

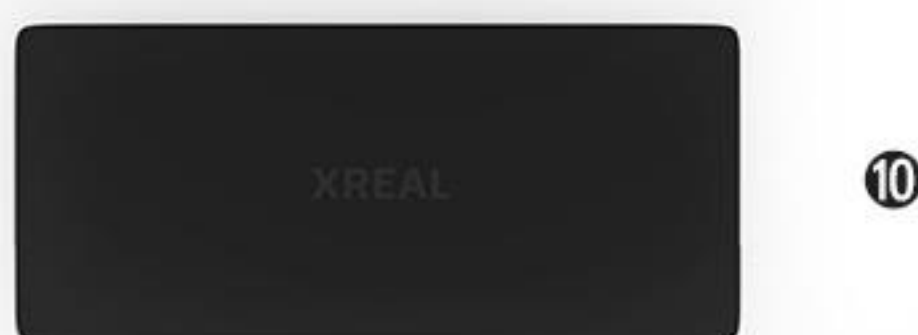


XREAL One

User Manual

What's in the Box

XREAL One Packing List



① Packaging Box

⑥ Accessory Storage Box

② Glasses Case

⑦ User Manual

③ XREAL One

⑧ Tutorial


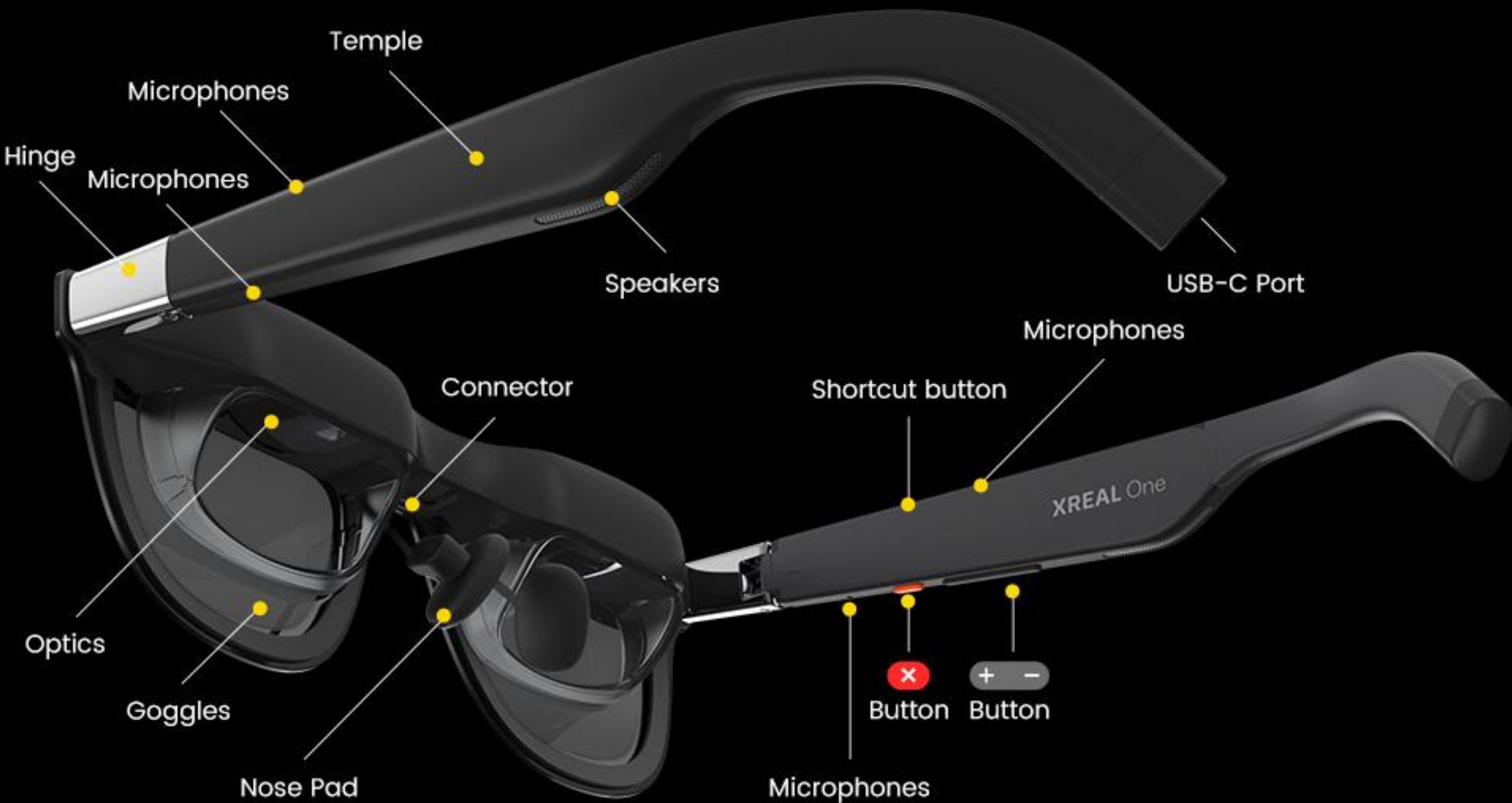
④ USB-C Cable

⑨ Disclaimer

⑤ Nose Pads-S/M/L

⑩ Cleaning Cloth

Hardware Introduction




X Button

- Click:** Mode switch
- Double-click:** Settings menu
- Hold:** Recenter (3DoF only)

+ - Button

- Click:** Adjust Brightness
- Hold:** Switch tint level (3 Levels)



