INSTRUCTIONS

CURRENT USER ID AND PASSWORD FOR FREE TEST:

USER ID

Newbie123

PASSWORD

Th1nkFast!

YOU CAN TAKE THE *CogSpeed* TEST FOR FREE, AS MANY TIMES AS YOU LIKE, WHENEVER YOU WANT

- THERE ARE NO ADS OR COSTS

- YOU ARE NOT ASKED FOR ANY PERSONAL INFO

- YOUR PRIVACY IS ASSURED

- WE DO NOT ASK FOR YOUR E-MAIL

CogSpeed IS LIKE A
    "SPEEDOMETER"
            FOR YOUR BRAIN

JUST TRYING TO FIND OUT <u>EXACTLY</u>
    HOW **FAST** YOU CAN THINK,
        AT THE <u>TIME YOU ARE TAKING ITS TEST</u>

OF COURSE, <u>**EXACTLY**</u> HOW FAST WILL
    CHANGE THROUGHOUT THE DAY!

REMEMBER, IT'S _NOT_ AN IQ TEST

AND YOU _CAN'T FAIL!_

Learn your typical BASELINE scores:
- Test when you are WELL-RESTED
- NOT when taking any substance that would make you drowsy

~~~~~~~~~~~~~~~~~~~~~~~~~

After establishing a baseline, you can take the test
as often as you like, especially
        any time you start to feel tired

