

# ADVANCED BROWSER

Warning: This software is designed solely for entertainment and relaxation purposes. It is not intended to diagnose or treat any disease. If you have a serious illness, please consult your doctor before using this software.

## GETTING STARTED

**Important Installation Note - During the first launch of Advanced Browser, a security alert may appear. You are required to click either "unblock" or "always allow" for the software to function properly.**

## INSTRUCTIONS

**Overview** - Advanced Browser enables you to train using a web browser. An Internet connection is required to use Advanced Browser. You can watch streaming videos from compatible sites, check your email, browse social media, or play online games.

**Site Compatibility** - Although most websites are fully usable, Advanced Browser is incompatible with websites that require extension installations, like Google Meet or Zoom. Certain sites may demand specific features unavailable in the Advanced Browser. Websites' requirements may change over time, therefore, compatibility with any particular site cannot be guaranteed.

### The Advanced Browser Top Bar:



### Overview of Advanced Browser Feedback:

- **Select an Effect from the Top Bar.** This effect functions as your **primary feedback**. The default, No Effect, does not include any training and is **only** used to enable you to choose a desired web page to train with.
- **Lower feedback (slider moving to the left) greys the visuals and quiets (lowers) the browser volume. To leave the page visible even when feedback is low, change the Fade Out to a lower number** (set the top "Fade Out To:" drop down to a lower %).
- You can use **Custom Music**, if you enable the music symbol (Custom Music) icon in the top bar.

### Program Use:

1. **Open Alive and Choose a User.**
2. **Open Advanced Browser from the bottom of the Alive Games menu.**
3. **Open a website (for example a streaming video service) in Advanced Browser.** If you need to, set Advanced Browser to No Effect to make it easier to log in, choose a video, or otherwise prepare the website for use.
4. **MAKE SURE YOU ARE NOT SET TO NO EFFECT** (make sure you select an Effect), then begin training.
5. **IF YOU DON'T HEAR SOUND FROM A TAB** make sure you haven't disabled that tab's sound (if there is a speaker icon to the left of the tab, that it is enabled).

**Zoom:** Use the + and - buttons from the Top Bar to zoom the web page.

 **Full Screen:** Click the Full Screen button to enter Full Screen mode. In Full Screen mode the top bars disappear after a few seconds if there is no mouse movement. Don't use Full Screen mode for games where you need to move the mouse often, as the top bar will keep disappearing and reappearing. Use Full Screen mode when watching full screen videos.

 **Reload Page:** If a page stops working correctly, or has errors, try to reload the page. If there is no sound, make sure you haven't disabled the audio icon in the upper left corner of that page (if there is an audio icon).

**Custom Music:** Press the Musical Note symbol to start playing Custom Music. To use Custom Music you must put mp3 audio files in your Documents/Advanced Browser Custom Music Folder. Custom Music randomly plays mp3 audio files from your Documents/Advanced Browser Custom Music folder.

**New Tab:** Use the + button next to the current tabs to open a new tab. Search for the web page you want, or enter the url directly into the Top Bar, then press the play icon to go to that web page in that tab.



1. Click 'Toolbar Size: Medium' to switch to 'Toolbar Size: Large.' This selection enlarges the top bar text and icons, making them more visible.

2. Click 'Inactive Tabs: Play Sound by Default' to change it to 'Inactive Tabs: Always Muted.'

'Play Sound by Default': Use this setting if you wish to play music in background tabs (e.g., play music in one tab on YouTube, then switch to another tab to check your email).

With 'Play Sound by Default,' you can disable the sound for each tab separately by clicking the speaker icon next to each tab. **Check that you haven't disabled sound in the current tab if you don't hear any sound!**

**'Inactive Tabs Always Muted':** Use this option if you wish to **keep multiple tabs open but only hear the sound from the currently active tab.**

3. **Click 'Clear Browser Cache' if a previously functional website stops working.** Occasionally, browser cache can become corrupted, causing websites to malfunction. Please note that you may need to re-login to sites after clearing the browser cache. There's no need to restart Advanced Browser after pressing this button, but you should probably **reload the current page.**
4. Click 'Reset All Effects to Default' if you are using Custom Effects and have made changes that you want to reset.
5. Click 'Custom Effects: Off' to switch this to 'Custom Effects: On' and add additional effects to the Effects drop down (where you can choose No Effect).

**Custom Effects is for Advanced Users** - This feature allows users to design their own feedback. A variety of effects are available, or you can combine two effects for stronger feedback. Depending on your chosen effects and their configuration, Custom Effects can result in weak feedback and training.

**Leave 'Custom Effects' set to 'Off' unless you are an advanced user who can ensure the feedback is strong and useful.**

6. **Advanced Browser Resolution:** By default Advanced Browser displays at 1080p, which is a good resolution for watching videos. Most computers can't handle real time video effects on a 4k screen (it would cause stuttering / a low frame rate). If you are on a 4k screen, and are mostly doing web browsing or productivity tasks (during which you might not even notice a lower framerate or some stuttering) you can change the Gear / Options Menu – Resolution setting to 4k. If you switch to 4k, and then experience jerky movement or a low frame rate, change the resolution back to 1080p.

## **Custom Effects - Advanced Users Only**

Select from a wide variety of effects, or combine two effects for enhanced feedback. Depending on the chosen effects and their configurations, **Custom Effects may lead to weak feedback and training. If you turn on custom effects, it is at your own risk and for research purposes.**

Custom Effects Image Overlay: Four Image Overlay feedback options are available, labeled as 'Image Overlay 1' through 'Image Overlay 4'. Select an Image Overlay, such as 'Image Overlay - 1'. Either use the default image or click 'Select Image' to choose a different image overlay for that slot. The four options allow you to select and quickly switch between four different images (setting Image Overlay 1 and Image Overlay 2 to the same image makes them identical). Advanced users can opt for transparent PNG images, which only cover a part of the web page. However, selecting a predominantly transparent image may result in weak feedback.

Custom Effects User LUTs: LUTs (Look-Up Tables) should only be used as Secondary Effects. LUTs modify the color display. The changes made by LUTs can be subtle, such as turning all blues in an image to red, removing color, inverting color, etc. A LUT that changes blue to red would have no effect on a black and white webpage, thus possibly leading to no Reward feedback. The Advanced Browser includes over 30 LUT effects. To utilize LUTs, you must familiarize yourself with their effects. It's recommended to start by using LUTs only as Secondary Effects, combining the secondary LUT color change with a potent Primary Effect like Shrink or Box.