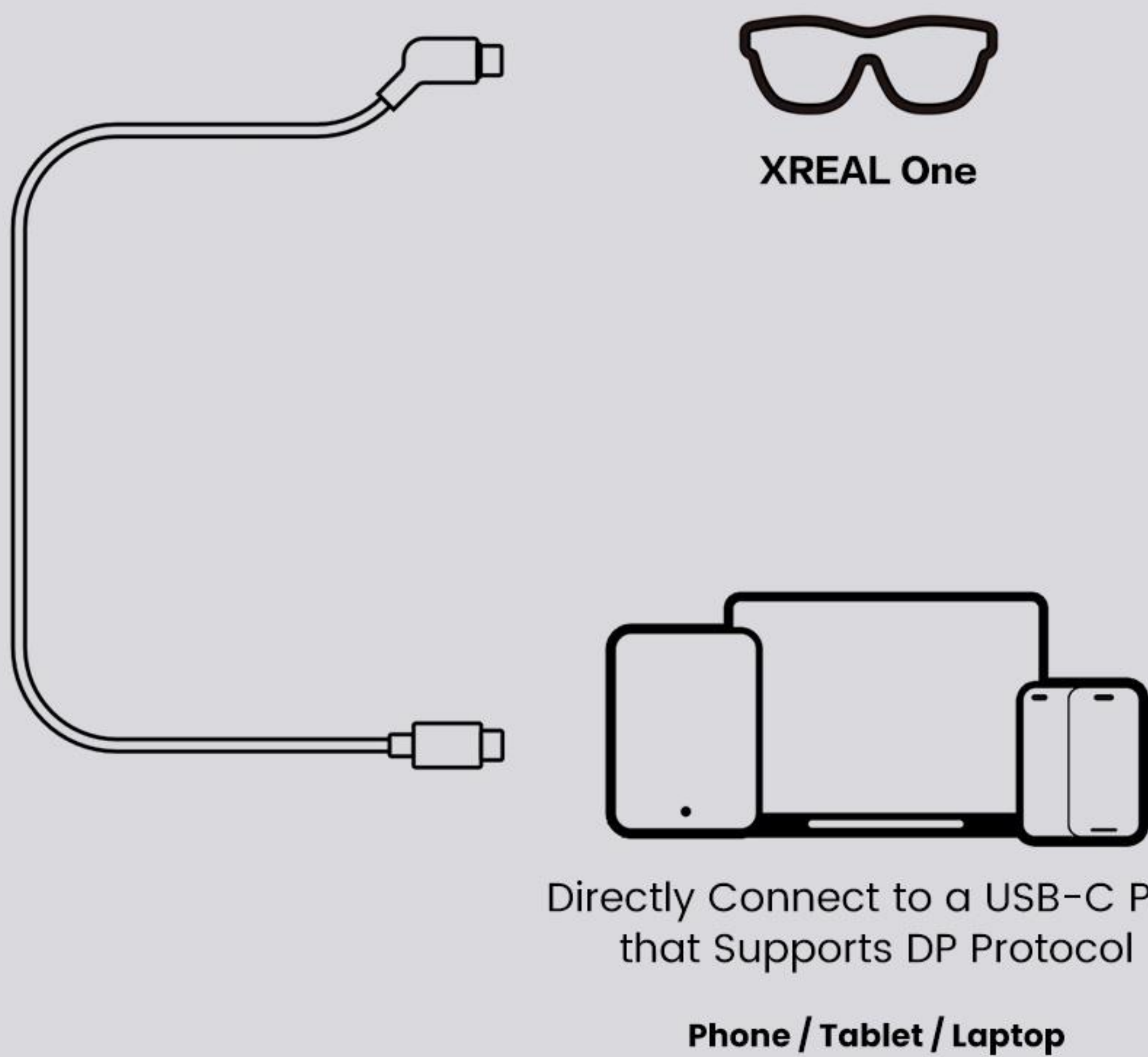
Shortcut button

- Default:** Transparency Mode
- Customizable function button**

XREAL One

Chip	XREAL X1 Chip
FoV	50°
Screen	SONY 0.68" Micro-OLED
Resolution	1920×1080 4 Million Pixels
Highest Refresh Rate	120Hz
M2P Latency	3ms
Highest Perceived Brightness	600Nits
3 DoF	3 DoF Supported powered by glasses
Adjustable Lens Transparency	3 Modes Electrochromic Dimming
IPD Adjustment	Software based IPD Adjustmen
Sound	Sound by Bose
Weight	84 g