~~~~~~~~~~~~~~~~~~~~~~~~~

To get a good representation of your energy levels and
        cognitive processing ability:
- take upon waking and occasionally throughout the day
- take more frequently when your time awake exceeds 16 hours
- take more frequently if you are sleeping less than normal

~~~~~~~~~~~~~~~~~~~~~~~

If possible, take the test at about the same time each day.

Take the test only when it SAFE

💥 DO <u>NOT</u> take it in a 🏴‍☠️

HAZARDOUS

OR

SOS **DANGEROUS SITUATION !** 🐊

🚳

CogSpeed WILL RAPIDLY PRESENT MANY SCREENS LIKE THIS FOR YOU TO RESPOND TO

SOMETIMES THE SCREENS WILL GO BY SO FAST YOU CAN'T KEEP UP

*THAT'S ALL RIGHT - CogSpeed IS **ALWAYS** FASTER THAN YOU!*

- Respond as fast as you can ⚡

  BUT DO NOT GUESS

- You will always know the correct answer
  - They're easy!
  - But you don't have much time to respond

- Try to answer every screen while it's still up

Take the test in a location where you will not be distracted

JUST DON'T

- **PRESS RANDOMLY**

- **RESPOND TOO SLOWLY**

- **FAIL TO RESPOND FOR 10 SECONDS**

- **MAKE TOO MANY ERRORS**

- **TRY TO "GAME THE SYSTEM"**

CogSpeed WILL CATCH YOU!

YOU WILL HAVE TO START OVER 😢

You get three attempts per session. After that, you have to start a test new session.

IT'S GOING TO TAKE A FEW PRACTICE TESTS
TO GET THE HANG OF IT

NO PROBLEM !

AFTER LESS THAN **10** TRIES, YOU USUALLY ARE
ABLE TO SCORE ABOVE **40**.

AT THAT POINT, YOU'VE GOT IT! 😃

THEN CogSpeed WILL BE ACCURATELY MEASURING
YOUR BRAIN'S PROCESSING SPEED
          <u>WHENEVER</u> YOU TAKE THE TEST

THE NEXT SLIDES WILL QUICKLY TEACH YOU HOW TO TAKE THE COGSPEED TEST

WHEN YOU ARE READY, YOU WILL NEED A TOUCHPAD DEVICE LIKE A *SMARTPHONE OR TABLET TO TAKE THE TEST*

DEPENDING ON YOUR DEVICE, A CHROME OR SAFARI BROWSER MAY WORK BETTER

