

APK Installation Guide

How to install mindguard.apk on Meta Quest using Developer Mode and SideQuest

For non-technical users - follow the steps in order



Updated: April 2026

Start here: what this guide does

Install the MindGuard VR prototype APK onto a Meta Quest headset.

You will do 5 simple things

1. Check that Developer Mode is ON.
2. Install SideQuest Advanced Installer on the computer.
3. Connect the headset with a USB-C DATA cable.
4. Install the file named mindguard.apk.
5. Open MindGuard from Unknown Sources on the headset.

Before you panic

Most installation problems are caused by one of three things:

- the cable is charge-only, not data-capable
- the headset prompt was not accepted
- Windows ADB drivers are missing

Important: Keep the headset ON and put it on when prompted. The important USB debugging permission appears inside the headset, not on the computer.

What you need before starting

Prepare these items first. Do not start until you have them.

- ☐ Meta Quest headset: Quest 2, Quest 3, Quest 3S or Quest Pro
- ☐ Computer: Windows, macOS or Linux
- ☐ USB-C data cable (charging-only cables often fail)
- ☐ The APK file: mindguard.apk
- ☐ SideQuest Advanced Installer installed on the computer
- ☐ Developer Mode enabled on the headset
- ☐ Windows only: Oculus/Meta ADB drivers installed if needed

Best practice

Save the APK somewhere obvious, for example:
Downloads / MindGuard / mindguard.apk

Do not rename it while installing unless the developer asks you to.

Important: Use the official APK shared by the MindGuard team. Do not install APKs from unknown public links.

Step 1 - Check Developer Mode

You said the headset is already in Developer Mode. Use this slide to verify it.

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On your phone

1. Open the Meta Horizon mobile app.
2. Select your headset.
3. Open Headset Settings.
4. Open Developer Mode.
5. Make sure Developer Mode is ON.

If Developer Mode is missing

1. Sign in to the Meta Developer website.
2. Create a developer organization.
3. Verify the account if requested.
4. Reopen the Meta Horizon app and try again.

Important: Menu names can vary slightly by Meta Quest OS version. The goal is simply: Developer Mode must be ON before SideQuest can install an APK.

Step 2 - Install SideQuest on the computer

Use the desktop Advanced Installer. This is the easiest APK method.

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Install SideQuest Advanced Installer

1. Open: sidequestvr.com/setup-howto
2. Choose the Advanced Installer for your computer.
3. Download and run the installer.
4. Open the SideQuest Desktop App.
5. Leave SideQuest open while you connect the headset.

Windows users

If SideQuest never connects, install the Oculus/Meta ADB Drivers from Meta.

Mac and Linux usually do not need this driver step.

Important: Do not use random APK installer tools.
SideQuest Desktop is enough for this guide.

Step 3 - Connect the headset to the computer

The permission prompt appears inside the headset.

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Connect and allow debugging

1. Turn the headset ON.
2. Connect it to the computer using a USB-C DATA cable.
3. Put on the headset.
4. When asked “Allow USB debugging?”, choose Allow.
5. Tick “Always allow from this computer” if available.
6. If asked “Allow access to data?”, choose Allow.

Very common mistake

People often look only at the computer screen.

You must also look inside the headset and accept the USB debugging prompt.

Important: If you accidentally pressed Deny: unplug the cable, wait 5 seconds, plug it in again, and accept the prompt.

Step 4 - Confirm SideQuest is connected

SideQuest should show that the headset is connected.

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Look for the connection indicator

1. Keep SideQuest Desktop open.
2. Keep the headset plugged in.
3. The SideQuest connection indicator should turn green.
4. Green means the computer can talk to the headset.
5. If it is not green, do not install yet - fix the connection first.

If it is not green

- Reconnect the USB cable.
- Try a different USB port.
- Try a different USB-C cable.
- Accept USB debugging in the headset.
- Windows: install ADB drivers.

Step 5 - Install mindguard.apk

Now install the APK file using SideQuest.

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Install the APK

1. In SideQuest Desktop, click “Install APK file from folder”.
Alternative: drag mindguard.apk into the SideQuest window.
2. Select the file: mindguard.apk.
3. Wait until SideQuest says the install is complete.
4. Do not unplug the headset during installation.