Direct Connection User Guide

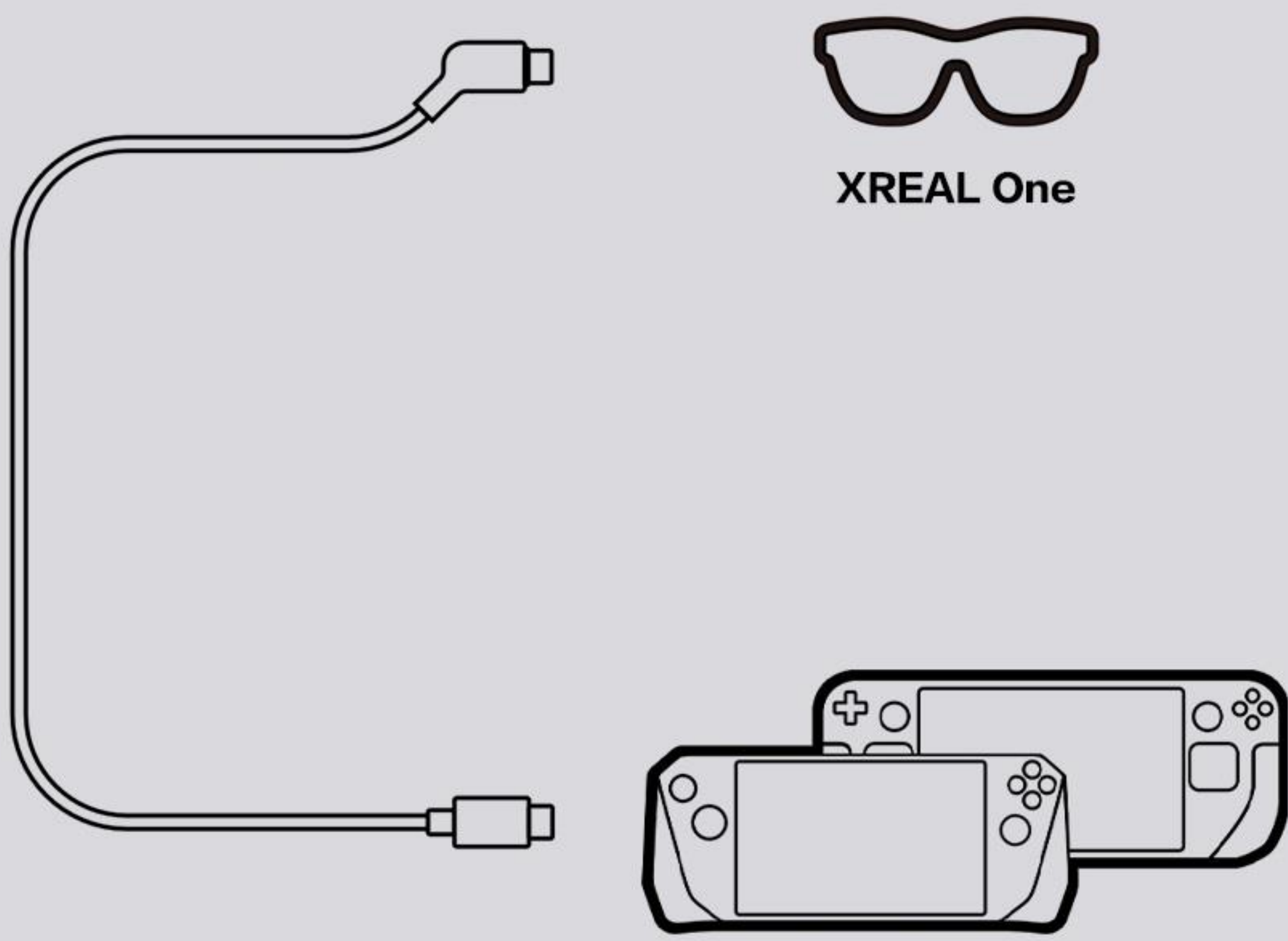


Note :

Theoretically, devices with USB-C ports that support the DP protocol can be directly connected for use.

However, due to the wide variety of third-party device interfaces, complete