ChatGPT's summary of Three switch operation in new sketch version:

1. Power On: Connect the power source to the Arduino board to power it on.
2. Select Effects: Press switch SW1 to toggle the built-in LED on and off. While the LED is on, press switch SW2 to select between the "motion" and "noMotion" effects. When switch SW2 is pressed, the corresponding effect will be triggered based on the current state of the LED. If the LED is off, switch SW2 will be disabled.
3. Deep Sleep: If the LED is off, press switch SW1 to toggle it on. This will disable switch SW2. When the LED is on, press switch SW1 again to initiate a deep sleep mode. The board will enter a low-power state and remain in this state until it is awakened by pressing switch SW2.
4. Wake Up: Press switch SW2 to awaken the board from deep sleep. If the LED is off, pressing switch SW2 will have no effect. Once the board has been awakened, the LED will be toggled on and off again using switch SW1, and the effects can be selected using switch SW2 as described in step 2.