



PreGuru Receiver (Mac / Windows) — Install & User Guide

PreGuru lets you drive a presentation on your Mac or Windows PC wirelessly from **Apple Watch and iPhone**. This guide covers installing and using the **Receiver** — the companion app that runs on your computer.

Version: v1.0 (official release)

The Mac edition is notarized by Apple. The Windows edition is Authenticode-signed by transistors Co., Ltd. (official releases: Mac v1.1 / Windows v1.1.0).

1. What you can do

- Move slides forward and back in **Keynote, PowerPoint, Google Slides, PDF, Canva, Prezi** and more, using the buttons on Apple Watch or iPhone — or a **flick of the wrist** on Apple Watch (Air Swipe).
- The Receiver simply sends **arrow keys** to whichever presentation app is frontmost, so it does not depend on any particular software.
- Devices find each other automatically on the **same Wi-Fi** (Bonjour). On a Mac you can also connect by **direct USB**, which does not rely on the venue's wireless network.

Apple Watch (gesture / buttons)

└─ iPhone —(same Wi-Fi or USB)—► PreGuru Receiver on your PC —► arrow keys to

2. Requirements

Mac	macOS 14.0 or later (Apple Silicon / Intel)
Windows	Windows 10 / 11 (64-bit)
iPhone	iOS 18.0 or later, with the PreGuru app
Apple Watch	watchOS 11.0 or later. Air Swipe and Double Tap require Series 9 or later, or Ultra 2 or later
Network	iPhone and computer on the same Wi-Fi (Mac also supports direct USB)

3. Install (Mac)

3-1. Download

Download `PreGuru-Receiver-1.1.dmg` from the download page on the PreGuru website.

3-2. Move it to Applications

1. Double-click `PreGuru-Receiver-1.1.dmg` to open it.
2. Drag **PreGuru Receiver** onto **Applications**.

The Mac edition is notarized by Apple. The Terminal step (`xattr`) that earlier betas required is **no longer needed** — just double-click to launch.

3-3. Launch and grant Accessibility (required)

1. Double-click **PreGuru Receiver** in Applications. An icon appears in the **menu bar** (there is no window).
2. Click the icon to open the panel, then click "**Allow Accessibility...**".
3. In System Settings → **Privacy & Security** → **Accessibility**, turn **PreGuru Receiver ON**.
4. Close and reopen the panel to pick up the change.

Accessibility permission is **required** so the Receiver can send key presses to other apps such as Keynote and PowerPoint.

3-4. Allow local network

If you are asked to allow finding devices on the local network, choose **Allow**. It is needed to talk to your iPhone.

4. Install (Windows)

The Windows edition is an **official release (v1.1.0)** with the same features as the Mac edition (v1.1). It is a ~48MB installer with .NET 8 bundled (`PreGuru-Receiver-1.1.0-win-x64-setup.exe`).

4-1. Download and install

1. Download the **installer (.exe, about 48 MB)** from the download page.
2. Double-click it and follow the prompts. **No .NET installation is required** — everything is bundled.
3. After installation the app runs in the **system tray** (there is no window).

4-2. Permissions on first launch

- If **Windows Firewall** asks, choose **Allow access** — it is needed for Wi-Fi communication.

- If **SmartScreen** appears, confirm the publisher is "**transistors Co., Ltd.**", then choose "More info → Run". The installer is signed, but warnings can appear until Windows builds reputation.

Difference from the Mac edition: Windows connects over **Wi-Fi only**. Direct USB is a Mac feature.