SO, SETTLE BACK AND SEE HOW EASY THE CogSpeed TEST IS . . . .

FIRST, LEARN THERE ARE NUMBER - DOT MATCHES
AND
DOT - NUMBER MATCHES

JUST REMEMBER THE NUMBER MATCHES THE NUMBER OF DOTS!

. . . . . SIMPLE!

HERE'S WHAT A SAMPLE TEST SCREEN WILL LOOK LIKE

LEFT RESPONSE BUTTONS

RIGHT RESPONSE BUTTONS

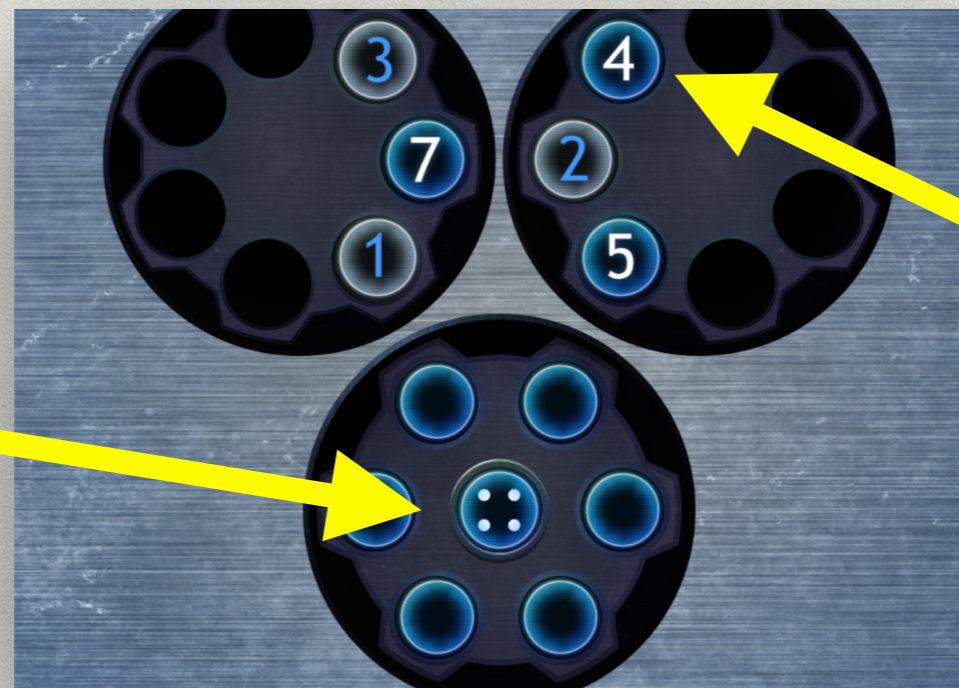# EACH TIME YOU SEE A SCREEN, ALL YOU DO IS FIGURE OUT <u>WHICH</u> RESPONSE BUTTON TO PUSH

LEFT RESPONSE BUTTONS

RIGHT RESPONSE BUTTONS

SO, WHICH TO PUSH? . . .   .

START WITH
THE CENTER NUMBER

AND FIND
ITS MATCH

OR

START WITH
CENTER DOTS

TO FIND
ITS MATCH
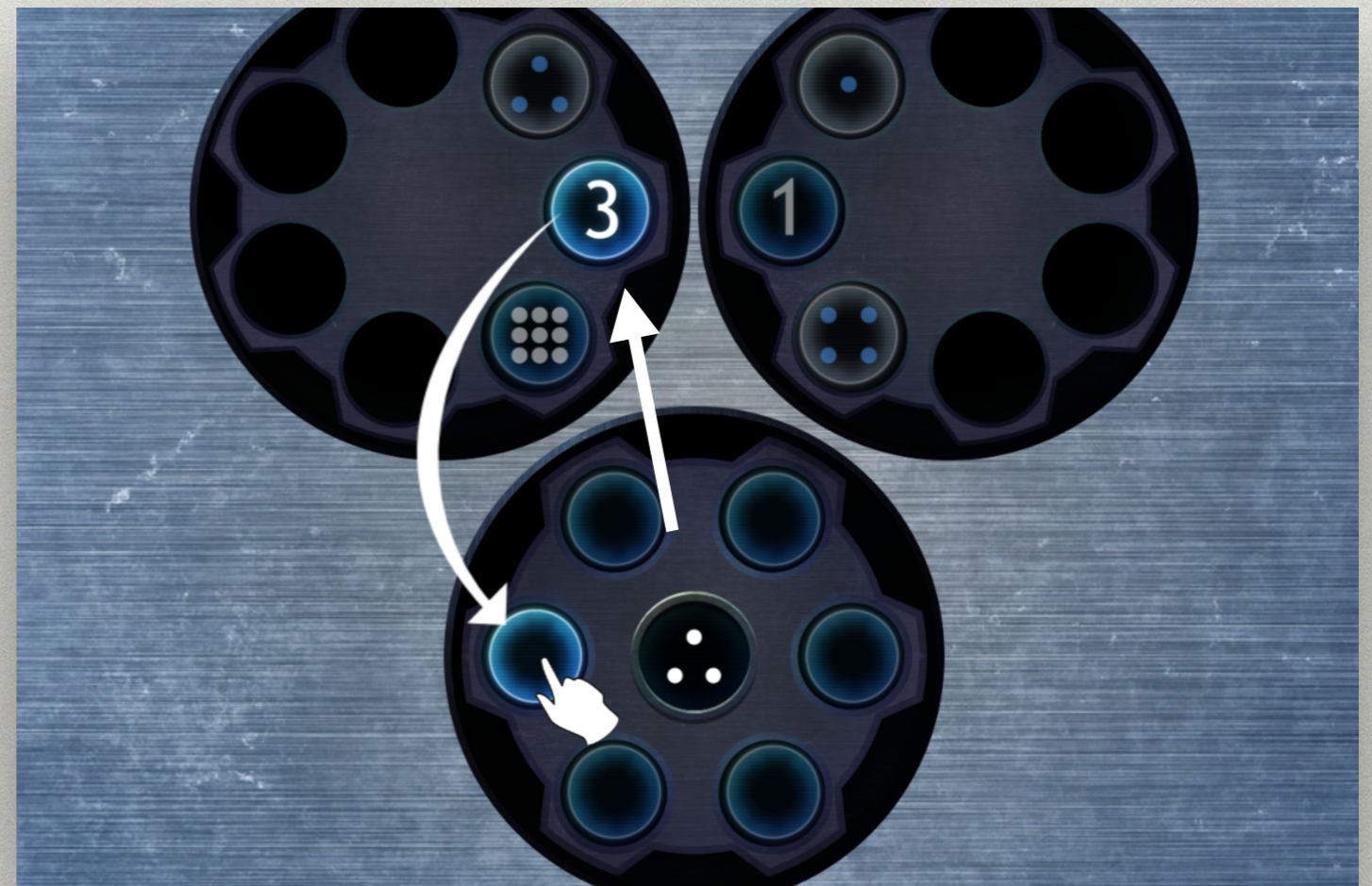
FIND
THE CORRECT BUTTON
TO PUSH

WHY THAT ONE? 😳

EACH MATCH LOCATION

CORRESPONDS TO A SPECIFIC RESPONSE BUTTON

MIDDLE MATCH

CORRESPONDS

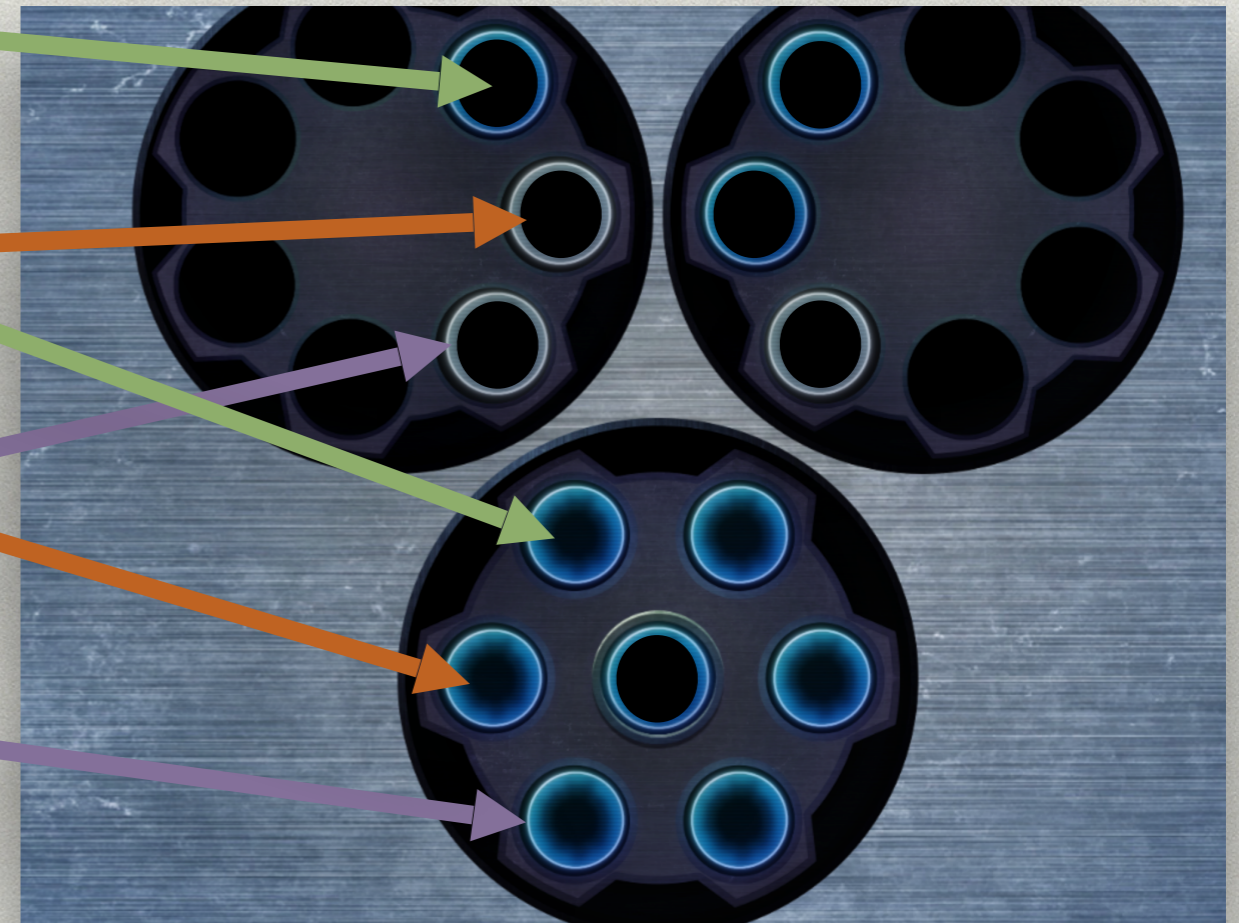**TO MIDDLE RESPONSE BUTTON**

SIMPLE !

. . . . . NOT SO SIMPLE!

THAT'S ALL THERE IS TO IT !