compatibility cannot be guaranteed, and actual performance shall prevail.

Direct Connection User Guide



XREAL One

Directly Connect to a USB-C Port
that Supports DP Protocol

Steam Deck / Steam Deck OLED / Rog Ally

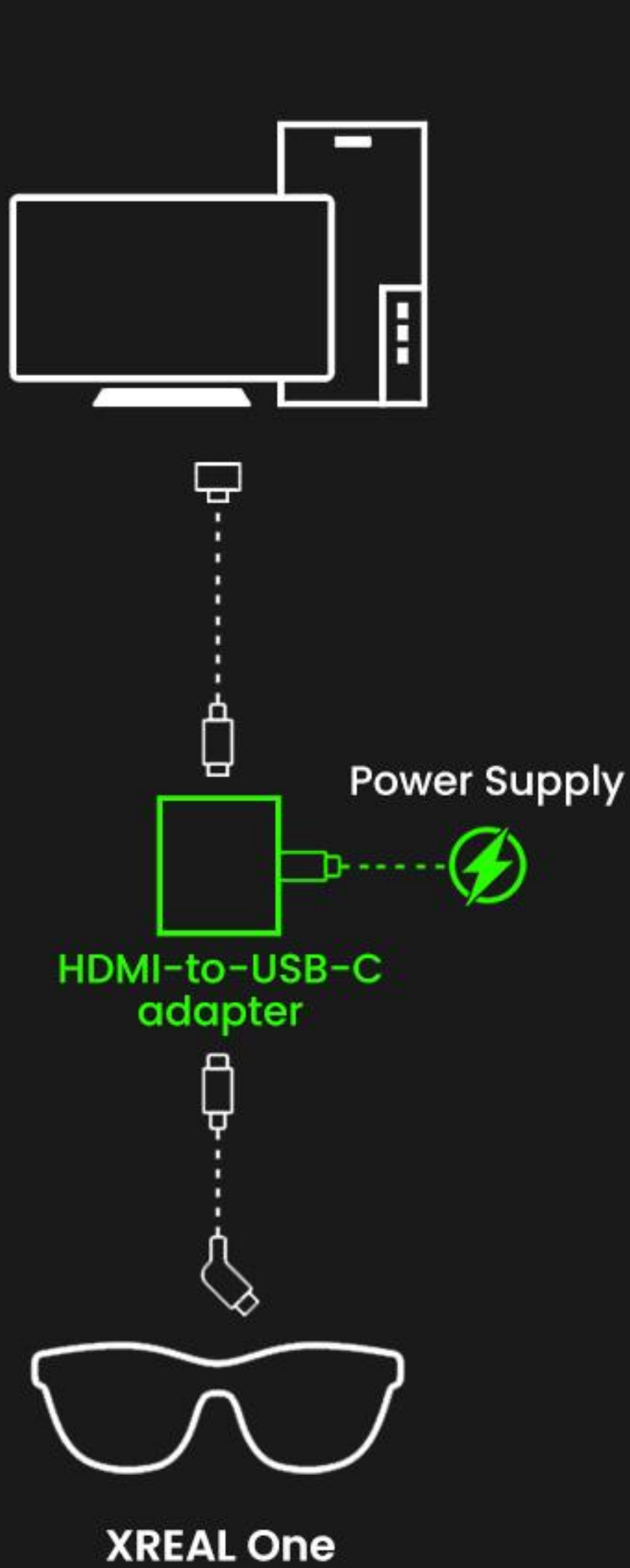
Note :