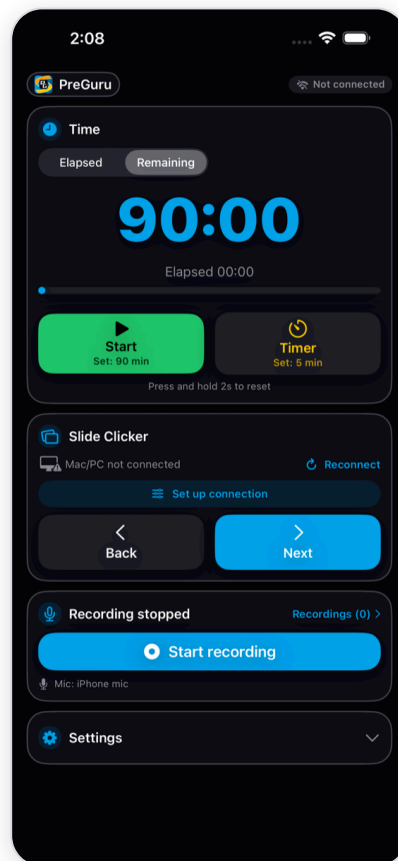
5. Using it (Mac and Windows)

5-1. Check that the Receiver is listening

- **Mac:** click the menu bar icon — the panel shows "**Waiting: (computer name)**".
- **Windows:** right-click the tray icon — it shows "**Waiting: (computer name)**".

5-2. Connect from iPhone / Apple Watch

1. Put your iPhone and computer on the **same Wi-Fi**.
2. Open **PreGuru** on iPhone. It discovers the Receiver on the network automatically.
3. Once connected, iPhone shows "**Mac connected: ...**" or "**Windows connected: ...**".



The iPhone home screen. The Slide Clicker card shows the connection state; Back and Next move your slides.

5-3. Move your slides

1. Open **Keynote** / **PowerPoint** / **PDF** on your computer and bring it **to the front** (slideshow mode recommended).

2. Use **Next / Back** on iPhone or Apple Watch, or a **flick of the wrist** on Apple Watch.
3. The Receiver panel shows "**Last action: → Next / ← Back**" each time a command arrives.

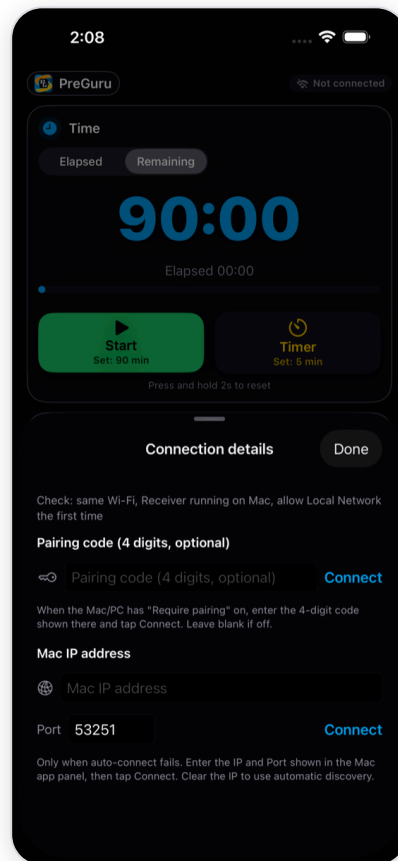
On Mac: you may leave the panel open, but the presentation app must be **frontmost and active**.

On Windows: keep the presentation app frontmost; the Receiver can stay in the tray.

5-4. Pairing (optional — prevents others from controlling your slides)

Use this when you do not want another device on the same Wi-Fi to take over. It is OFF by default.

1. In the Receiver panel or menu, turn "**Require pairing**" ON.
2. Note the **four-digit code** shown (you can regenerate it).
3. Enter that code on the Mac/PC page in the iPhone app. Only a device with the matching code can control your slides.



Connection settings on iPhone. Enter the four-digit pairing code, or the Mac's IP address, here.

5-5. Start automatically with your computer

- **Mac:** turn on "Open at Login" in the panel.
- **Windows:** turn on "Start with Windows" in the tray menu.

5-6. Closing and quitting

- **Mac:** "Close Window" hides the panel but keeps receiving. "Quit" stops receiving.
- **Windows:** choose "Quit" in the tray menu to stop receiving.

