soothe^{VR}

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Virtual Reality is a non–invasive, interactive experience that offers guided imagery, interactive games, and meditation practices that help people into a relaxed state of mind.
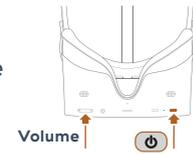
Your VR kit comes with:
• Pico G2 4K headset
• handheld controller
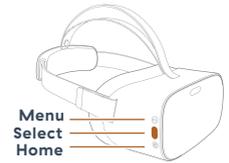• charging accessories

1 **Power on:** Long press POWER key on the bottom of headset and wait for blue LED light to turn on.

Volume

2 **Put on the headset:** Adjust the side straps so it fits comfortably.

3 Once you see the SootheVR menu you can **select your control method:**

Menu
Select
Home

A. **To use your gaze –** Simply wait 60 seconds for the Controller Connection menu to appear. Then select SKIP.

B. **To use the Controller –** Press the HOME button ⊘ on the Controller to pair it with the headset within 1 minute.

Note: To use your gaze to make selections within SootheVR, gaze and hold the dotted circle ⊙ over any button and wait for the circle to fill or press the **select** button on the side of the headset.

4 **Open the Settings menu:** On the Home menu, use your Controller to select the ⚙ Settings icon, located in the lower center of your screen.

Select
(button & trigger)
Volume
Menu
Home

5 Select **Connect to WiFi:** You will temporarily be taken out of the SootheVR interface. Select your network. Enter the password, press enter, and then press connect. Confirm your network is selected then press the round EXIT button two times at the bottom.

1. Put on the Headset: Adjust the side straps of the headset so it fits comfortably on your head.

2. Enter the SootheVR Home Menu: Ensure that you can view the Home Menu clearly. If it appears blurry, you may have to slightly adjust the headset up/down until your vision is clear.

Reorient | | Settings

3. Select a VR Experience: You may enter a VR experience immediately by selecting one of four content tiles.

3 SECS

4. Powering Down: At the end of the session, press and hold the power button for a full 3 seconds until the screen goes black. The Controller will go to sleep on its own. To ensure the headset is charged and ready for your next use, make sure you plug the headset back into to its USB charger.

Essential Tips

- Ensure the G2 4K is connected to WiFi to allow for software updates.

- Before using VR, familiarize yourself with the potential risks and side effects associated with VR. These may include motion sickness, dizziness, eye strain, headaches, or other visual abnormalities.

- A small number of people (up to 0.025% of users) may experience seizures or severe symptoms (eg: disorientation, nausea or drowsiness) upon viewing the VR experience.

- If you experience any unpleasant side effect using the headset, please discontinue use and notify the research team.

Troubleshooting

Device not powering on? Make sure the headset is completely plugged in. If the battery is completely drained, please allow two hours to fully charge.

Upon restart, if the Controller is not paired within 60 seconds a menu will appear. Select RETRY to attempt to pair again. You will then be brought back to the main menu. Then press the ⊘ HOME button on the Controller to pair. You will see the Controller in VR if pairing is successful.

Controller not visible or pointing the wrong way? Press and hold the ⊘ HOME button while pointing the Controller forward to reposition the Controller.

Menu Pointing the wrong way? Press and hold the ⊘ HOME button on the right hand side of the headset to reorient the menu OR select the 🧭 COMPASS in the menu.

If the patient reports that the experiences appear blurry, the patient may have to slightly adjust the headset up/down their face until the vision is clear.

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