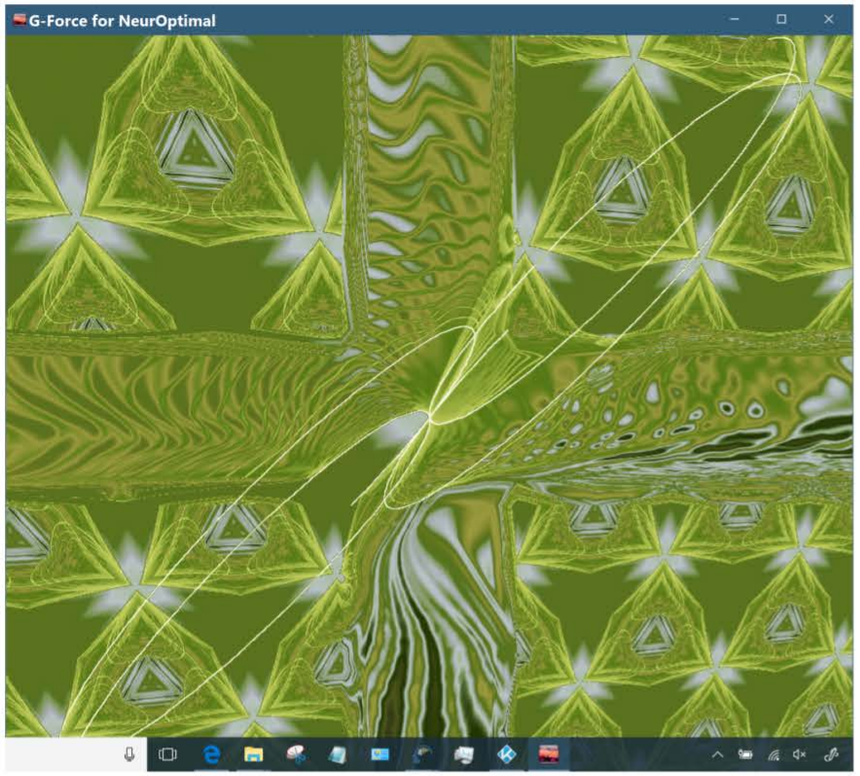
G-Force for NeurOptimal®



G-Force is a music visualization plug-in and is the program that will replace the visual component included within **Windows Media Player**. When running a **Client**, it is the new window that will be shown to the **Client** during a **Session**. The website boasts:

- Fast anti-aliased effects
- Millions of possible visual combinations
- Savable and scriptable effects
- Unparalleled expandability
  NeurOptimal 3 will include a version of G-Force Platinum in each release, and to be provided to each customer.

If an external monitor is connected to the **Surface Pro**, then **G-Force** will load **Full Screen** on the external monitor

NO3 Setup GForce

https://www.youtube.com/watch?v=-Dila872VAs&feature=youtu.be

Steps for **G-Force** to respond to audio

- Right click anywhere within **G-Force** window
- Navigate to "**Audio Input Source**" and it will be defaulted to "Microphone Array (Realtek High Definition Audio (SST)); select instead the "**SoundSpectrum Audio Cable**" option
- Select the speaker icon (**Sounds**) on the taskbar and select "**SoundSpectrum Audio Cable**"
- Right click on the speaker icon on the task bar to bring up the **Sound** window
- Navigate to "**Recording**" page and right click on the SoundSpectrum Audio Cable device
- Navigate to the "**Listen**" tab, select "**Listen to this device**" and then set **Playback** through this device to "**Speakers**" and select **Apply**

Now you should hear the music, and also see the visual cues of the music within the **G-Force** visualizer

To test out - **Play** a media file, and drag and drop the volume slider to verify the visual cues within **G-Force**

TRAIN Player

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Plays back previously recorded and saved Sessions as TRAIN files

Replaces the legacy **Journey Playback** component

New file format: **TRAIN** files replace legacy **JRY** and OPR files

Pre, **Training**, and **Post** groups will be condensed into a single **TRAIN** file

TRAIN Player only available within **Professional** version of **NO3**

Used to **Playback** previously recorded and saved **Sessions** as **TRAIN** files

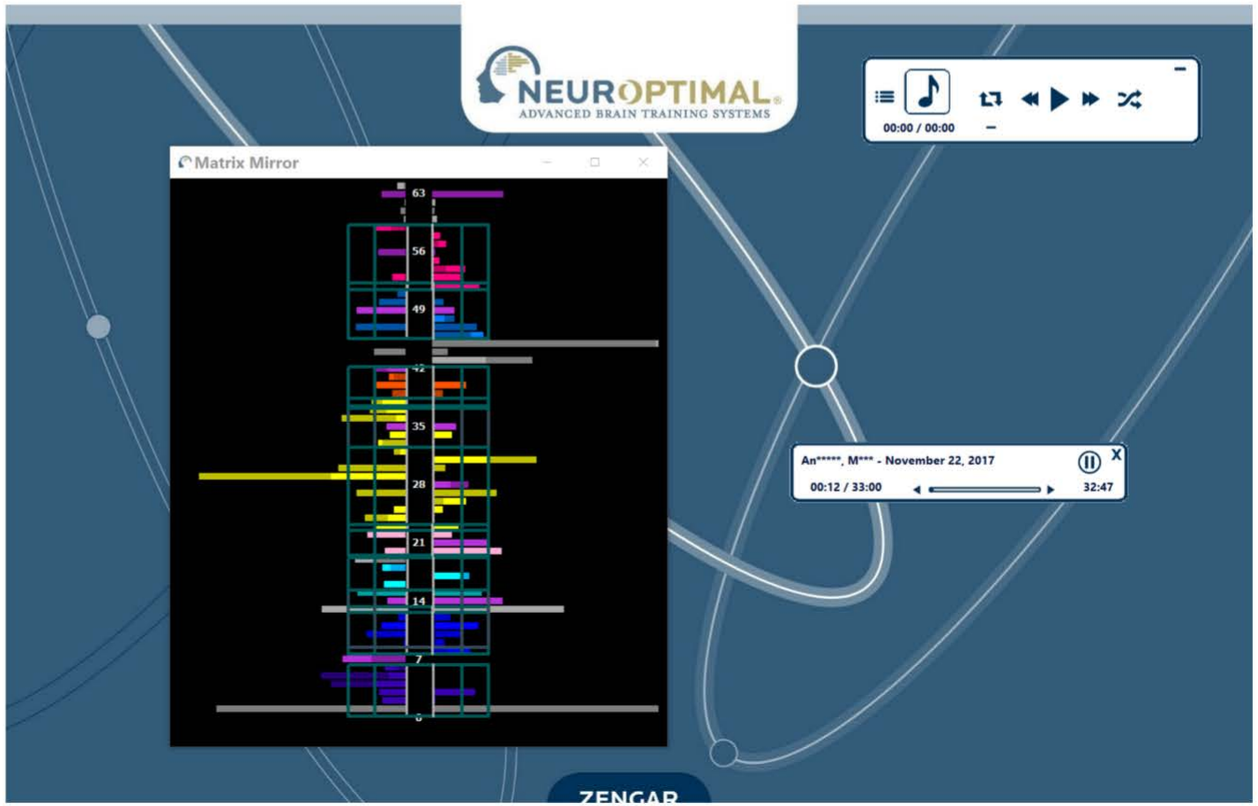
Right click on a previously recorded **Session** and select **Playback This Session**

Use the X in the upper right hand corner to finish **Playback** and return to the **VAULT**

Media can be run while playing back a **Session** but will not auto start - need to interact with **NOMP** in order to play media while your **Playback a Session**

Here is a snip of the screen when you **Playback a Session**. As you can see, **Matrix Mirror** and **TRAIN Player** appear, indicating the **Session** is being played back. **TRAIN Player** preference can be set within the Preferences Editor to play on load, or wait until the user selects **Play** to playback.

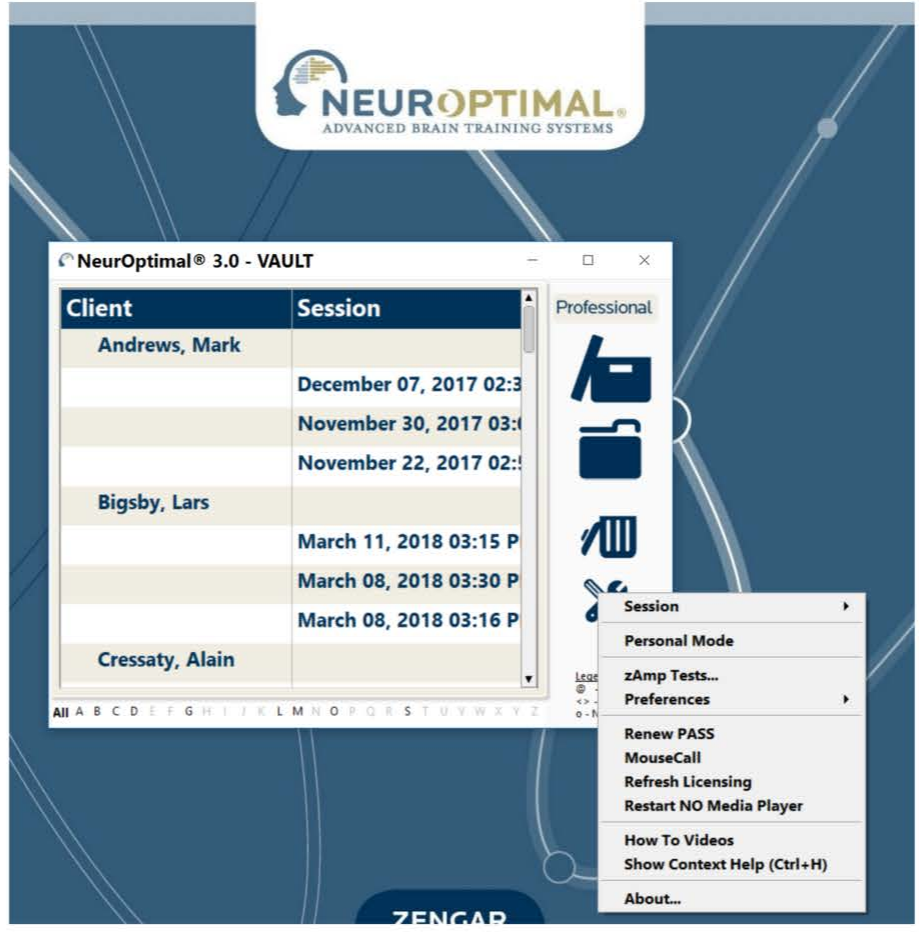
NOMP (as indicated in the snip) is not playing, as it's showing the **Play** icon to be selected to start playing media. You can play media while playing back a **Session**, but the media will not start on its own.



Tools

Within **NeurOptimal® 3**, there are multiple ways to configure the program specifically for you. There are the **Tools** menu (right click on the **Tools** icon) and then there is the **Preferences Editor** (double click on the **Tools** icon), where you can set specific **Preferences** for each component of **NO3**.

I'll first walk through the Tools menu, and then each components' **Preferences** will be gone over in the subpages after this one.