6. Making the air swipe reliable (please read first)

The air swipe — advancing slides with a turn of your wrist — is decided by how you set it up. Do these four things and you will rarely be caught out during a talk.

6-1. Calibrate first (most important)

On Apple Watch, run **Settings** → **Gestures** → **Calibrate once, before you start**. You swing your arm when prompted, three times. It takes less than a minute.

- Calibration is **the foundation of everything**. Without it the thresholds stay at their defaults and do not match the speed and size of your own motion — that is what causes “it doesn’t react” or “it fires when I barely move.”
- **Once you have calibrated, it becomes remarkably obedient.**
-  **Flick as firmly as you will in the real talk — or a little firmer — and keep all three the same.** The threshold comes from the **average of the three repetitions**. If you hold back, that gentleness becomes the bar for “send”, and ordinary hand movement while you speak will start advancing slides. Flick extra hard “for the demonstration” and your normal flick will no longer reach it. **Normal is best.**
- If gestures ever feel sluggish or too sensitive, or your way of moving changes, calibrating again is the quickest fix.
-  **After each flick, tap the screen to go on.** If the display dims as you turn your wrist, the motion sensor stops and that repetition cannot finish being measured. Tapping the screen completes the measurement and brings up the next cue. When the watch shows “**Tap the screen**”, give it one light touch.

6-1a. Three cues, felt on your wrist

You can tell whether a flick will land **without looking at the watch**. There are only three shapes.

Haptic	Meaning	What to do
Two rising taps	You can send	Flick after this cue
One falling buzz	It may sleep soon	Send now if you need to
One light tap	The slide was sent	Confirmation only

-  **The falling buzz forbids nothing — it is a prompt.** In our measurements it actually fell asleep after about **one in four** of these cues; the rest kept working. So do not stop when you feel it — if you want to send, flick promptly.
- When it comes back after being asleep for a while, a **firmer buzz** comes before the two rising taps. After a long stretch of talking you are not waiting for the cue, so it is made easier to notice.

- If it feels unresponsive, **turn your wrist as if to read the time** to wake it. Once it is awake and ready you will feel the two rising taps.
- Turning off “Confirmation tap” in Settings silences **only the third cue. The first two never turn off** — they are the only way to know whether a flick will land.

6-2. Start things in the right order

(1) PreGuru on your PC (the receiver) → (2) PreGuru on iPhone → (3) PreGuru on Apple Watch.

- A slide click travels Apple Watch → iPhone → receiver, and it is the **iPhone that goes looking for the receiver**. If the receiver is already listening, the iPhone connects the moment you open it.
- Another order still recovers — the iPhone retries discovery every few seconds — but **flicks made before the connection is up do not arrive** (they are deliberately discarded so that stale clicks never fire later on their own). That is usually what “unstable at the start” is.
- ★ **Just before your talk, glance at the iPhone and confirm the receiver is connected**, then pocket it.

6-3. Keep it from returning to the clock face

This is easy to get wrong, so take it a step at a time. The Apple Watch has **two** states, and **only one of them changes whether your flicks are picked up**.

- **Merely dimmed (the Always On state)** — PreGuru **keeps running**. You can flick with your arm still down and the slide advances. Our device logs show flicks being picked up immediately after a 45-second nap.
- **Returned to the clock face** — the app is moved to the background and **detection stops**. Flicks made in this state are not picked up.

So the thing to prevent is not the dimming but **the return to the clock face**. watchOS gives apps no way to hold themselves in front, so this has to be changed in the watch’s own settings.

■ First, choose one of two ways to use it

Because of how the Apple Watch works, **“flick with your arm down” and “Double Tap” cannot both be had**: turning AssistiveTouch on switches off the watchOS Gestures setting, which is what Double Tap needs.