DON'T WORRY IF YOU MAKE A **FEW** ERRORS
TRYING TO KEEP UP

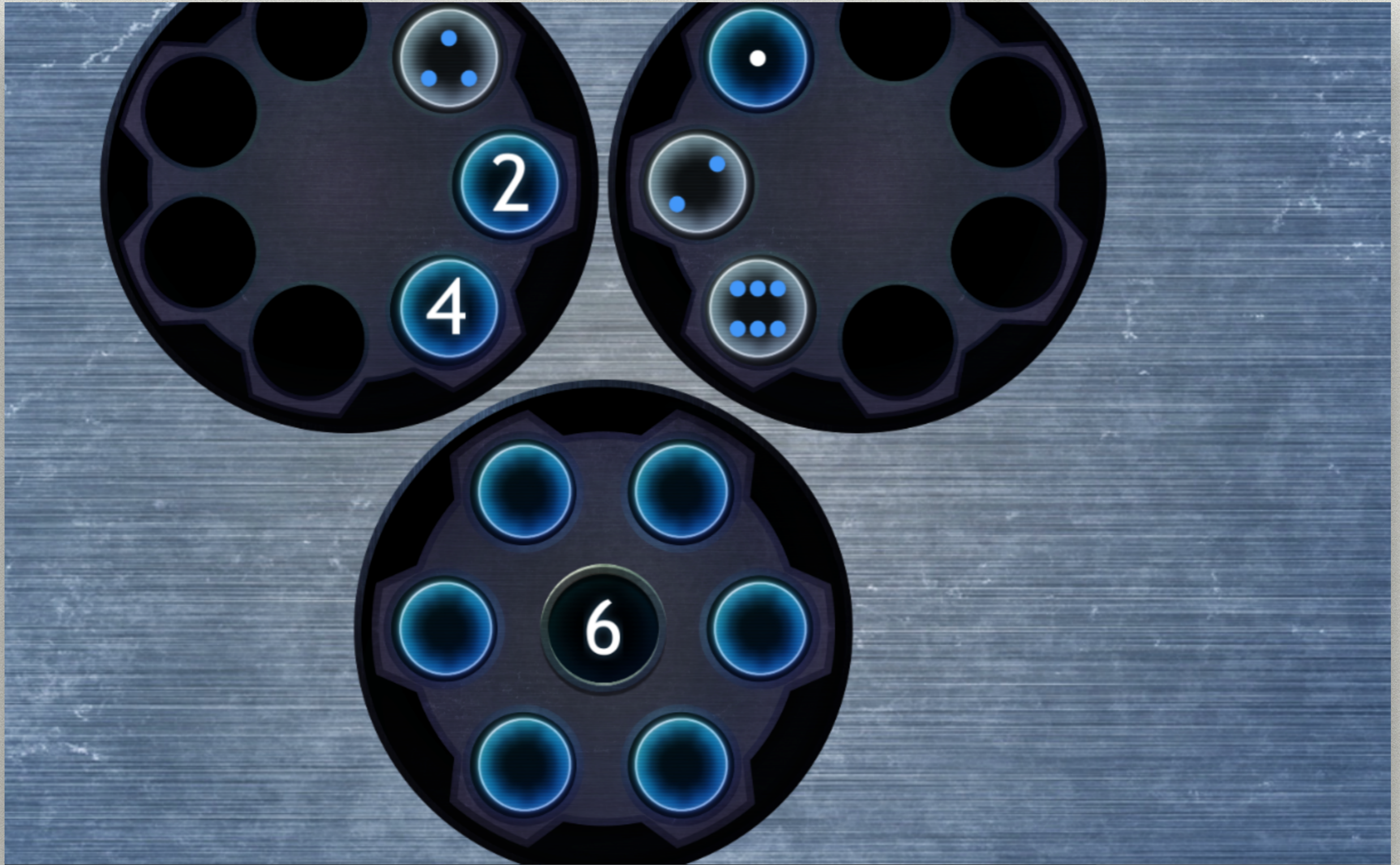JUST TRY TO RESPOND AS **FAST** AS YOU CAN.
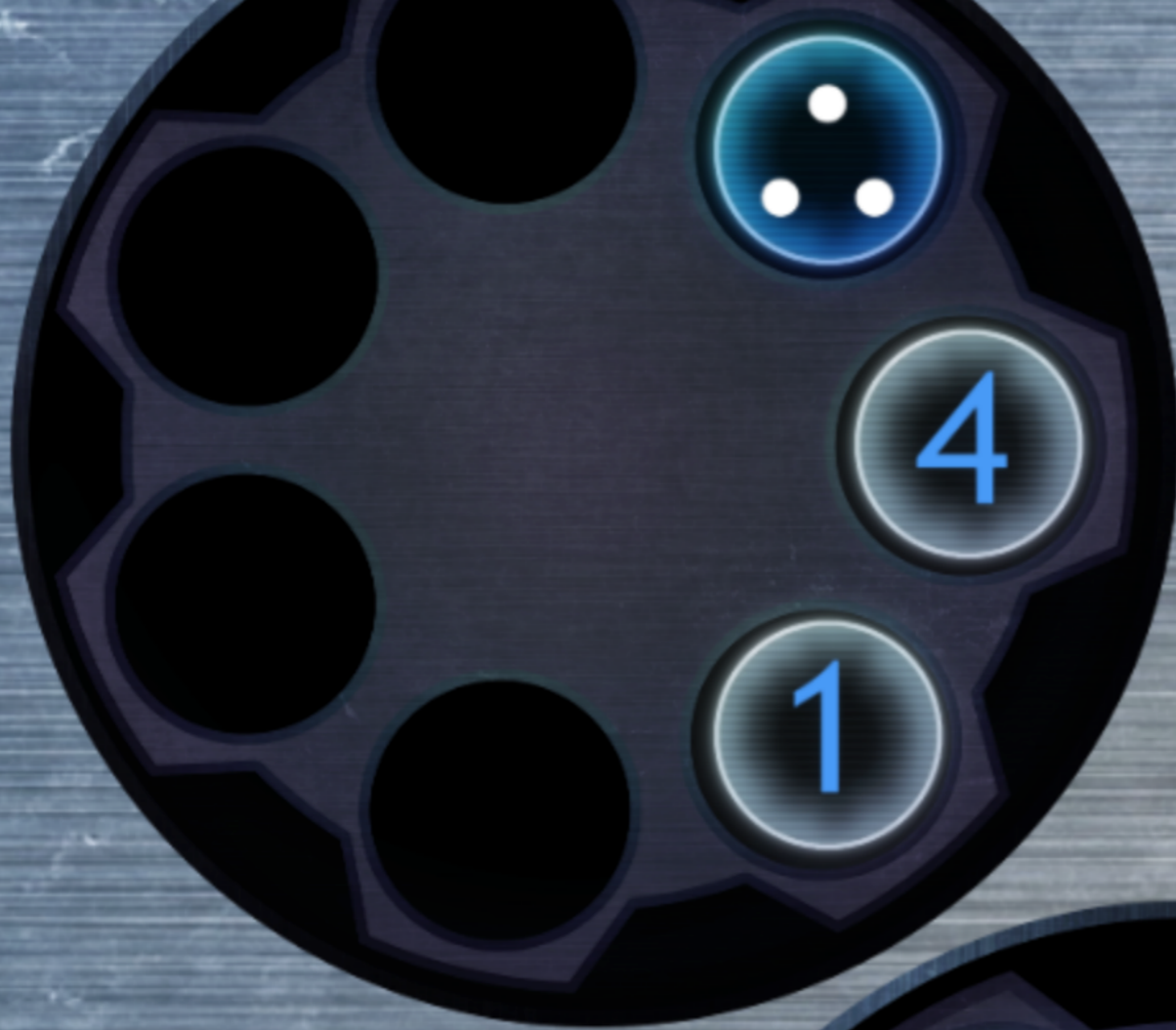
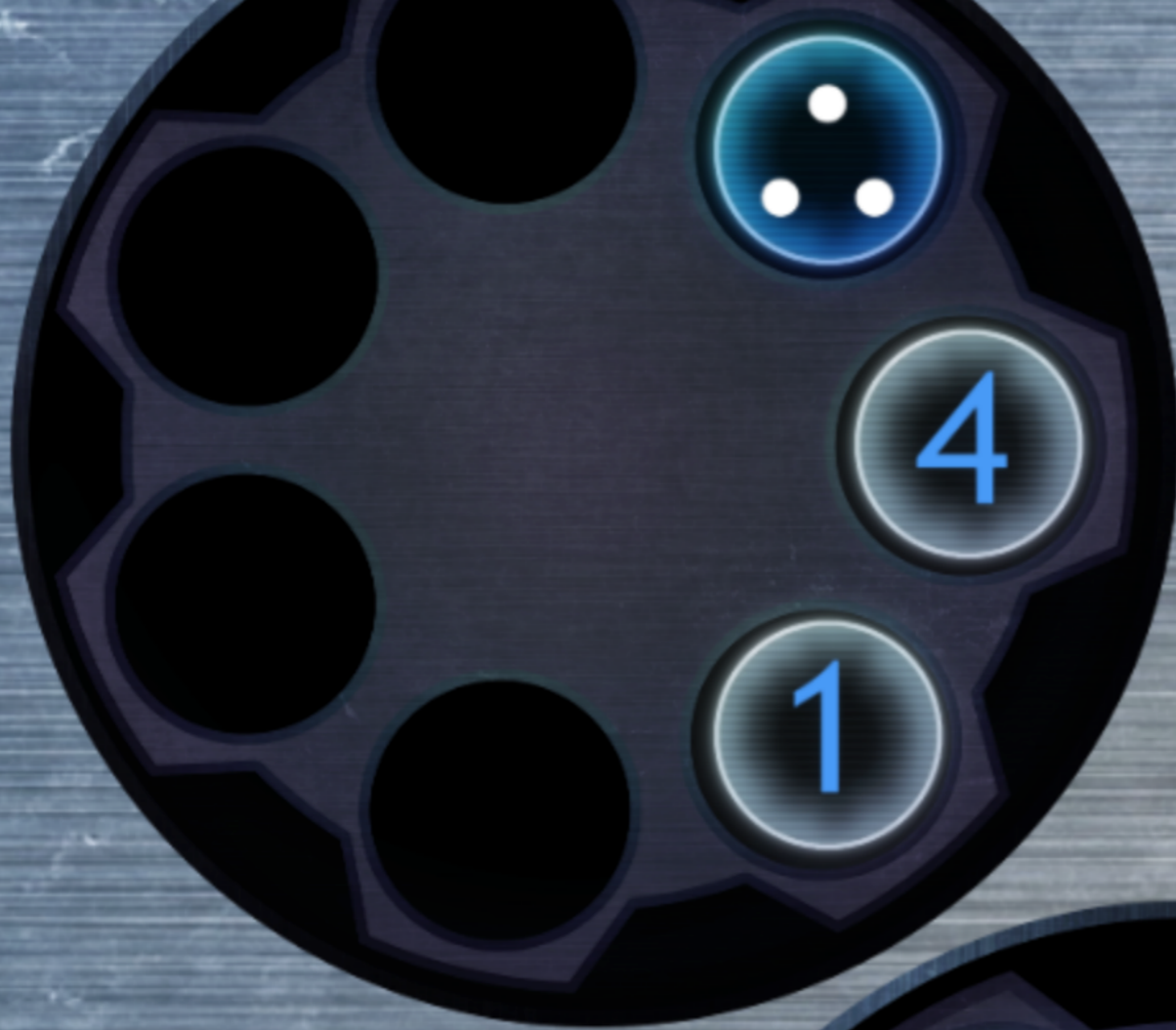# SO, WHICH BUTTON TO PUSH?

AND HERE?

GOT IT ?

READY TO TRY OUT CogSpeed ?

TO TAKE THE TEST

YOU WILL NEED A TOUCHPAD DEVICE LIKE A

SMARTPHONE   OR   TABLET

DEPENDING ON YOUR DEVICE,
A CHROME OR SAFARI BROWSER
MAY WORK BETTER

FIRST, Go to

graymattermetrics.com

OPEN

"DOWNLOAD COGSPEED"

at the top of the page

AFTER THE PAGE OPENS

PRESS cogspeed.com

THE CogSpeed APP WILL NOW DOWNLOAD TO YOUR DEVICE

GO TO YOUR PREFERRED BROWSER TO LOG IN

THERE ARE SEVEN SHORT STEPS TO TAKE THE TEST

1. LOG IN:

USER ID

Newbie123

PASSWORD

Th1nkFast!

IF YOU GET AN ERROR MESSAGE, GO TO YOUR BROWSER'S SETTINGS AND CLEAR BROWSING DATA

ON CHROME: 3 DOTS UPPER RIGHT

  GO TO SETTINGS > PRIVACY AND SECURITY