What success looks like

SideQuest usually shows a small confirmation message such as:

APK installed successfully

After that, the app is on the headset.

Important: If installation fails because an old version exists, uninstall the old MindGuard app first and then install again.

Step 6 - Open MindGuard inside the headset

Sideloaded apps are not in the normal store list.

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Launch from Unknown Sources

1. Put on the headset.
2. Press the Meta / Oculus button to open the menu.
3. Open App Library.
4. Find the filter/dropdown called Unknown Sources.
5. Select MindGuard or mindguard.
6. The app should launch.

If you cannot see it

- Check the Unknown Sources filter.
- Restart the headset.
- Confirm SideQuest reported a successful install.
- Reinstall the APK if needed.

Important: The app may appear using its package/display name. If you are unsure, ask the developer what name to look for.

Updating or reinstalling MindGuard

Use this when the developer sends a newer APK.

Normal update

1. Download the new mindguard.apk.
2. Connect the headset again.
3. Install the new APK through SideQuest.
4. Open it from Unknown Sources.

If the update fails

1. Open SideQuest app management.
2. Uninstall the old MindGuard app.
3. Install the new mindguard.apk again.
4. Restart the headset if it still does not show.

Important: If you uninstall the old app, any local data stored by the app may be removed. Only do this if update/reinstall is required.

Optional fallback - install with ADB

Use this only if SideQuest is not working. Ask a technical person if needed.

Check that the headset is visible

Open Terminal / Command Prompt and run:

```
adb devices
```

If it says unauthorized, put on the headset and allow USB debugging.

Install the APK

Run one of these commands:

```
adb install -r mindguard.apk
```

or with a full path:

```
adb install -r "C:\Users\Name\Downloads\mindguard.apk"
```

Important: If “adb” is not recognized, install Android Platform Tools or use SideQuest instead.

Troubleshooting cheat sheet

Most issues can be fixed in less than 5 minutes.

SideQuest does not turn green

- Developer Mode is not ON
- USB debugging was not accepted in headset
- Cable is charge-only
- Windows ADB driver missing

No USB debugging prompt appears

- Unplug and reconnect USB
- Restart headset and computer
- Toggle Developer Mode off/on
- Try another USB port/cable

APK install failed

- Old version may use a different signature
- Uninstall old MindGuard app first
- Download a fresh APK
- Confirm it is a Quest Android APK

App does not appear

- Look under Unknown Sources
- Restart the headset
- Reinstall through SideQuest
- Check the app display/package name

App opens but is black/crashes

- Ask for a new build
- Check headset model compatibility
- Check storage space
- Restart headset

Still stuck?

- Send the developer:
- headset model
 - OS version
 - APK filename
 - screenshot of SideQuest error

Security notes and verified references

These links were used to check the installation process.

Safe installation rules

- Install only the official mindguard.apk shared by the MindGuard team.
- Do not install APKs from random public links.
- Keep Developer Mode only for testing/deployment if your organisation requires it.
- Do not share project APKs publicly unless the consortium approves it.
- Use a stable cable and keep the headset charged.

References

Meta - Enable Developer Mode:
prod.developers.meta.com/horizon/documentation/android-apps/enable-developer-mode/

SideQuest - Setup page:
sidequestvr.com/setup-howto

SideQuest - Advanced Installer guide:
medium.com/sidequestvr/how-to-use-sidequests-advanced-installer-42a3d67f91b8

Meta - ADB troubleshooting:
latest.developers.meta.com/horizon/documentation/native/android/ts-adb/

One-page quick checklist

Print this slide if you only want the short version.

1. Developer Mode ON

2. Install SideQuest

3. Connect USB cable

4. Allow debugging

5. Install APK

Quick install

1. Save mindguard.apk on the computer.
2. Open SideQuest Desktop.
3. Plug in the headset with a USB-C data cable.
4. Put on headset and allow USB debugging.
5. Wait for SideQuest green connection indicator.
6. Drag mindguard.apk into SideQuest or use Install APK from folder.
7. In the headset: App Library > Unknown Sources > MindGuard.

If it fails

Try in this order:

1. Different USB cable
2. Accept USB debugging again
3. Windows ADB drivers
4. Restart headset
5. Uninstall old app and reinstall