




01 Download App



- 1 Scan the QR code or search for "TestFlight" in the App Store.
- 2 Find the TestFlight invitation in your mail box that you use as apple id, and click the "View in Testflight" button to download VS Shift.
- 3 Now "VS Shift" is on your TestFlight lists, click install, wait a few minutes to open and use it.

02 Register Account

- 1 Open the VS Shift app
- 2 Sign in with email OTP (enter your email, check inbox, enter passcode)
- 3 Accept Terms & Conditions and safety acknowledgment

Important: Do not use if you have epilepsy or photosensitivity.

03 Power On & Pair Devices

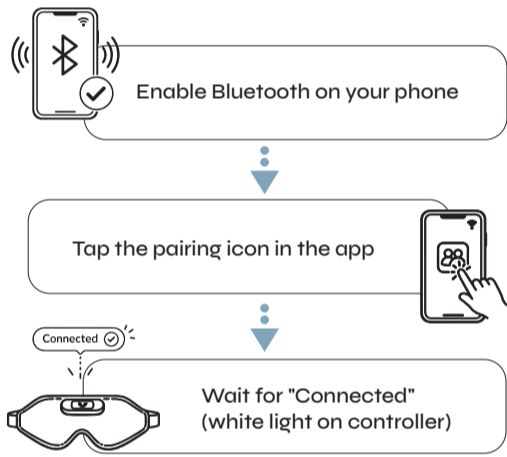
- 1 **Power on the device**
Press and hold the left button for 3 seconds

• blue light = pairing mode



2 Pair mask

- 1 Enable Bluetooth on your phone
- 2 Tap the pairing icon in the app
- 3 Wait for "Connected" (white light on controller)



3 Pair with your favorite headphones and 3rd party wearables



[Required]
Connect with any wired or Bluetooth headphones (just make sure they're comfy!)

[Optional]
Connect with wearable fitness trackers for enhanced analytics (in 'Settings')



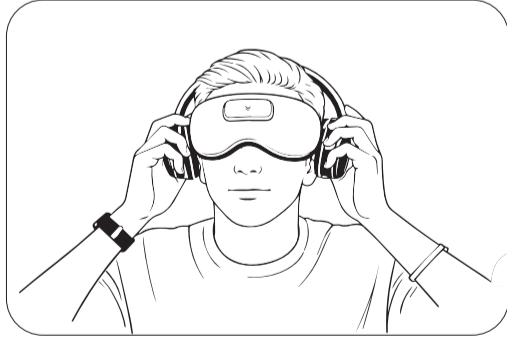
04 Choose Session & Enjoy

- 1 Select a session from the app dashboard
- 2 Get comfy and put on your mask and headphones

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Tip: Adjust brightness using buttons on the controller during your session.



- 3 Press **Play** in the app
Relax, breathe deep, and enjoy!

FCC Caution:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

NEED HELP? Web: www.vibescience.co
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