Theoretically, all game consoles with USB-C ports that support the DP protocol can directly connect for screen mirroring.

However, due to the wide variety of third-party device interfaces, complete compatibility cannot be guaranteed, actual performance shall prevail.

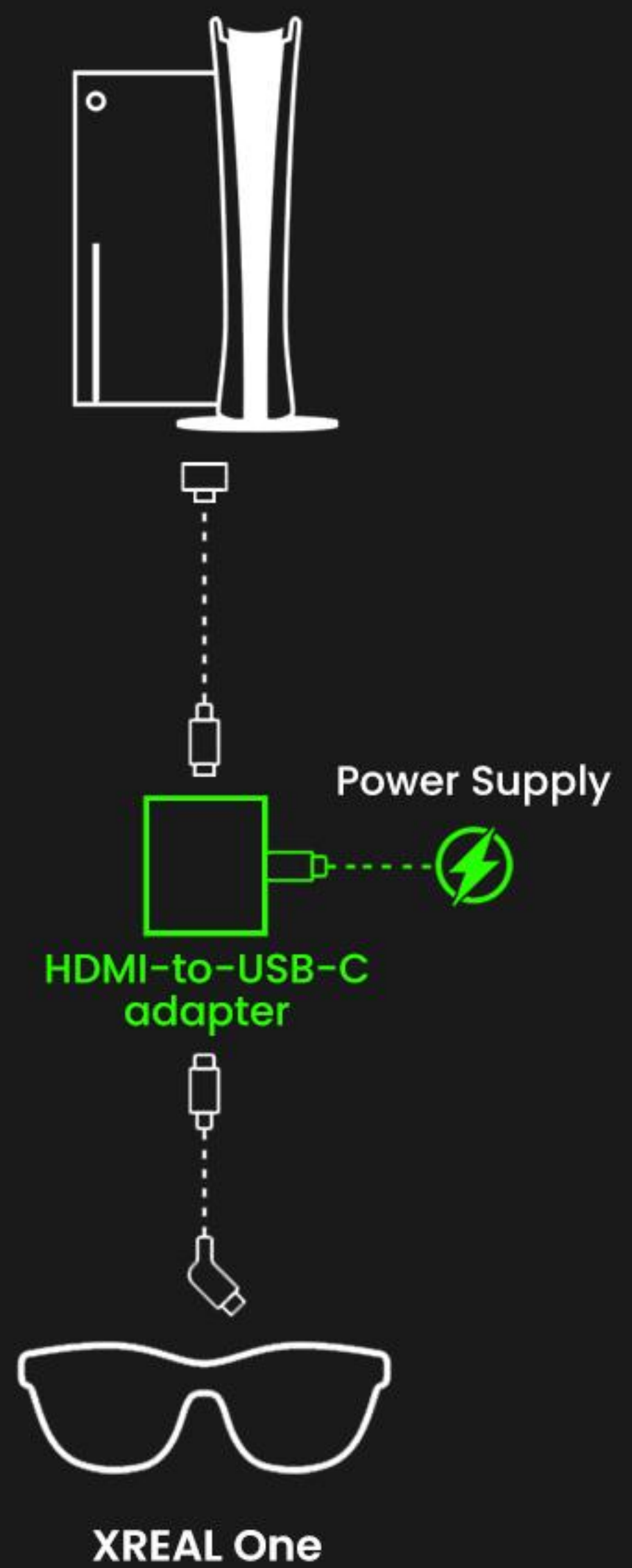
User Guide for HDMI Output Devices

PC with an HDMI port



A computer with an HDMI port can be connected to the XREAL One using an HDMI-to-USB-C adapter