Tools (Wrench and Screwdriver icon) Right click Menu:

- **Session**
  - Regular
  - Extended
  - Demo
  - Custom
- **Personal Mode**
- **zAmp Tests…**
- **Preferences**
  - Clients Confidential
  - System Preferences
  - Generate Encryption Credential File
- **Renew PASS**
- **MouseCall**
- **Refresh Licensing**
- **Restart NO Media Player**
- **How To Videos**
- **Show Context Help (CTRL + H)**
- **About…**

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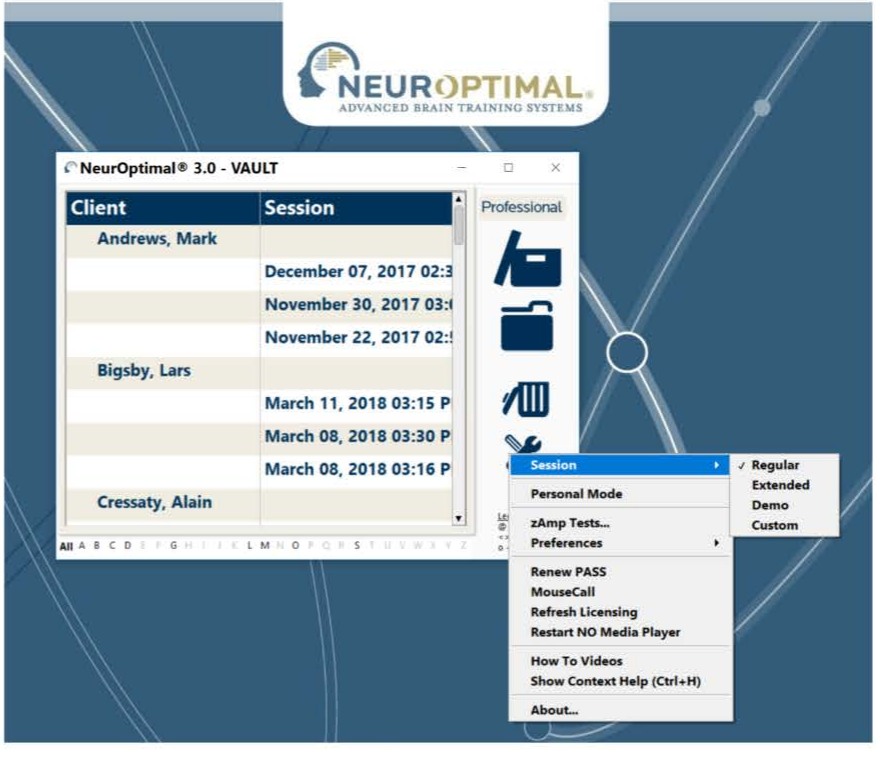
Within the **Session** submenu, you're able to select different **Session Durations**:

- **Regular** - this is set to default, and every **Session** run will be a **Regular Session** unless otherwise specified in this menu.
  Regular Session Duration: 33 minutes
- **Extended** - this option is a longer than **Regular Session**.
  Extended Session Duration: 44 minutes
- **Demo** - this option is a shorter than **Regular Session**.
  Demo Session Duration: 15 minutes
- **Custom** - this option allows you to customize the **Session Duration**, and you're able to set it to a value anywhere between 15 mins until 44 minutes.

After a **Session** type has been set, the next **Session** started will run that Session length.



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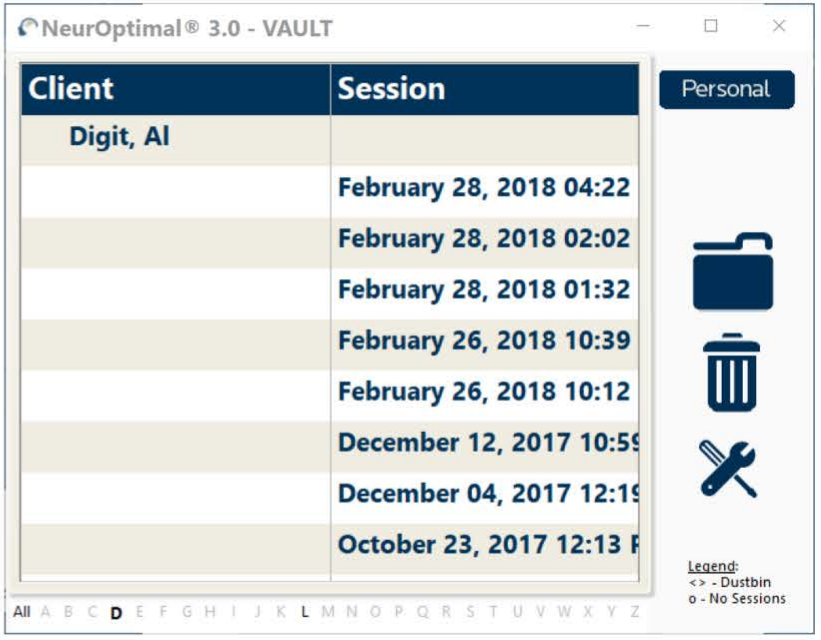
Personal Mode - will flip the **Professional** version of **NeurOptimal® 3** to become a **Personal Demo** license. This gives you the opportunity to show and flex the capabilities of the **Personal** version to a **Client** or perspective person that is contemplating purchasing a **NeurOptimal® 3** system of their own.

You will notice a change from "**Professional**" listed to "**Personal**". The **Archive** icon will disappear. There will be different options available within the **Preferences Editor**. The **Session** will not include the **Matrix Mirror**. There are no After Session Analysis Views (**Waterfalls** and **Tunnels**). This allows you and the perspective person the ability to see what the full features and capabilities are of the **Personal** system.



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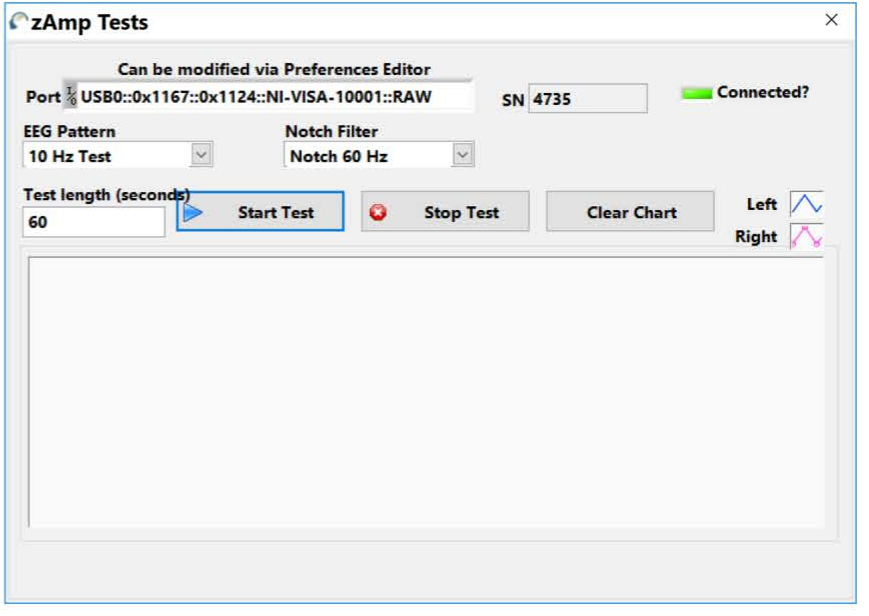
zAmp Tests - This **Tool** can be used to verify that the zAmp is connecting and reading the signal properly.

Within the **zAmp Tests** window, you can verify that the zAmp is connected properly by seeing it listed under "Port", and noticing that the Green LED light comes on once this window loads. You'll be able to verify that the system is reading the correct zAmp, as the **SN** of the zAmp is listed and should be the same as the one physically listed on the zAmp.



You're able to set the **Notch Filter** to 50 or 60 Hz, depending on your current location. You can set the **Test length** (in seconds) for the **zAmp test** selected and run. Start the test, stop the test, or even clear the chart to start a new test "fresh". The **EEG Pattern** is what differentiates the different tests, and you can have it set to **Live EEG**, **10 Hz Test**, or a **Sweep Test**.

These separate tests mean different things and exhibit different behavior. Two of these tests involve reading the signal generation from chips within the zAmp. And one test involves actually reading live signal from sensors (if connected).

- Signal Generation from Chips:
  - **Sweep Test**
    - Increasing Frequency in the simple sinusoid (with or without sensors)
    - Blue Line exactly overlays Red Line with Red Circles
  - **10 Hz Test** Behavior
    - Regular, simple sinusoids at 10 Hz (with or without sensors)
    - Blue Line exactly overlays Read Line with Red Circles
- **Live EEG Test**
  - Irregular, non-equal lines that no longer exactly overlap

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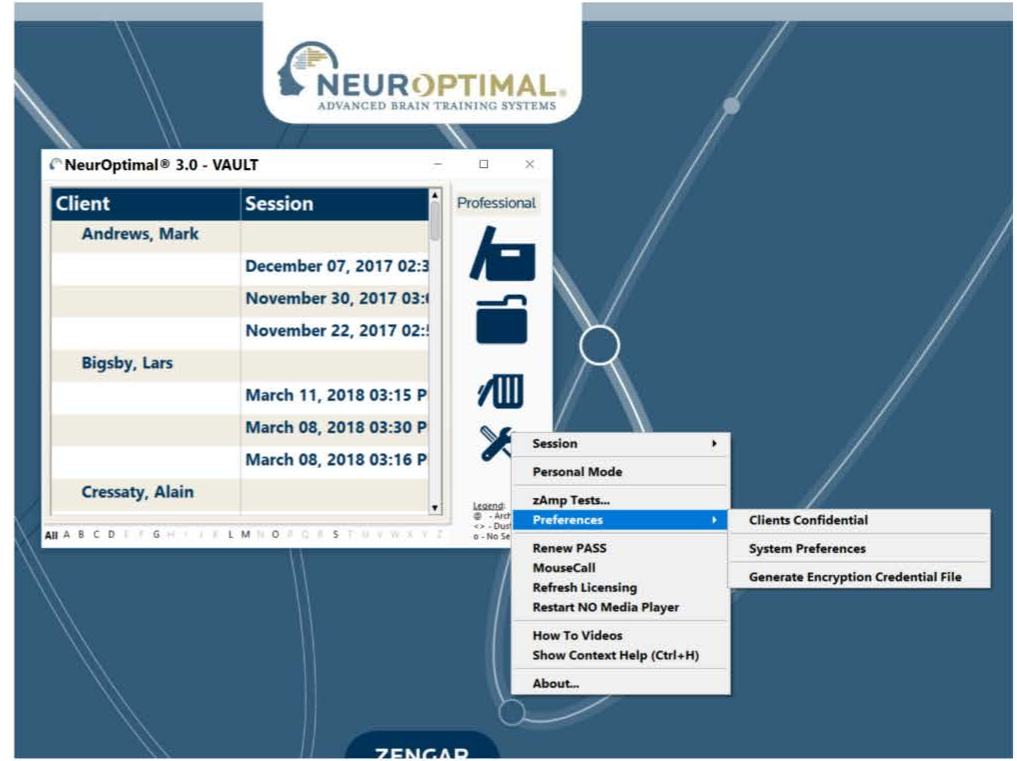
Within the **Preferences** submenu, you're able to:

- List the **Clients** as confidential
- Open the **System Preferences** (same behavior as double clicking on the **Tools** icon)
- **Generate Encryption Credential File**

The **Clients Confidential** was a feature included within 2.0, and has the same behavior within **NO3**.

The **System Preferences** loads the **Preferences Editor** that will be gone into further detail in the next page (See **Preferences Editor**)

Generating your specific **encryption credential** file was covered in an earlier page.