	A: Flick with your arm down (recommended)	B: Keep Double Tap
Gestures	off	on (Wrist Flick must be off)
AssistiveTouch	on	off
Sleep on Wrist Down	off	(has no effect)
What you get	Flick with your arm down; the Wrist Flick problem does not arise	Toggle Air Swipe quickly with Double Tap
What it costs	No Double Tap; more battery	You must raise your arm and wait for the screen

The steps below are for **option B**. With option A the Gestures setting is off altogether, so the Wrist Flick step does not apply.

■ **For B, do this first: turn off Wrist Flick**

On the Apple Watch, **Settings** → **Gestures** → **turn off “Wrist Flick”**.

- This is the feature that returns you to the watch face when you flick your wrist sharply outward. **It is almost the same motion as an Air Swipe**, so a flick can throw you straight out of PreGuru.
- **It is on by default**. Left alone, it can send you back to the watch face every time you flick.
- ⚠ Setting Return to Clock to one hour (below) **will not fix this**. A wrist flick is treated as you choosing to go back to the watch face yourself.

■ **Next: stop it sleeping when your arm is down**

In the Watch app on iPhone, go to **Accessibility** → **AssistiveTouch** and do these **in order**:

1. **Turn AssistiveTouch ON** (this one first)
2. **Turn “Sleep on Wrist Down” OFF**

⚠ **Do not skip step 1**. While AssistiveTouch is off, the switch in step 2 **can still be toggled but has no effect at all**. It is very easy to believe you have set it when you have not. (Until 20 September 2026 this manual said “AssistiveTouch itself can stay off”, which was wrong. We apologise.)

- When you lower your arm, the Apple Watch **stops the app itself**. Not one flick made while it is stopped will be picked up. Our device logs recorded the app being held stopped for 123 seconds.
- There is nothing an app can do to prevent this. **This setting is the only thing that works**.
- The ON marker at the top of the screen **pulses** while Air Swipe is working. **If the pulse has stopped, flicks made then were not picked up**. When in doubt, look there.
- ⚠ It does use more battery. Turning it off for the talk and setting it back afterwards works well.

■ Also worth setting: extend the idle return-to-clock time

On the Apple Watch, **Settings** → **General** → **Return to Clock** → **“PreGuru”** → **“After 1 hour”**. The default is “Always”, which sends you back to the clock as soon as you lower your arm. **Changing this one setting is what lets flicks reach the app with your arm down.**

■ Stop it sleeping when your wrist is down (most effective — weigh it against battery)

On iPhone: **Watch app** → **My Watch** → **Accessibility** → **AssistiveTouch**, then **(1) turn AssistiveTouch ON** and **(2) turn “Sleep on Wrist Down” OFF**. ⚠️ **Do step 1 first** — while it is off, step 2 has no effect.

- The watch no longer sleeps when you lower your arm, so **gestures are much more likely to be picked up with your arm down.**
- ⚠️ **It does use more battery.** Decide based on your charge — turning it off for the talk and back on afterwards works well.

■ If you would rather not use that setting (these alone help a great deal)

- **Settings** → **Display & Brightness** → **Wake Duration** → **“Wake for 70 Seconds”** (the default is 15 seconds)
- **Settings** → **General** → **Return to Clock** → **“PreGuru”** → **“After 1 hour”**
- With both set, one raise of the wrist keeps you going for 70 seconds. A swing made in the brief moment after you raise your arm but before the screen has come on will not register, so **wait until the screen is bright**, then flick.

⚠️ **When it “does not react”, the screen is not the first thing to suspect.** As above, a merely dimmed screen still receives your flicks. If it still will not send, it is more likely that **the flick strength it demands has crept up**. See “What to do when it starts to feel sluggish” in 6-4.

■ The app tells you when it was asleep

A merely dimmed screen and an Apple Watch that has stopped the app are two different things. **Flicks made while it was stopped leave no record and cannot be picked up.** The app detects this and tells you.

- When you raise your arm and return to the app, it shows **“Lowering your arm stops detection”** together with **how many seconds detection was stopped**. If you see it, revisit the settings above.
- The moment the app can pick up flicks again after being stopped, you feel **two light taps. Flick after you feel them and it will register.** You do not need to look at the watch face to check.
- If you would rather not see the notice, turn it off with **“Don’t show this notice”** at the top of **Settings** → **Gestures**. The orange warning line itself stays.