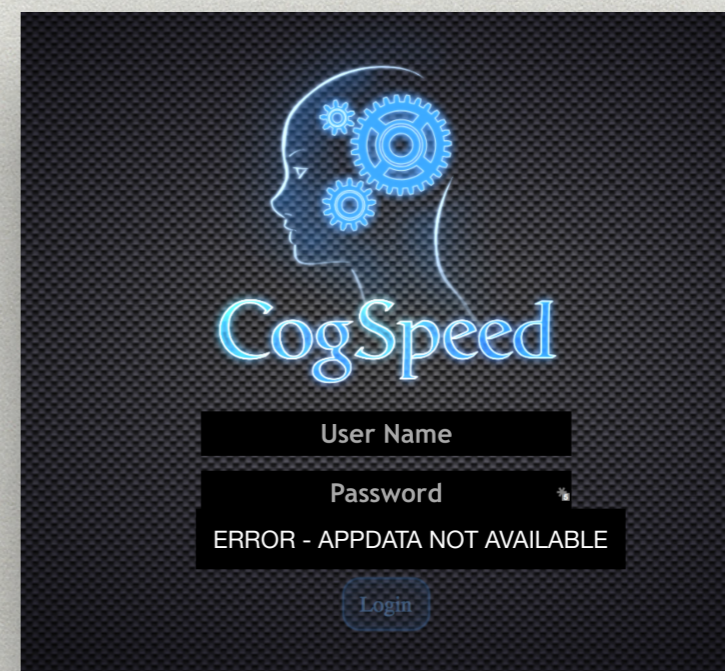
  CLEAR CACHED IMAGES AND FILES

ON SAFARI: GO TO SETTINGS > SAFARI

  CLEAR HISTORY AND WEBSITE DATA
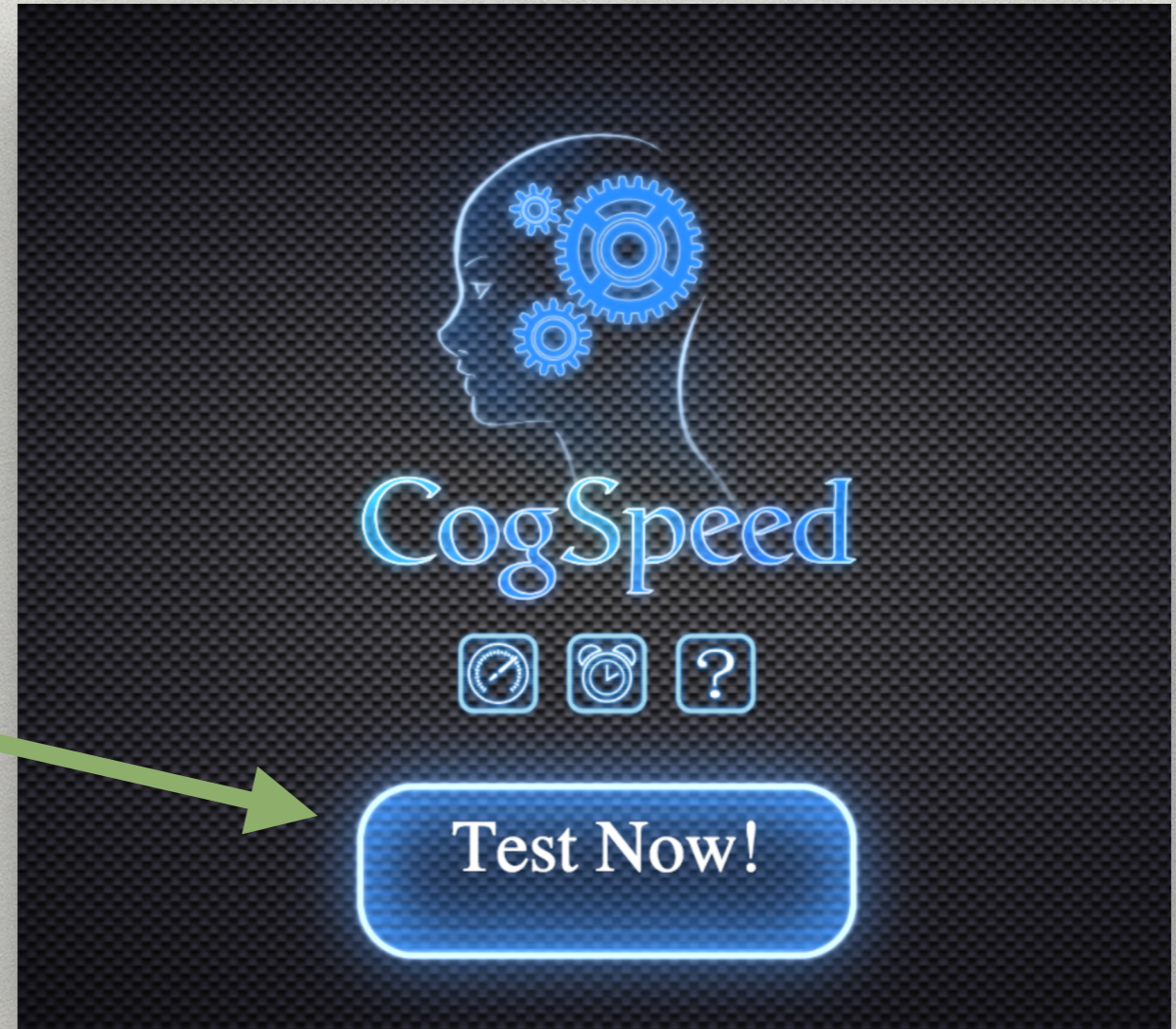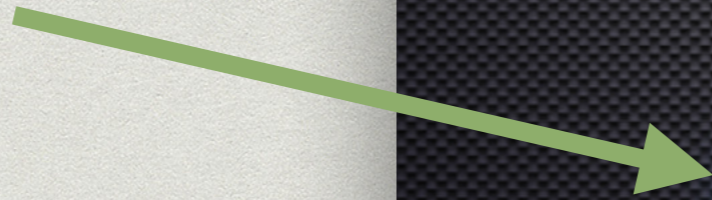
FOR FURTHER ASSISTANCE CONTACT GRAY MATTER METRICS

  info@.cogspeed.com

2. PRESS "Test Now!"

3. READY?

PRESS "YES"

Take this test only when you're
in a safe condition to do so.

Ready?

No   Yes

.... NEXT

4. FOR NOW, *DON'T ENTER*

SLEEP DATA

PRESS "SKIP"

NOTE: TO LEARN HOW TO ENTER SLEEP DATA,

READ THE TUTORIAL

"HOW TO SET UP SLEEP DATA"

UNDER

"HOW TO TAKE THE TEST"

ON

graymattermetrics.com

.... *NEXT*

5. **DON'T** ENTER

TIME ASLEEP

PRESS "CONFIRM"

Time Asleep
10   45   PM

Yesterday

Time Awake
6   30   AM

Today

Hours in Bed: 7:45
Sleep Quality: Restless

Please confirm that this is the
last time you slept.

Back   Confirm

.... NEXT