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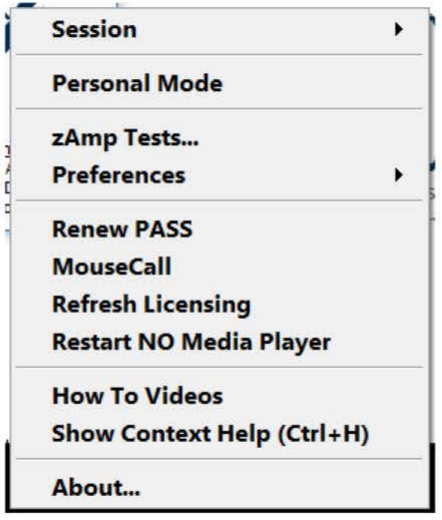
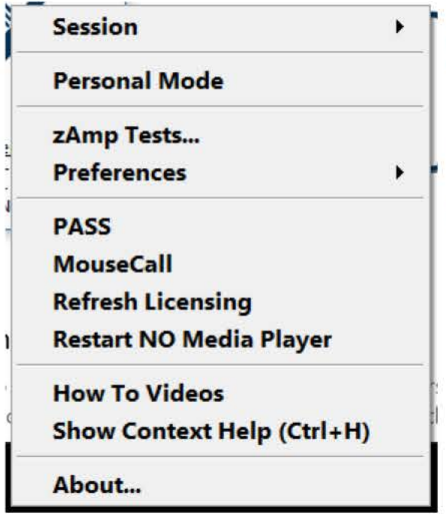
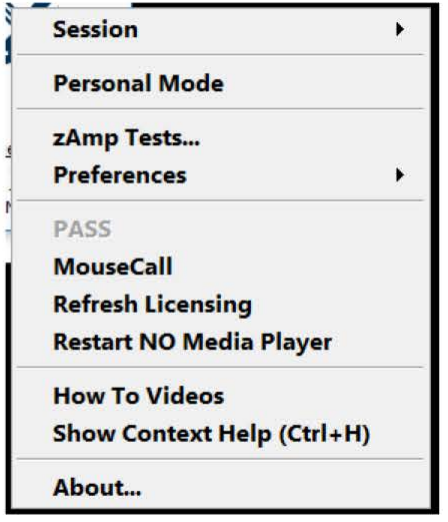
Within this menu you can see your **PASS** membership status

- "**Renew PASS**": will show when the membership has expired; selecting on this option will direct you to the section of the website where you're able to renew the membership.
- "**PASS**": will show when you currently have an active subscription; selecting this option will direct you to the PASS Membership Start Here page, (if you aren't logged in, you will need to sign in) where you can utilize all of the features that are included in a PASS membership.
- "**PASS**" greyed out: will show when the PASS status is disabled.







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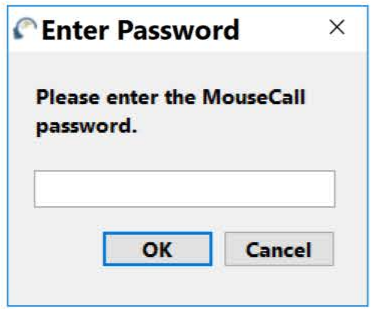
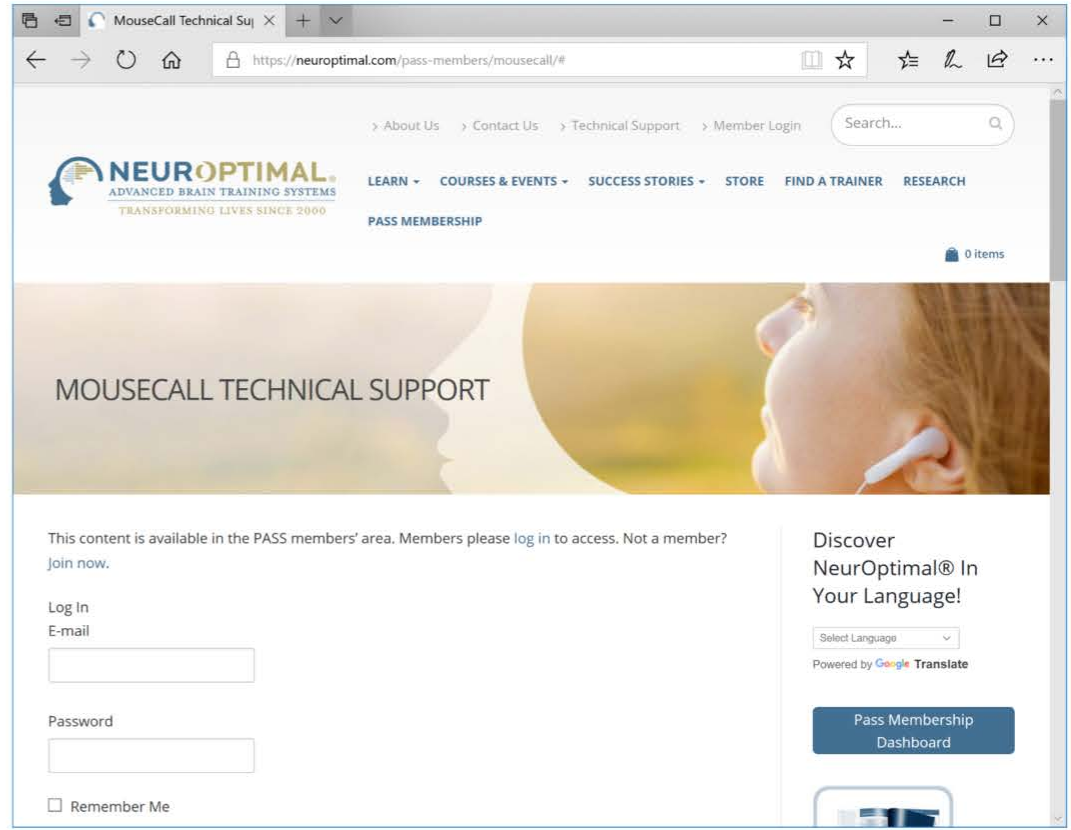
MouseCall: This can be selected when your system needs to connect to a **MouseCall**. Selecting this will direct you to the **MouseCall Technical Support** website, if you're not logged in, you'll need to log in. A window will also appear within **NO.exe** asking you to enter a PASSWORD. This window should be disregarded by the user, it is for **Tech Support** use only.

If **Tech Support** was not needed, or they didn't go into the **Settings Editor**, then simply select the x or "Cancel" out of the **Enter Password** window, shown below:





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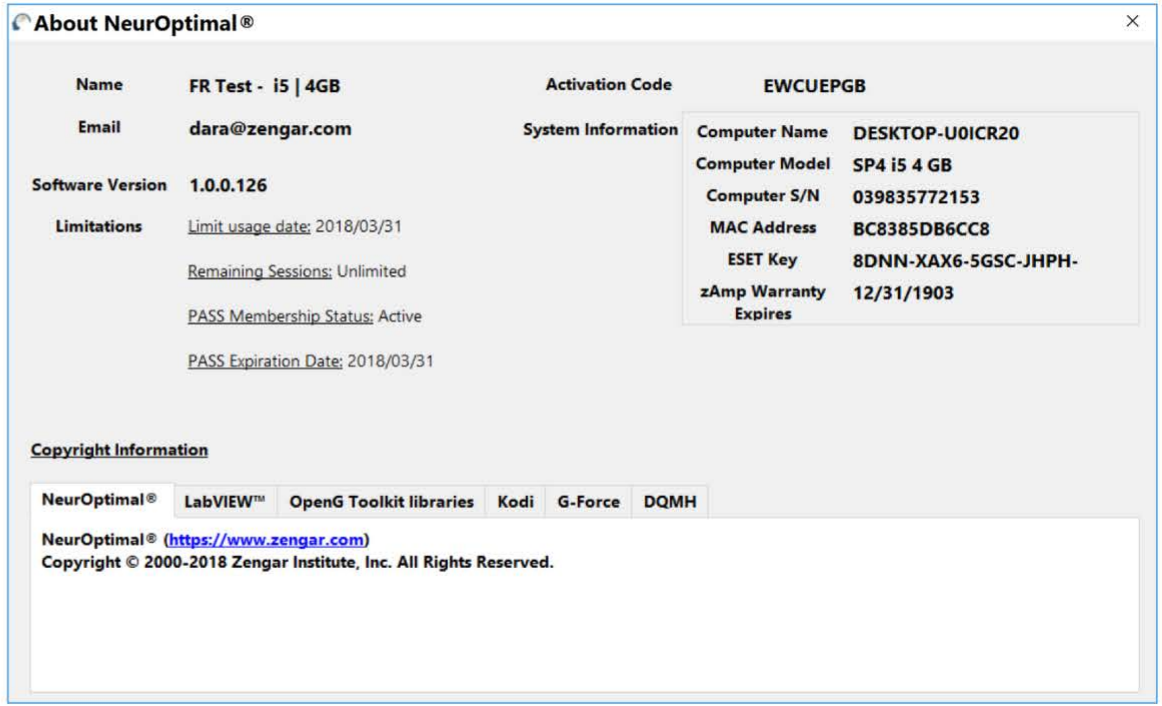
Refresh Licensing: Selecting this option will bring up with **About NeurOptimal®** window, detailing the license key used for **NO3** on this specific system. Selecting this option will ping the server, to look for new updates on the license details, in case changes were made on our end "on the fly". This is the same window that appears when you select "**About..**" only difference is that it shows the **Activation Code** in the upper right hand corner.



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Restart NO Media Player: This **Tool** is extremely important because it will help you whenever there appears to be issues within **NOMP**, **Media Center** (Kodi), or **G-Force**. In case any of those specific components are giving you issue, select this **Restart NO Media Player** option, and you'll see that **NOMP**, **Media Center**, and **G-Force** foirst disappear and quickly reappear. Think of it as using the "Refresh" option on a website/URL. It starts all three components fresh and new, in case any were "stuck" with an issue -