6-3a. You can flick while your arm is still coming up

From an arm-down position, **raise your arm and flick in the same movement**. There is no need to wait for your arm to come to rest, and no need to turn the face toward you first.

PreGuru used to set aside a flick made while the momentum of the raise was still present, on the grounds that it might be the follow-through of an arm swing. Device logs showed this was setting aside **clear, deliberate flicks at more than twice the required speed**, so that judgement has been relaxed. An accidental downward swing is told apart by the orientation of the face instead (see 6-3b).

6-3b. How to hold your wrist (check this first if it is not reacting)

Turn the face of the watch toward you and hold your wrist fairly upright. If the face is close to horizontal (pointing at the ceiling), even a firm flick will not register.

- This is a deliberate safeguard against advancing a slide by accident when you swing your arm down with your palm facing the floor and your wrist turns slightly on the way. It cannot be removed without bringing that back.
- In real logs we have seen flicks that met every other condition — speed, sweep and axis — fail **purely because the face was horizontal when the flick began**.
- If it is not reacting, check the **angle you are holding** before you try flicking harder.

6-4. Rehearse, and let it learn your motion

Like the talk itself, the air swipe comes together through **preparation and rehearsal**. Run one full rehearsal beforehand and let PreGuru settle into the way you move.

1. **Calibrate** first (6-1). It is the foundation.
2. In Apple Watch settings, turn on **“Learn false triggers automatically”** (it is off by default, and nothing is learned while it is off).
3. **Rehearse in the real configuration** — connected to the receiver, actually advancing your slides. Note that Practice mode only shows you whether a flick registers; **it does not learn**.
4. If a slide advances when you did not mean it to, **press the Back button on screen within 2.5 seconds**. The app records that as a false trigger and becomes less likely to react to that ambiguous motion. Going back with a swing teaches it nothing — a deliberate swing back cannot be told apart from a move you meant to make.

After a few rounds it settles into your stance, your motion and the room.

 **Do not overdo it.** Each correction tightens the threshold by roughly 14%, so repeating it more than necessary will stop it responding to your genuine flicks too. A few times is plenty.

What to do when it starts to feel sluggish

Under **Settings** → **Gesture** on the Apple Watch there are two buttons that reset things. Both are for when it feels sluggish, but they address **different causes**. Pick by symptom.

- **Only a hard flick registers, even after calibrating again**
→ Tap "**Reset flick strength to default**". The flick-strength baseline set by Calibrate returns to the factory setting. Then **run Calibrate again with your usual flick**.
- **It has felt sluggish since you started correcting**
→ Tap "**Reset gesture learning**". The learned state returns to how it started (unintended triggers may come back). **Calibrate again afterwards as well**.

If instead you are getting **a lot of false triggers**, resetting is the wrong move. The right step is to **correct with Back so it learns**. Learning only advances through corrections, and a reset returns it to the looser baseline — which makes false triggers more likely, not fewer.

7. Troubleshooting

The iPhone cannot find your PC, but direct IP connects instantly

The iPhone's discovery (Bonjour) has got stuck. **Restart the iPhone** and it comes back — we have seen this on real hardware. There is no need to reinstall the app. The tell-tale sign is that **Mac and Windows both stop being found at the same time**: that points at the iPhone, not at the receiver. If you are in a hurry, just use direct IP — it is the more certain route anyway.

iPhone cannot find the computer / stays "Not connected"

- Check that both are on the **same Wi-Fi**. Guest and corporate networks often block device-to-device traffic — on a Mac, try **direct USB**.
- Check that your **firewall** allows PreGuru.
- Press "**Reset connection**" in the Receiver panel, then "Reconnect" on iPhone.

