In the book, they only talk about the XOR of the SYNC bits
This is the "status" bit – means that producer has put data
(or that the consumer is ready for more data, in case of display)

Protocol at processor level:

Check whether device is ready

Send/receive data to/from device

DSR / KBSR bit 15 is the status bit

There so you can read from the register and then use the negative condition code (N)