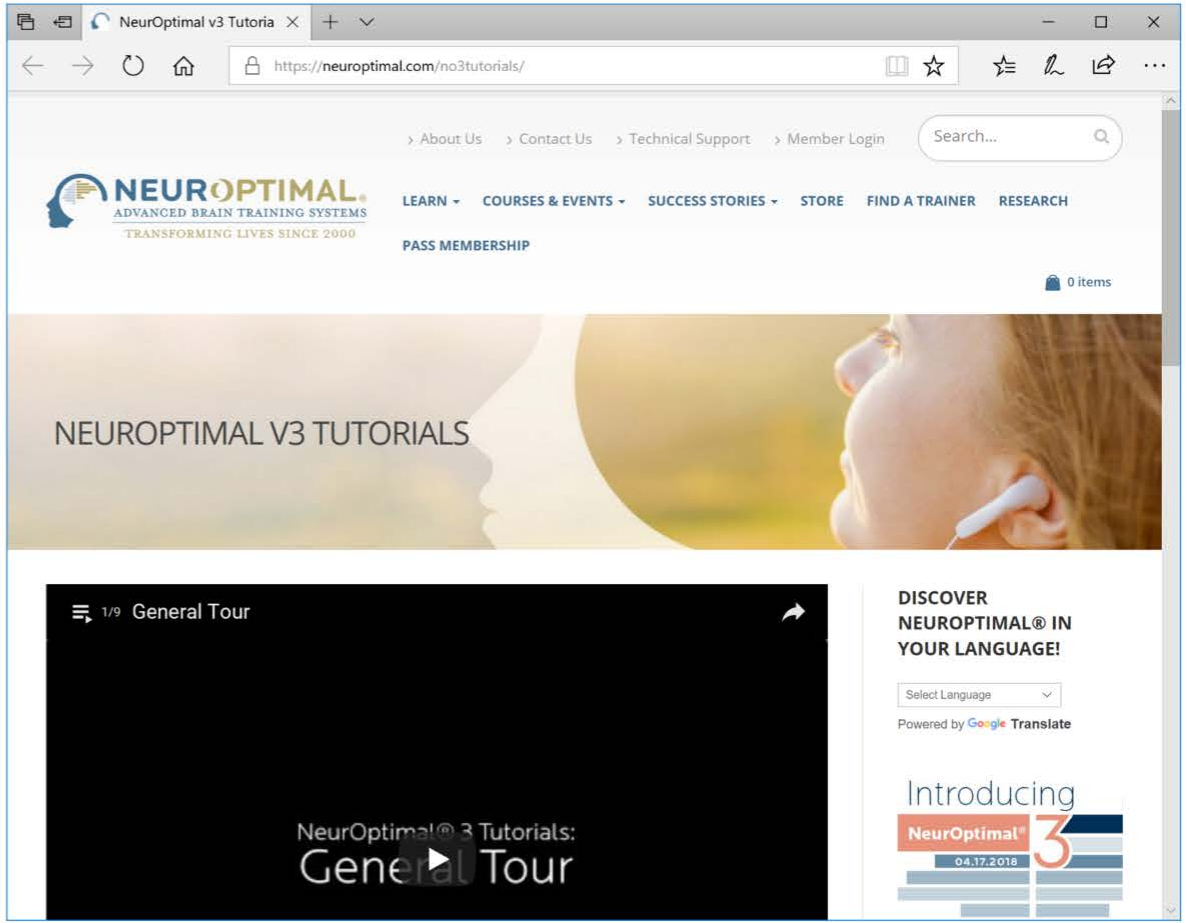
> ex: **NOMP** never returns to "resting" but continues to show the **Stop** and **Notes** icon when a **Session** isn't running.
> You can always shut down **NO** and then reopen, most issues become resolved. But another option in this specific case is to select **Restart NO Media Player**, and then if issues with **NOMP** persist, THEN log on for a **MouseCall**.

How To Videos: Select this option to be directed to the URL that links to the How To YouTube **NO3** videos. These videos currently include:

- General Tour
- How to Launch **NO3**
- Setting up **VAULT**
- **Starting a Session**
- A Basic Look at **After Session Views**
- **Session Notes**, Post Session Notes and the Difference
- Using Other **Media**/Movies Files
- Updating **NeurOptimal® 3**
- Performing **Windows Updates**

These are helpful in showing step by step, so that those videos and this "Need to Know" guide can be used together.

These videos will be added upon over time.



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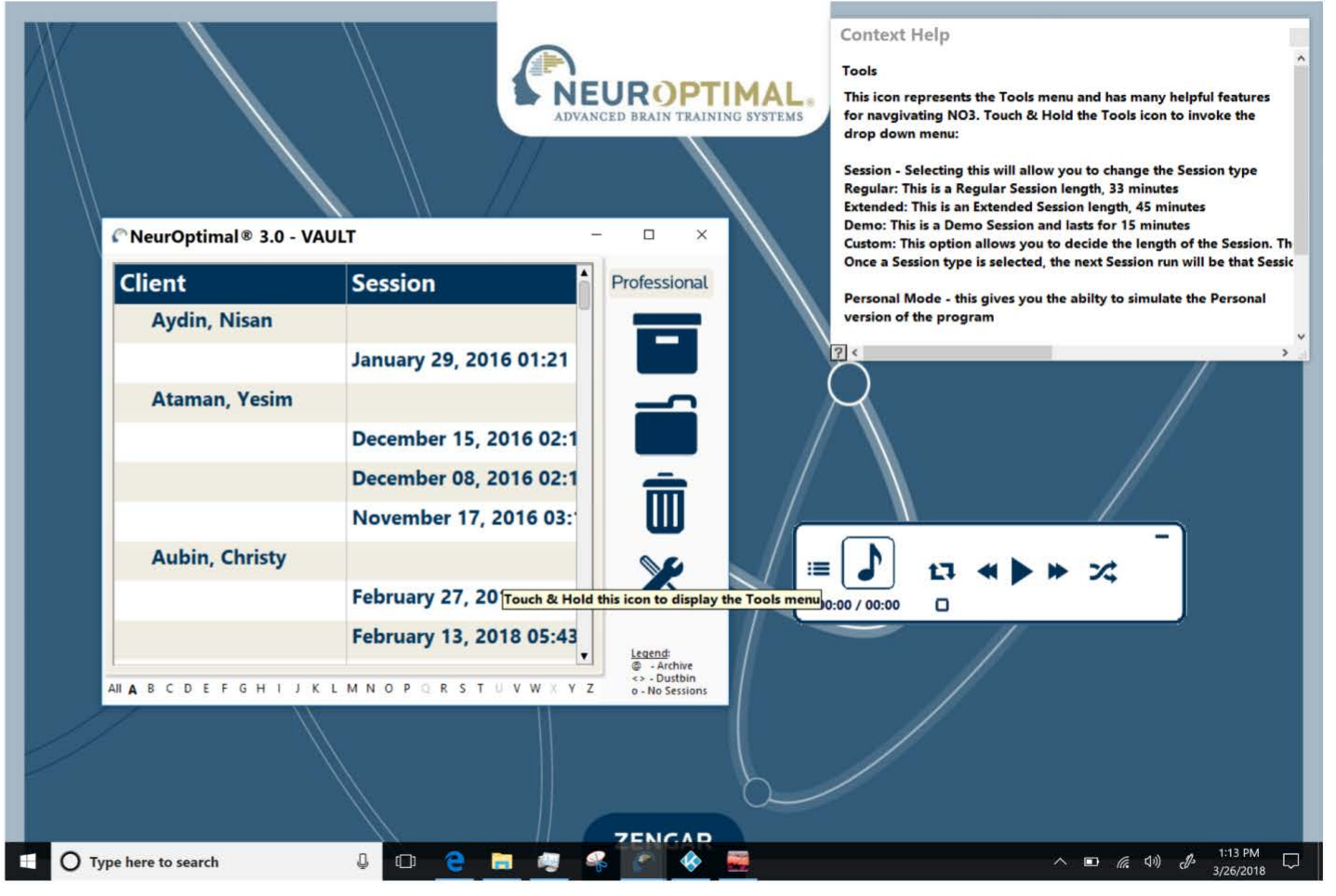
Show Context Help: Selecting this option (or **CTRL+H** on your keyboard) will render a separate **Context Help** window. This window will change depending on the current object that you hover over. This window, along with **Tip Strips** (the text that appears when you hover over something - native to Windows systems), will help inform you of need to know information when interacting directly within **NO3**.

Ex. **Tip Strips**: 'Touch & Hold this icon to display the Tools menu' showing in the snip to the right. This text appears when you hover over the **Tools** icon.



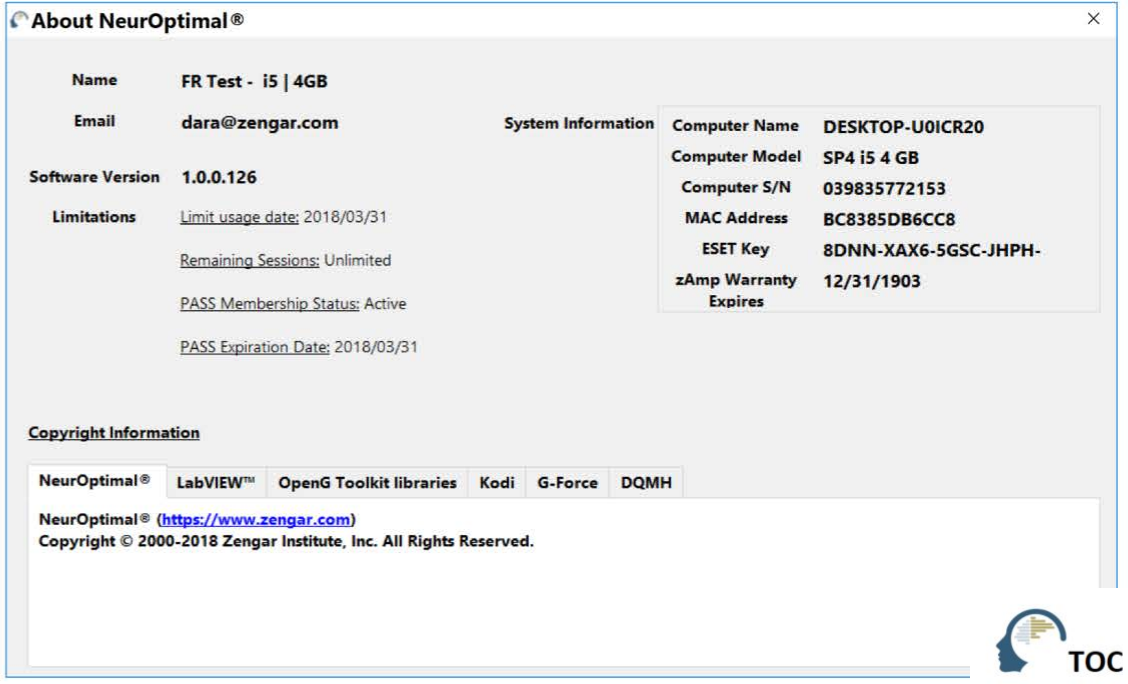
About... This selection will open up the **About NeurOptimal®** window. This window details information about your specific license. This is very helpful information to always be ready to interact with, as it can indicate certain things.

For example, you can see what version of **NO3** software you're running. This can be used and verify that you're running the correct version, before even getting onto a **MouseCall**.

You can see any limitations specific to your license, such as: **limit usage date**, **remaining Sessions** if Personal version, **PASS membership status** and **expiration**.

We are also helpfully tracking information specific to the system: **Computer name**, **model**, **serial number**, **MAC address**, **ESET Key**, and **zAmp warranty expiration**.

This window also includes copyright information pertaining to **NO**, **LabVIEW**, **OpenG Toolkits**, **Kodi**, **G-Force**, and **DQMH** - all components of NO3, and without one or the other, we wouldn't be able to bring you this exceptional product.



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Preferences Editor

This interface is the **Preferences Editor** and is where most of the **Preferences** specific to your license and version of **NO3** can be set and designated. This is a way to personalize your version of **NO3**, and to play around with what you'd like to defaults to be. There are certain **Defaults** that we will force in the update process, this is due to what we've found works (or doesn't work) in the testing process. These may be different depending on your specific system/hardware (*ex: ASUS systems having difficulty running Professional mode*) but we'll alert you when certain **Preference** values need to remain.

The next pages will detail each components' **Preferences Editor** - **CLEF**, **NO Device Manager**, **NOMP**, **NOTATE**, TRAIN Player, **Tunnels**, **Waterfalls**, **VAULT** - and what specific **Preferences** can be set. These **Preferences** have been selected and designed for the End User. However, you do not need to change any **Preferences** if you're happy with the default. This is just more ways to play, and not necessary to interact with in order to run "good" Sessions.