PlayStation/XBOX

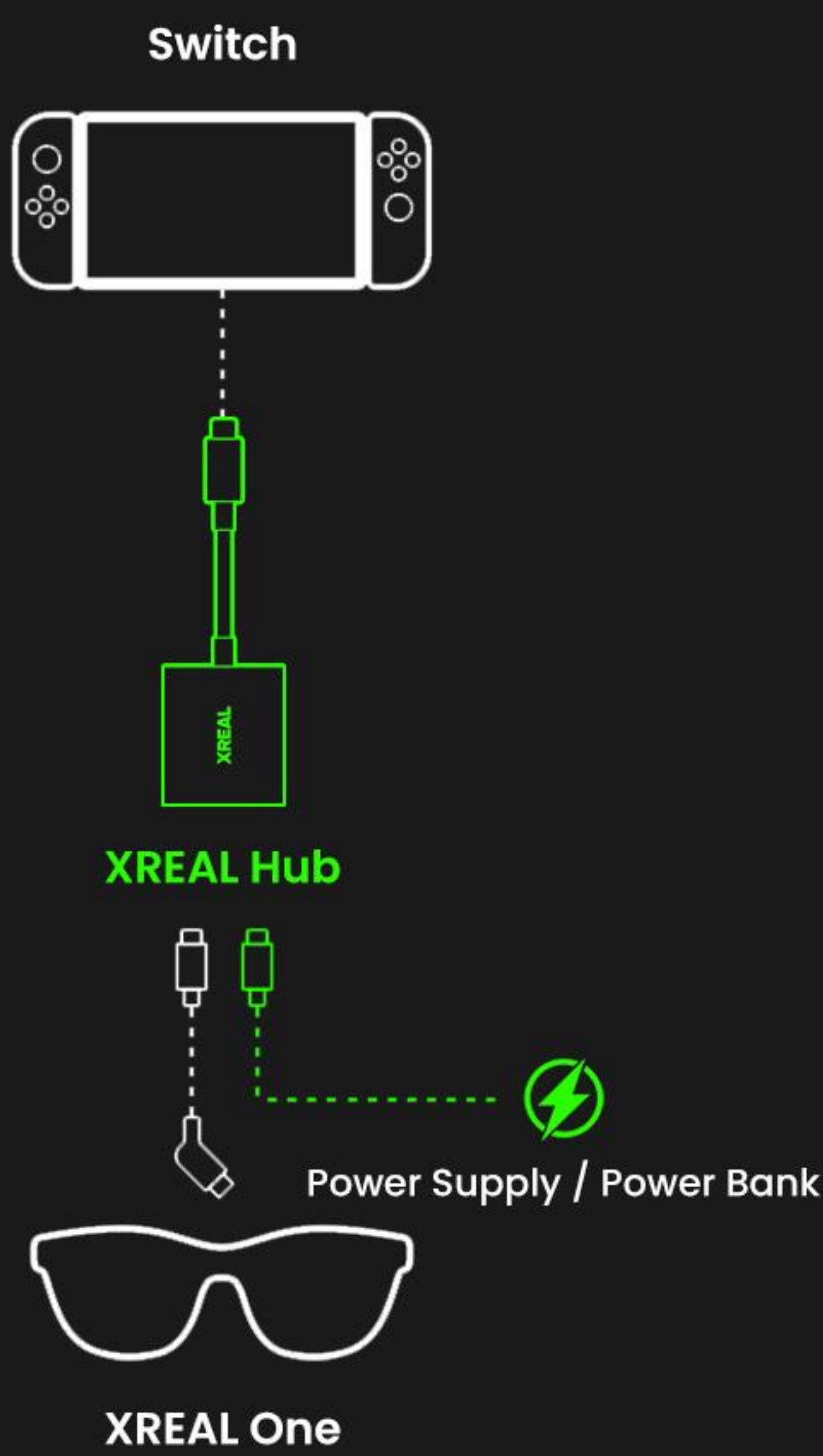


PlayStation and Xbox can be connected to the XREAL One using an HDMI-to-USB-C adapter

For the initial connection, make sure to disable HDCP in your