Connected, but slides do not move

- **Mac**: confirm Accessibility permission is ON, and that the presentation app is **frontmost**.
- **Windows**: confirm the presentation app is **frontmost**.
- If "Last action" updates in the panel, the command arrived — the issue is which app has focus.

"Pairing code mismatch"

- Check the four digits shown in the Receiver against what you typed on iPhone.
- Regenerate the code in the Receiver and enter the new one.

Air Swipe stops working partway through a talk

- Gesture detection runs **only while the PreGuru screen is showing**. It stops if the watch face or another app takes over.

- On the Apple Watch, set **Settings** → **General** → **Return to Clock** → **PreGuru** to the **one hour** option. The screen then stays on PreGuru for up to an hour even with your arm down. This is a watchOS setting and cannot be changed from within the app.
- Keep the **iPhone app in the foreground** during your talk — it relays the commands.

Double Tap does not toggle Air Swipe

- Turn on "**Toggle with Double Tap**" in Settings → Gestures in the app, and make sure Double Tap is enabled in the Apple Watch Settings app (Series 9 / Ultra 2 or later).
- **Right after updating the app** it can stop responding. Try: (1) toggle "Toggle with Double Tap" OFF and back ON, (2) triple-tap the ON/OFF chip on screen with your finger (one or two taps do nothing), (3) restart the Apple Watch. A restart almost always restores it.

Apple Watch returns to the watch face during a talk

- On the Apple Watch, set **Settings** → **General** → **Return to Clock** → **PreGuru** to the **one hour** option. The screen then stays on PreGuru for up to an hour even with your arm down. This is a watchOS setting and cannot be changed from within the app.
- If it does happen mid-talk, PreGuru shows the steps the next time you open it.
- For extra certainty, set Apple Watch Settings → General → Return to Clock → PreGuru to "**After 1 hour**".
- **Tip to delay sleep:** on the Apple Watch, set **Settings** → **Display & Brightness** → **Wake Duration** to **70 seconds**. After you touch the screen it stays awake for 70 seconds, and during that time any small movement wakes it instantly. During a talk, a **light single tap on the watch face** starts another 70 seconds. A single tap does not change the display.
- **To make it sleep even less:** in the iPhone Watch app go to Accessibility → turn **AssistiveTouch on** → turn "**Sleep when wrist down**" **off**. The watch then resists sleeping with your arm down (battery drains faster, so use it just for the talk). It can still fall asleep, so when the cue comes, tap the face once.

The big time on the Apple Watch (elapsed / remaining) does not switch with a single tap

- Switching is a **double tap** (tap the time area twice quickly). A single tap only wakes the watch and leaves the display as it is (see the sleep tip above). The ON/OFF chip at the top needs a triple tap (three quick taps), so neither an unseen touch nor the double tap used for the time display can turn air-swipe off. The slide buttons still respond to a single tap, but they are shorter now so an unseen touch is less likely to hit them.

Timing changed on iPhone is not reflected on Apple Watch

- After changing time or timer values on iPhone, press the "**Apply to Apple Watch**" button below them. It applies immediately if the Watch app is open, otherwise the next time you open it.
- If the Watch is already counting, reset the time on the Watch to pick up the new value.
- Note: the elapsed / remaining display choice is **independent** on each device by design.

Mac says the app "cannot be opened" or "is damaged"

- **This should not happen with v1.0, which is notarized.** If it does, an old beta may still be installed, or the download may be incomplete. Delete the old PreGuru from `/Applications` and download `PreGuru-Receiver-1.1.dmg` again.
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8. Notes and known limits

- The Mac edition is notarized, so no quarantine workaround is needed. The Windows edition is signed, but SmartScreen may warn until Windows builds reputation.
 - The Mac Receiver lives in the **menu bar** (not the Dock). On Windows it lives in the **system tray**.
 - Pairing is a lightweight scheme intended for use within the same Wi-Fi network.
 - On Windows, a presentation app running with administrator privileges may not accept keystrokes from a normally-launched Receiver.
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