On that note, any **Preferences** that are edited or changed, can easily revert back to the **Default Settings**. Reverting to **Default** can be done by component (ex: only revert **Defaults** back to **Tunnels**) by de-selecting "Restore All" and selecting Restore Defaults when the **Tunnels Preferences Editor** is showing. Or ALL **Defaults** can be reset by selecting, or keeping the "Restore All" box selected, and then selecting **Restore Defaults** in the lower left hand corner. On next launch of **NO.exe**, the **Default Preferences** will be restored.

To Start navigating and playing with **Preferences**, simply:

- Double click on the **Tools** icon to load the **Preferences Editor**
- Right click on the **Tools** icon and navigate to **Preferences**, and then **System Preferences** within the **Preferences** submenu

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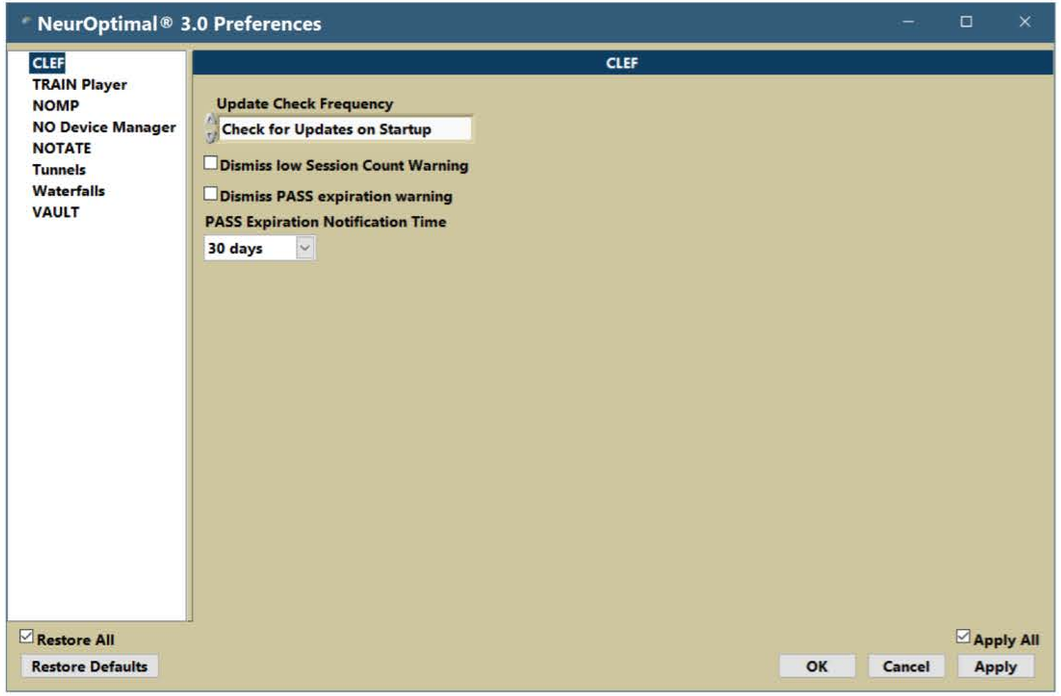
CLEF



For our French users, you'll understand - for those that are not fluent en français "clef" translates to "key", and that is how you can think of it in terms of **NO3**.

CLEF is what controls and dictates the specific license key that has been entered in your **NO3** system. This key was entered on install of **NO3**, and is created behind the scenes with our licensing software. Within the **CLEF Preferences Editor**, you're able to:

- Set the **Update Check Frequency**: this selection will determine if your specific version of **NO3** will look for new updates when the program starts, or if you've select to **Never Check**, then the software will not ping the server to download new updates. **Preference** can be set to:
  - Check for Updates on Startup
  - Check for Updates on Next Restart
  - Never Check for Updates

- **Dismiss low Session Count Warning**: this box can be checked so that you do not receive warning on low **Session** count. This is the same behavior as selecting "**Don't Show Again**" on the window alerting you to low **Session** count, if you have a **Personal** system with low **Session** count.

- **Dismiss PASS expiration warning**: this box can be checked so that you do not receive warning on your **PASS** membership expiring. This is the same behavior as selecting "**Don't Show Again**" on the window alerting you to an expired **PASS** membership.

- **Set PASS Expiration Notification Time**: this preference can be changed to when you receive the alert within a certain time frame until the expiration date. Options you can set this preference to are:
  - 30 days
  - 21 days
  - 14 days
  - 7 days

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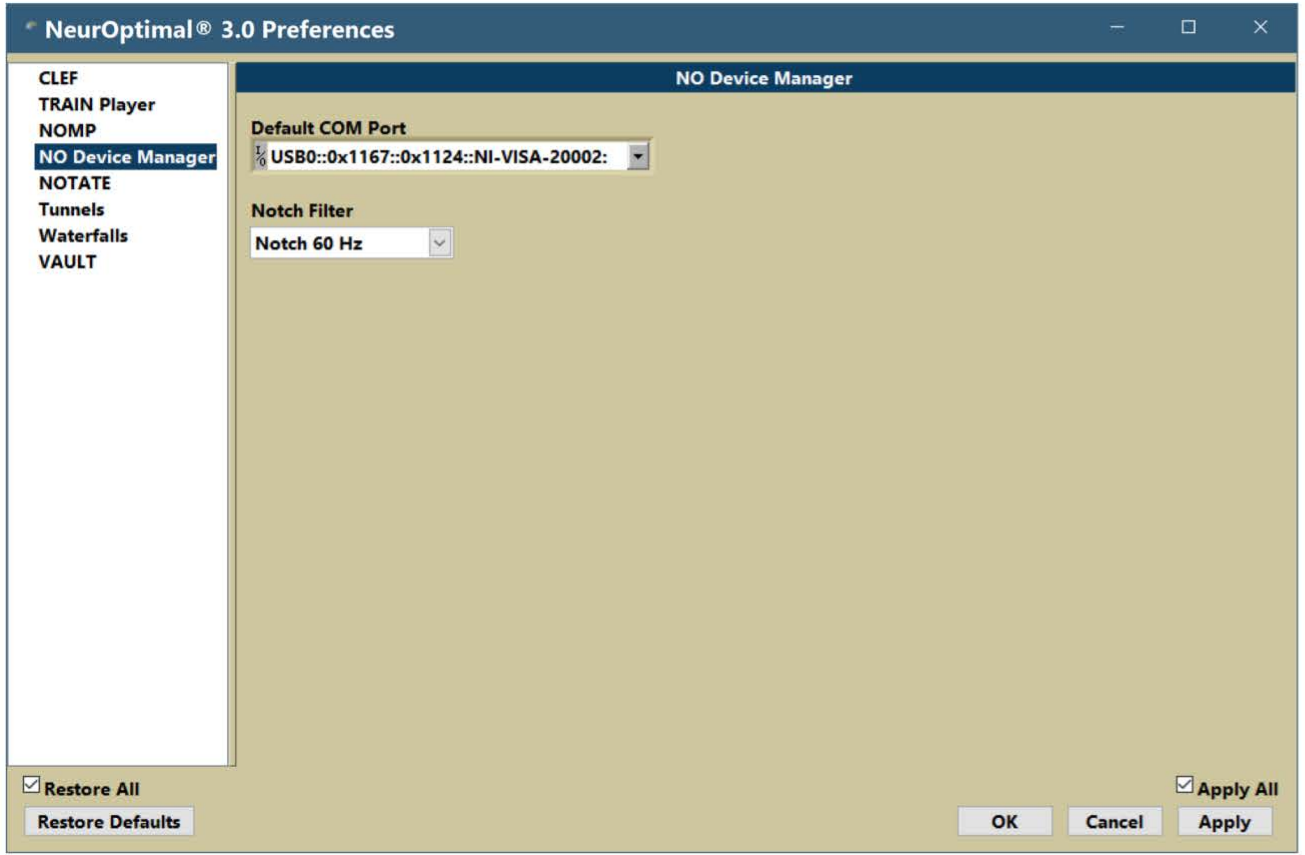
NO Device Manager



NO Device Manager Preferences Editor page is where you can easily confirm that your **zAmp** is connected properly (vs. going through **zAmp tests** every time you want to verify that you have a "good" connection).

Within the window, you see the **Default COM Port** listed, this will show if there is a **zAmp** connected.

You're also given the option to change the **Notch Filter** 'on the go'. In case you travel, or rent out to users in a different country/on a different continent.

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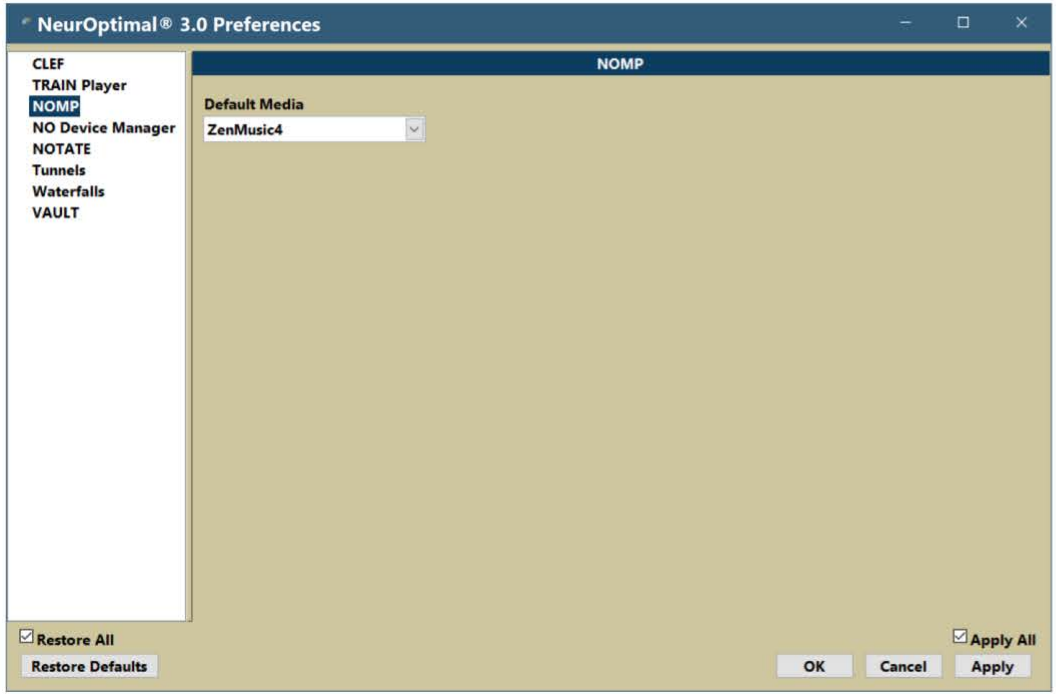
NOMP



The **NO Media Player** (**NOMP**) **Preferences Editor** is where you can select other **Default Media** to play for the **Session**. Currently, we only have the "ZenMusic4" option, so this page isn't much fun.

For future **NO3** releases (NO 3.1, 3.2, etc..), we hope to provide more options.

You can always select different media on the go, while running a **Session**.