Select how you feel right at this moment

GMM

7. FULLY ALERT, WIDE AWAKE

6. VERY LIVELY, RESPONSIVE, BUT NOT AT PEAK

5. OKAY, ABOUT NORMAL

4. LESS THAN SHARP, LET DOWN

3. FEELING DULL, LOSING FOCUS

2. VERY DIFFICULT TO CONCENTRATE, GROGGY

1. UNABLE TO FUNCTION, READY TO DROP

6. SELECT YOUR CURRENT ENERGY LEVEL

TAP THE NUMBER OF HOW YOU FEEL

THEN PRESS

OK

7. THE **NUMBER**-**DOT** MATCHES FLASH, THEN

THE TEST IS STARTING!

MAKE YOUR FIRST ENTRY IMMEDIATELY!

START RESPONDING IMMEDIATELY

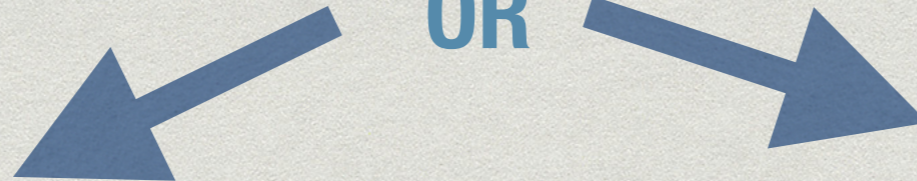*GO AS FAST AS YOU CAN WITHOUT MAKING TOO MANY ERRORS*

AND CONTINUE UNTIL

TAP FOR YOU SCORE

FOR FUTURE REFERENCE . . . .

OR

YOU MAY WANT TO WRITE DOWN

CogSpeed SCORES (CPIs)

ELSR

DATE AND TIME OF LAST TEST

YOUR DEVICE MAY SUPPORT DOWNLOADING THIS DATA TO YOUR COMPUTER

1. PRESS THE "GEAR"

2. PRESS "CPI"

3. FOLLOW YOUR DEVICE'S INSTRUCTIONS FOR DOWNLOAD

CPI 69 - 60
