

# ReadMeFirst : Awake Heart

- Detailed Description:
  - Awake Heart takes you on an immersive journey through the human heart and lets you discover its most interesting secrets. Interact with the detailed representation of the heart in 3D space and challenge yourself in solving engaging puzzles. Dive beyond the visuals and explore the heart through the lens of anatomy, physiology, and electrical activity.
  - Awake Heart is suitable for anyone who wants to learn more about the human heart.
- Access: Headset → Library -> Awake Heart
- Procedure:
  - Open the main menu and click on "Library" located on the right side of the toolbar.
  - Select the desired app from the library.
  - Launch the 3D guided tour by clicking on the “Onboarding” button.
- Controls: Move your hands and point your finger to press the buttons.
- Objective: Complete the sections in order. A quiz appears after each step.