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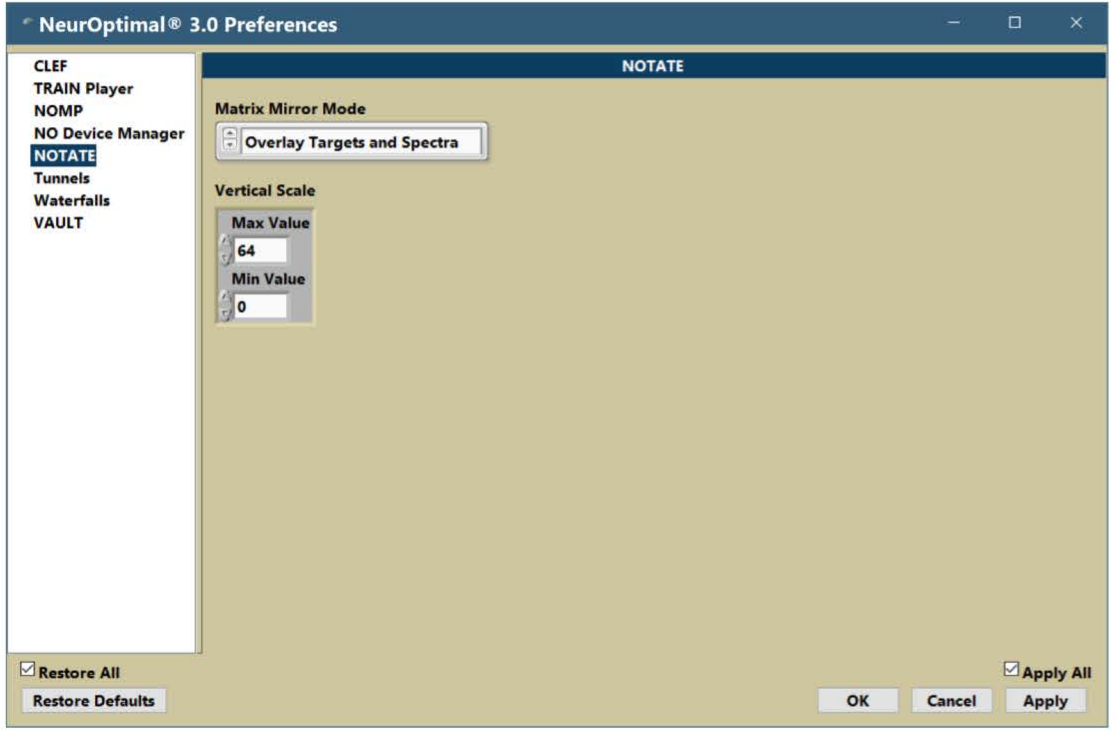
NOTATE



NOTATE Preferences Editor window is where you're able to set preferences for the **Matrix Mirror**. This is only provided within the **Professional** version of **NO3** and relates to the **Matrix Mirror** while running a **Session**, and then when playing back a previously recorded **Session**.

Within this window, you're able to:

- Set the **Matrix Mirror Mode** that the window auto appears as
  - Overlay **Targets** and **Spectra**: this is what is set and loads on default. This is the **Matrix Mirror** window.
  - Separate **Targets** and **Spectra**: this is the preferences to separate the **Matrix Mirror** into two separate windows: **Targets** and **Spectra**

- Set the **Vertical Scale**: this is the scale that the **Matrix Mirror** (or separated **Targets** and **Spectra**) window loads with
  - Set the **Max Value**: this cannot be set to a value above 64
  - Set the **Min Value**: this cannot be set to a value below 0

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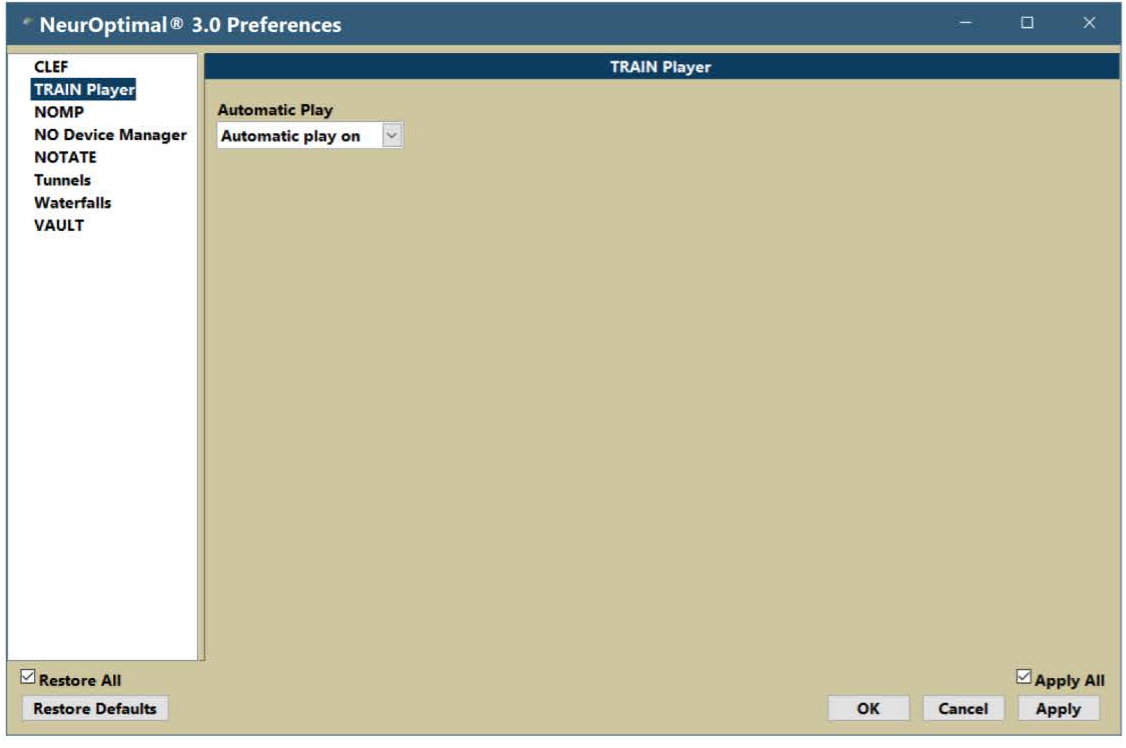
TRAIN Player



TRAIN Player Preferences Editor gives you the option to set the preferences of when the **TRAIN Player** loads (right click on a **Session** and select **Playback This Session**) the **Session** being played back will automatically start playback on load, or will wait until the end user selects **Play** within the **TRAIN Player** to start **Playback**.

Note: media will never automatically start on playback, but you can select **Play** on **NOMP** for the media to play alongside a **Session Playback**.

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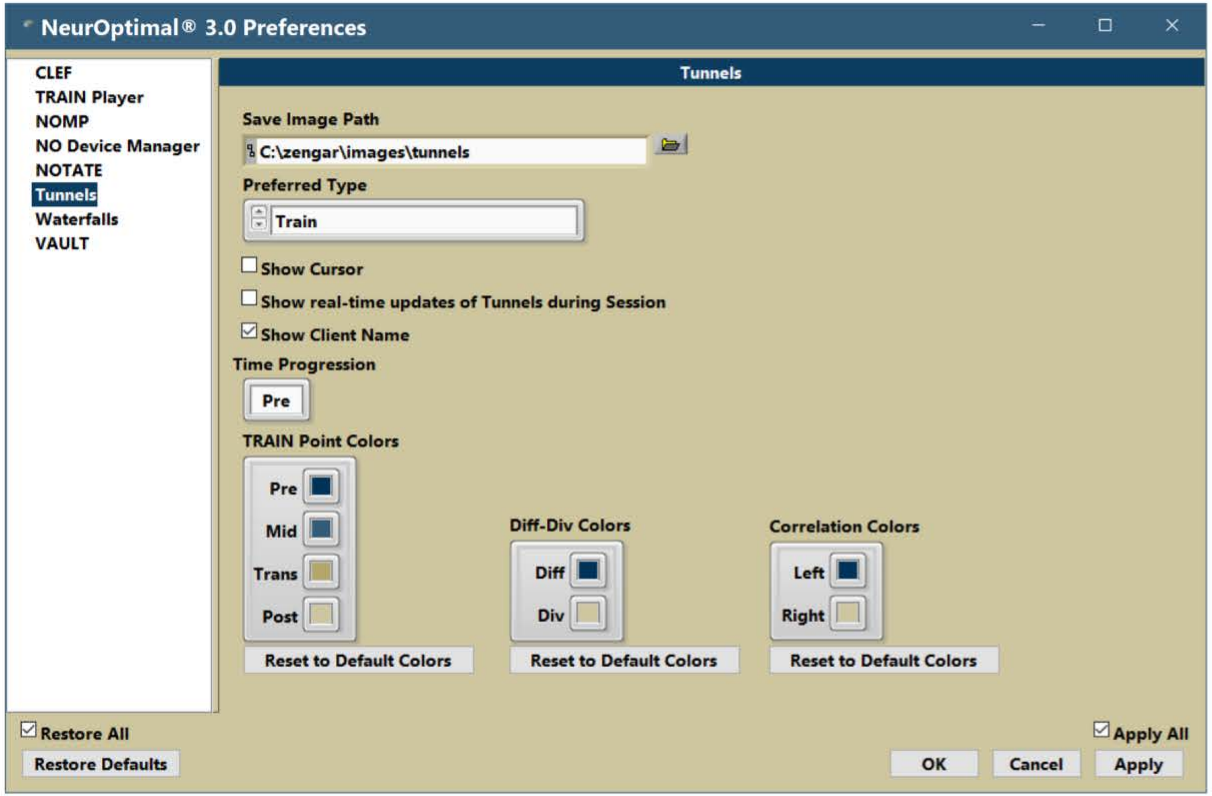
Tunnels



Tunnels Preferences editor includes many ways to personalize the **Tunnels After Session View** for your liking.

Save Image Path: this is the default of where **Tunnels** snips will be saved. There is a specific folder for these images [c:\zengar\images\tunnels], if you'd like to save them elsewhere, select the folder icon and navigate to the desired destination.

Preferred Type: this is the default preferred type loaded whenever **Tunnels** is loaded on a specific **Session**. The default is set to the **Train** view, but you can select a default if you'd prefer a different view upon load.

Show Cursor: this can be selected in order to show the cursor on the **Tunnels** path, in order to follow it more closely and precisely.

Show real-time updates of Tunnels during session: this can be selected in order to have **Tunnels** appear and show real-time updates while a **Session** is being run. We currently do not have this set to default, as we've seen CPU overload issues.

Show Client Name: this can be selected in order to display the **Session** and **Client** information window at the bottom of the **Tunnels** display area.

Time Progression: this can be selected to change the default **Time Progression** option. It is selected to default with **Pre** on top, and **Post** at the bottom. You can select **Post** as the default to flip the view.

Here is the fun part: within the **Tunnels Preferences Editor**, you're able to select colors for each **TRAIN**, **Difference-Divergence**, and **Correlation Points** that show within the **Tunnels** window. This selection is made simply by selecting the color square you'd like to change, a color palette will appear, and then selection on the desired color will select and set it. These colors can always be reverted back to the **Defaults** by selecting **Reset to Default Colors** under the **Color Points** you'd like to convert back. Or by de-selecting "Restore All" and selecting **Restore Defaults** while on the **Tunnels Preferences Editor** page.