Seem OK, PASSABLE.

CPI
68
Cognitive Performance Index

ELSR
1 2 3 4 **5** 6 7
Energy Level Self Report

Slept
6h 58m

Awake
5h 1m

Last Test   1/26/2015
10:32 AM

Next Test   N/A

Home

PRESS "HOME" TO TAKE ANOTHER TEST

NEXT . . . .

View you last CogSpeed score here

Practice tests are available here

"LOG OUT" WHEN YOU'RE DONE

WARNING: NO MATTER WHAT COGSPEED REPORTS

IF YOU EVER FEEL YOU ARE TOO TIRED TO DRIVE
OR
TO SAFELY CONTINUE YOUR ACTIVITIES,

💀**STOP IMMEDIATELY AND GET SOME REST!** 💀

COMPLETE INFORMATION ABOUT CogSpeed IS ON

graymattermertics.com

IF ENJOYED USING CogSpeed, COULD YOU PLEASE PROVIDE A LITTLE FEEDBACK, good or bad,
TO HELP US IMPROVE THE EXPERIENCE?

SEND TO   info@cogspeed.com
OR
Cogspeed's FACEBOOK page

HOW HARD WAS IT TO LEARN?

HOW OFTEN DID YOU TAKE THE TEST?

DID YOUR SCORES SEEM REASONABLE?

HOW ARE YOU PLANNING TO USE CogSpeed?

HAVE FUN AND

. . . . . .   *THINK FAST!*