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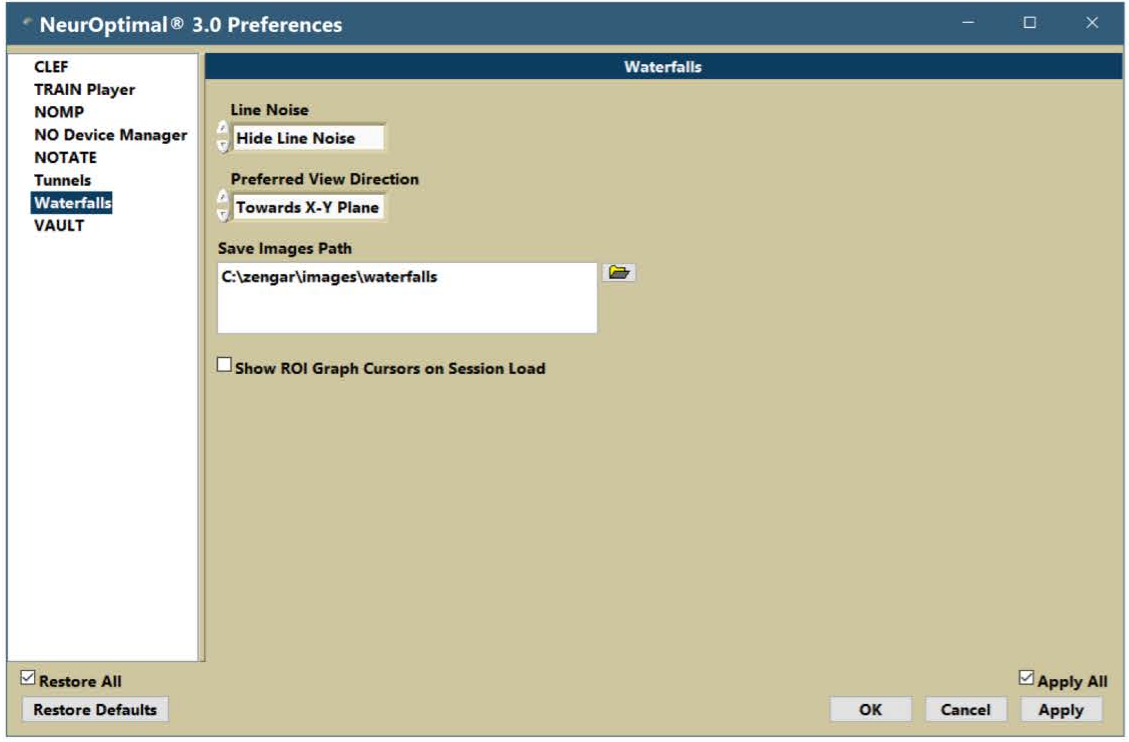
Waterfalls

TOC



Waterfalls Preferences editor allows you to set defaults specific to your **NO3** version for the **Waterfalls** component. Within this window, you can:

Line Noise: select to **Hide** or **Show Line Noise** by default

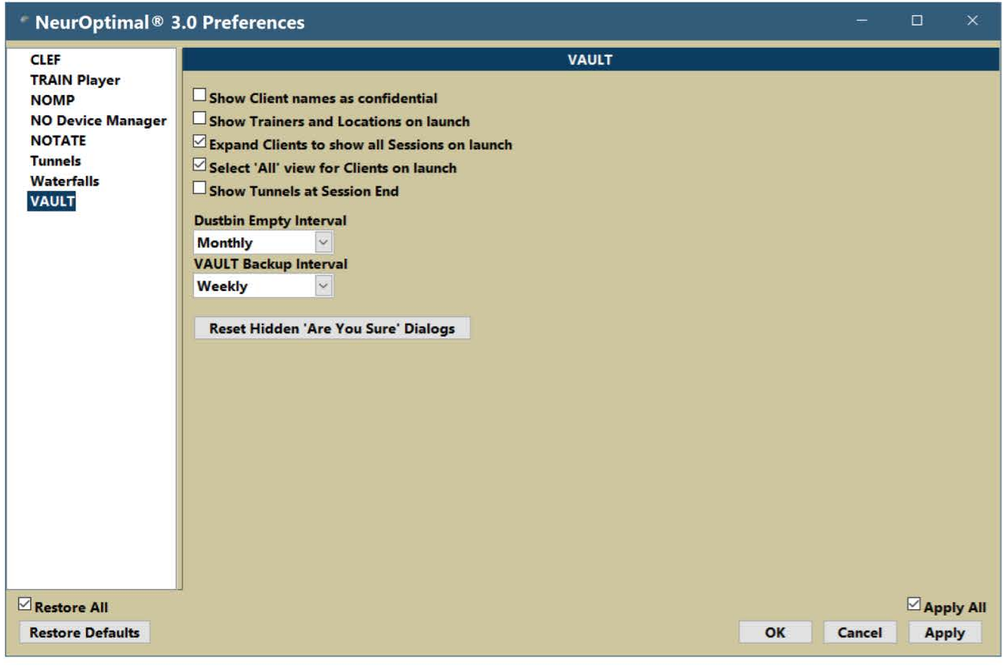
Preferred View Direction: select the **Preferred View Direction** to be set as default whenever you load a **Session** within the **Waterfalls** window. The options are:

- Towards X-Y Plane: displays Time vs. Frequency
- Towards X-Z Plane: displays Time Vs. Intensity
- Towards Y-Z Plane: displays Frequency vs. Intensity

Save Images Path: this is the default of where **Waterfall** snips will be saved. There is a specific folder for these images [c:\zengar\images\waterfalls], if you'd like to save them elsewhere, select the folder icon and navigate to the desired destination.

Show ROI Graph Cursors on Session Load: this option can be selected if you'd like to dive deeper into the **Waterfalls** views. The **ROI Graphs** is the **Region of Interest Graphs** and you're able to select specific areas of the general **Waterfalls** view in order to look closer at the data.

VAULT



VAULT Preferences Editor gives you options to customize the **VAULT**, and to set specific **Preferences** for your system. Such as:

Show Client names as confidential: this is the same feature that was offered within NO2. With this selected, **Client** Names will show as confidential

Show Trainers and Locations on launch: this can be selected in order to load the **VAULT** window with all four columns (**Client**, **Session**, **Trainer**, **Location**) showing, instead of the two column view (**Client** and **Session**).

Expand Clients to show all Sessions on launch: this can be selected for the **VAULT** window to load the **Clients** with their corresponding **Sessions** showing.

Select 'All' view for Clients on launch: this can be selected for the **VAULT** window to load All **Clients** listed, vs. showing the first letter listing of **Clients** that have been bolded (if the first **Client** in your system is Digit, Al, then the **VAULT** would load with the **Clients** starting with the letter D as their last name showing). With larger **VAULTS**, after migration and importing 2.0 data, we saw an issue with loading the **VAULT** with the 'All' view selected, so we've set the default to have this unchecked.

Show Tunnels at Session End: this can be selected in order to auotmatically load the **Tunnels** After Session View every time after a **Session** ends. This would only be used if you wanted to show your **Client** the **Tunnel** view after the **Session** ends.

Dustbin Empty Interval: this can be selected to determine when the **Dustbin** should automatically be emptied. This act cannot be undone, and the deletion of files is permanent. The interval can be set to:

- Never
- Monthly
- Weekly
- Daily

VAULT Backup Interval: this can be selected to determine when the **VAULT** should automatically be backed up. These backups are stored within c:\zengar \exports and can be done manually by right clicking on the **Move To** folder icon and selecting "**Backup**". The interval for automated backup can be set to:

- Never
- Monthly
- Weekly
- Daily

Reset Hidden 'Are You Sure' Dialogs: this button can be selected if you've checked "*Do not show this dialog again*" when attempting to delete any item from the main **VAULT** window. These **Are You Sure** messages appear whenever the move could eventually delete the item permanently. So anytime you send any item to the **Dustbin** (**Session**, **Client**, **Trainer**, or **Location**) this window confirming that you're sure you want to send it to the **Dustbin** will appear. If you've selected '*Do not show this dialog again*' on a window and want to reverse this, select the "**Reset Hidden 'Are You Sure' dialogs**" button within this window to undo it.

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After Session Views

The Waterfalls display replaces the legacy Spectrograms

The Cross Ambiguity Function (CAF) - "Tunnels" replaces the old Legacy CCACs

These are new tools to analyze what is going on during the Session visually/graphically. They are great tools to track progress, but keep in mind that there is not "right" behavior and if yours do not match exactly, that is OK.

Helping a client identify shifts is the key to a happy client. While analysis features can be interesting, no one will ever call you because they'd like to lower their divergence. They call you because they'd like a better quality of life. The way we track this is by using the Progress Tracking Tools.

****** These are currently not to be used, but feel free to learn about them here, for now ******

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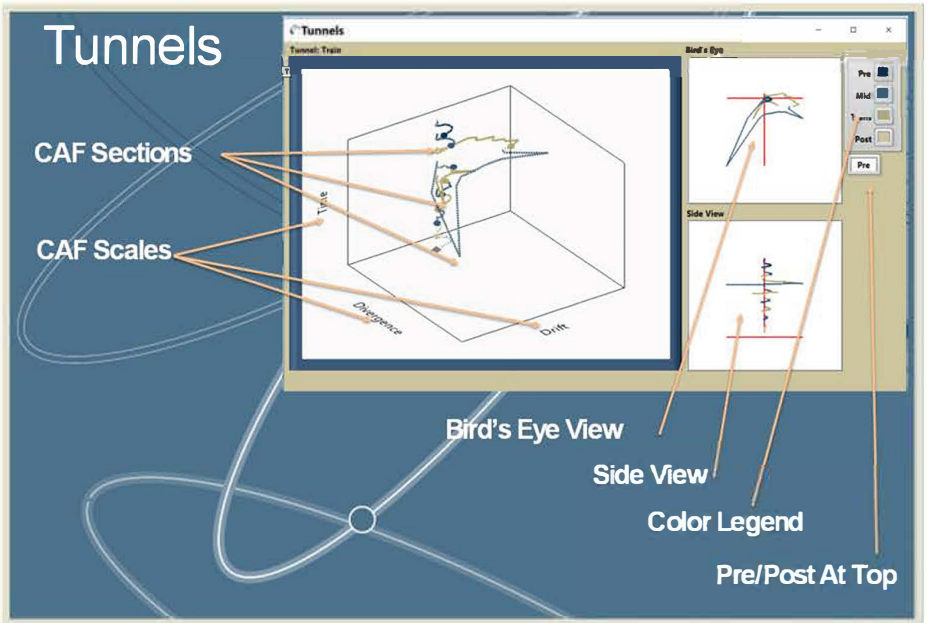
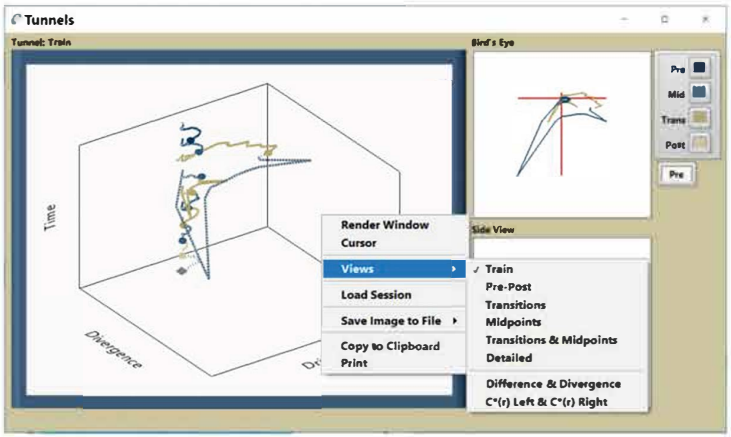
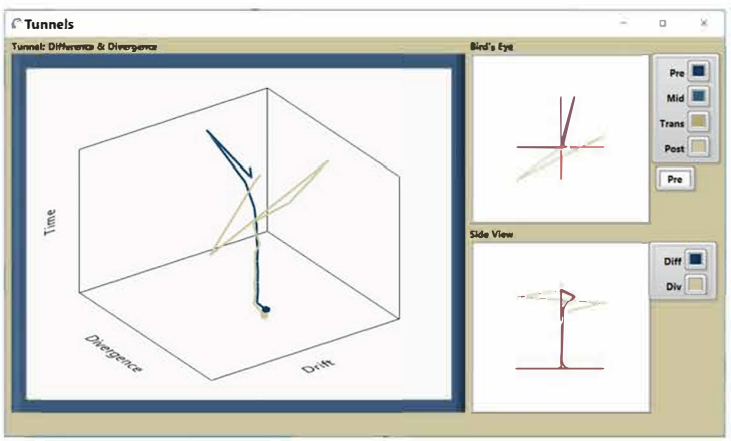
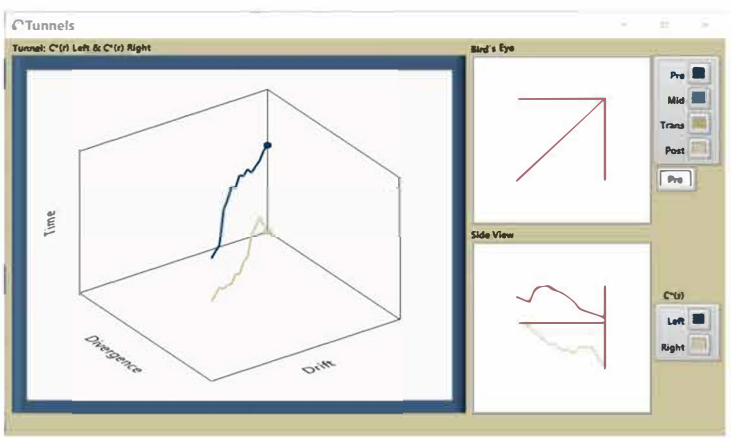
Tunnels



There are different Views available







The **Cross Ambiguity Function** or **CAF** is the larger group of mathematical algorithms, whereas the **CCAC** of 2.0 is a particular way of determining the **CAF** for the transition of Eyes Open to Eyes Closed used in Baselines

NO3 calculates **CAF**s from 3 minute segments of **EEG** throughout a **Session**

These segments overlap 1 minute, making the **CAF**s even more robust!

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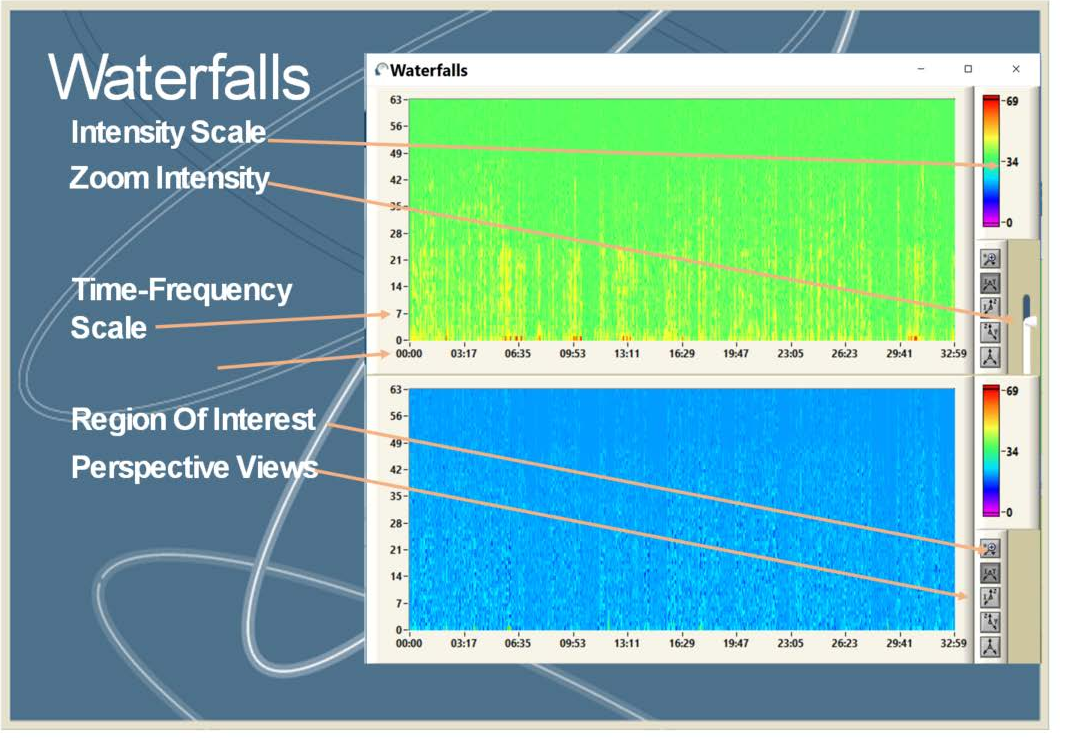
Waterfalls



Multiple **Perspectives Views** accessed by a Tap, with their own Grab and Drag, Zoom, and Reorient View

Line Noise is removed by default

You can **Zoom** by intensity and you can see different **Region of Interests** (**ROI**s) for greater precision and clarity

Intensity Range is given in percent of largest **Intensity** in a **Time-Frequency Atom** so always begins as 0-100%

You can migrate **ROI**s between the Left and Right Channel **Waterfalls**

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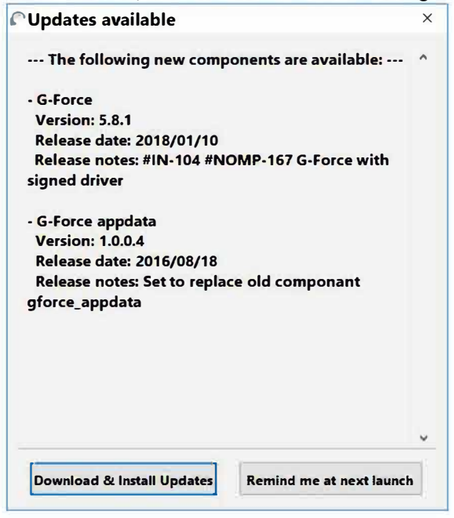
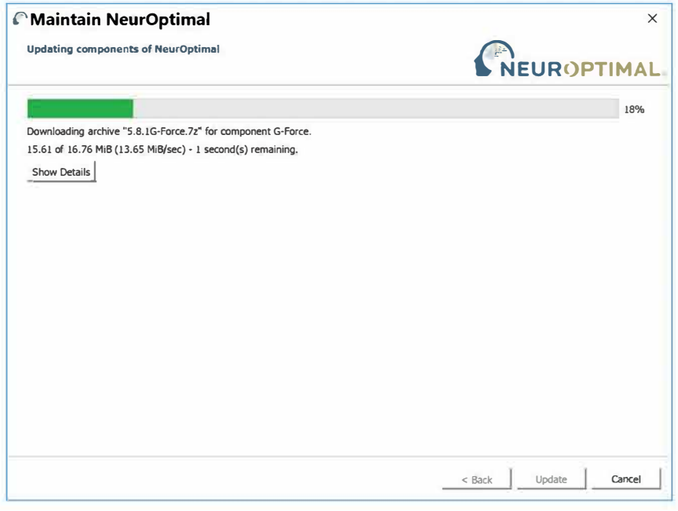
Update NO.exe Process

Launch **NeurOptimal® 3**

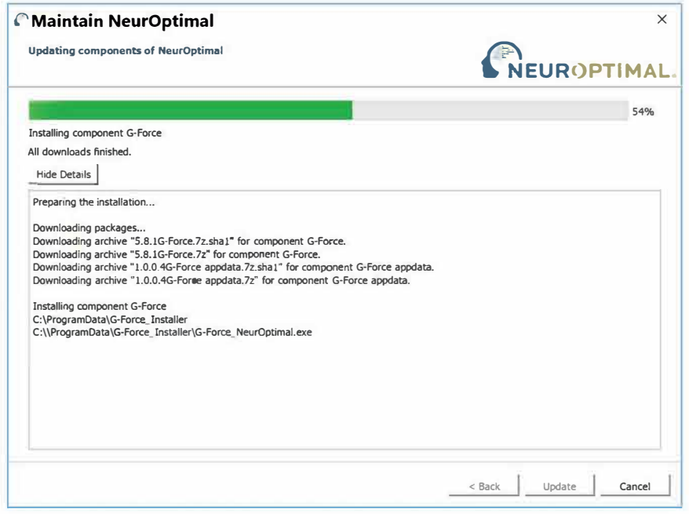
If connected to the internet, and your software is set to **Check for Updates**, the newest **Update** will appear automatically on the next launch of **N03**
Select to **Download** and **Install Updates**
(this is an example of the window, the text and versions will change each new update)



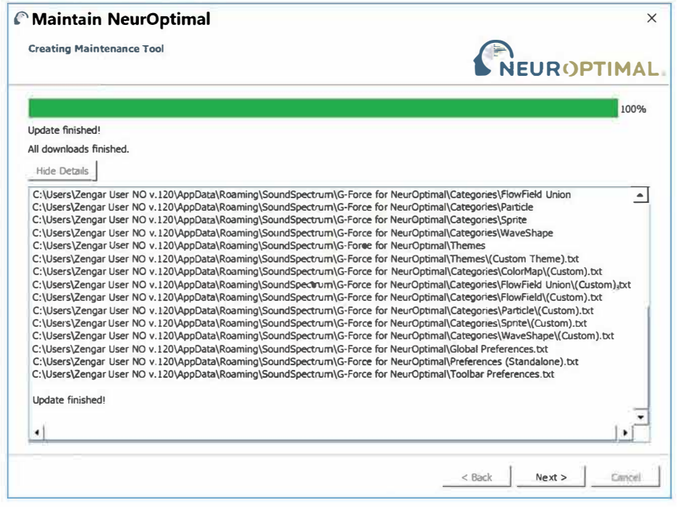
Select **Download & Install Updates**, and the **Maintain NeurOptimal** window will appear:



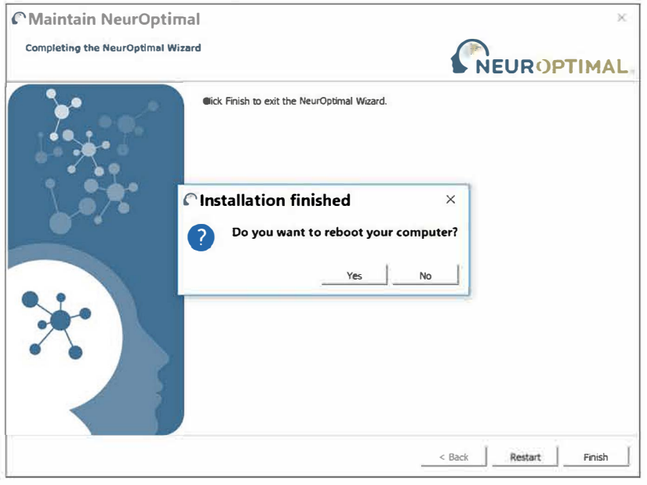
Select to "**Show More**" on the window in case any errors populate during the **Update** process



Once the progress of the **Update** is complete, it'll show as **100%** and '**Update finished!**' - select **Next** in order to navigate to the next window in the tool to **Reboot your computer**.



Select "**Yes**" to **Restart System** in order to implement updates:



Launch **NeurOptimal® 3** after the system restarts
Right click on the **Tools** icon and select "**About**" to verify that you are running the correct **NO3** version

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