settings. This ensures a smooth connection.

User Guide for Game Consoles

Nintendo Switch

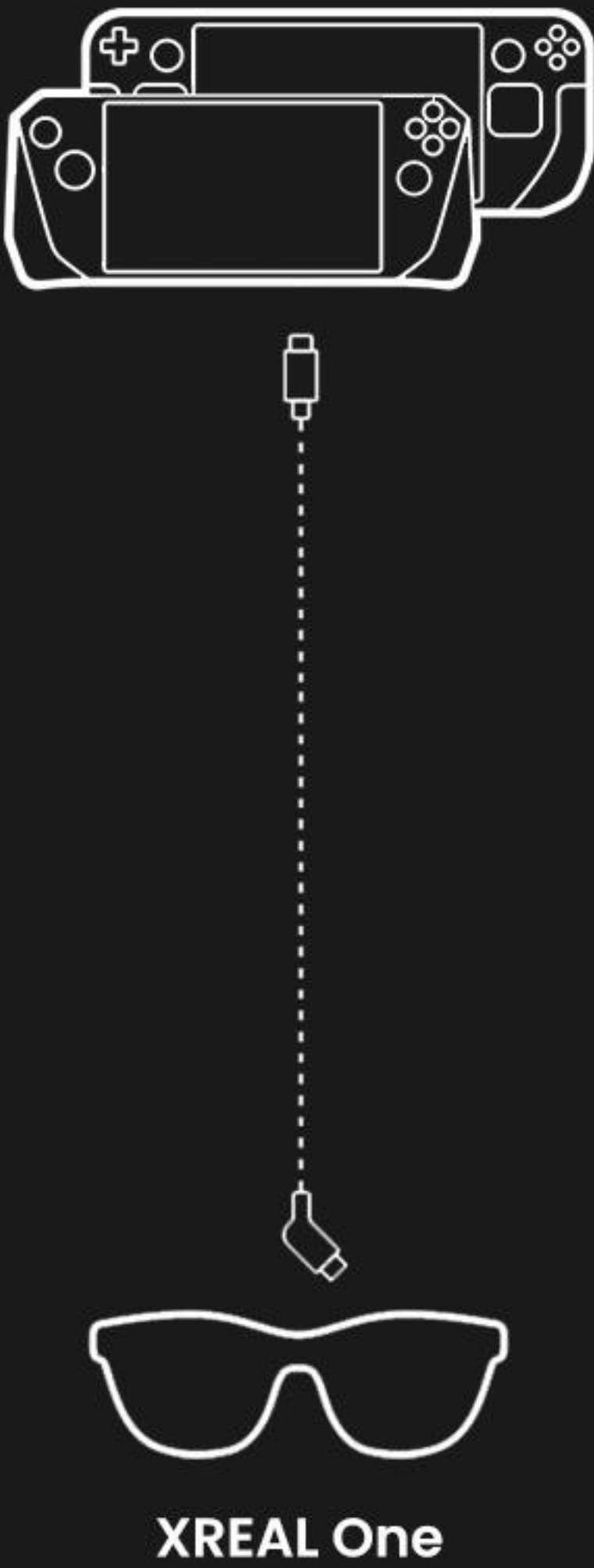


XREAL One Wired Connection to Switch via XREAL Hub

User Guide for Game Consoles

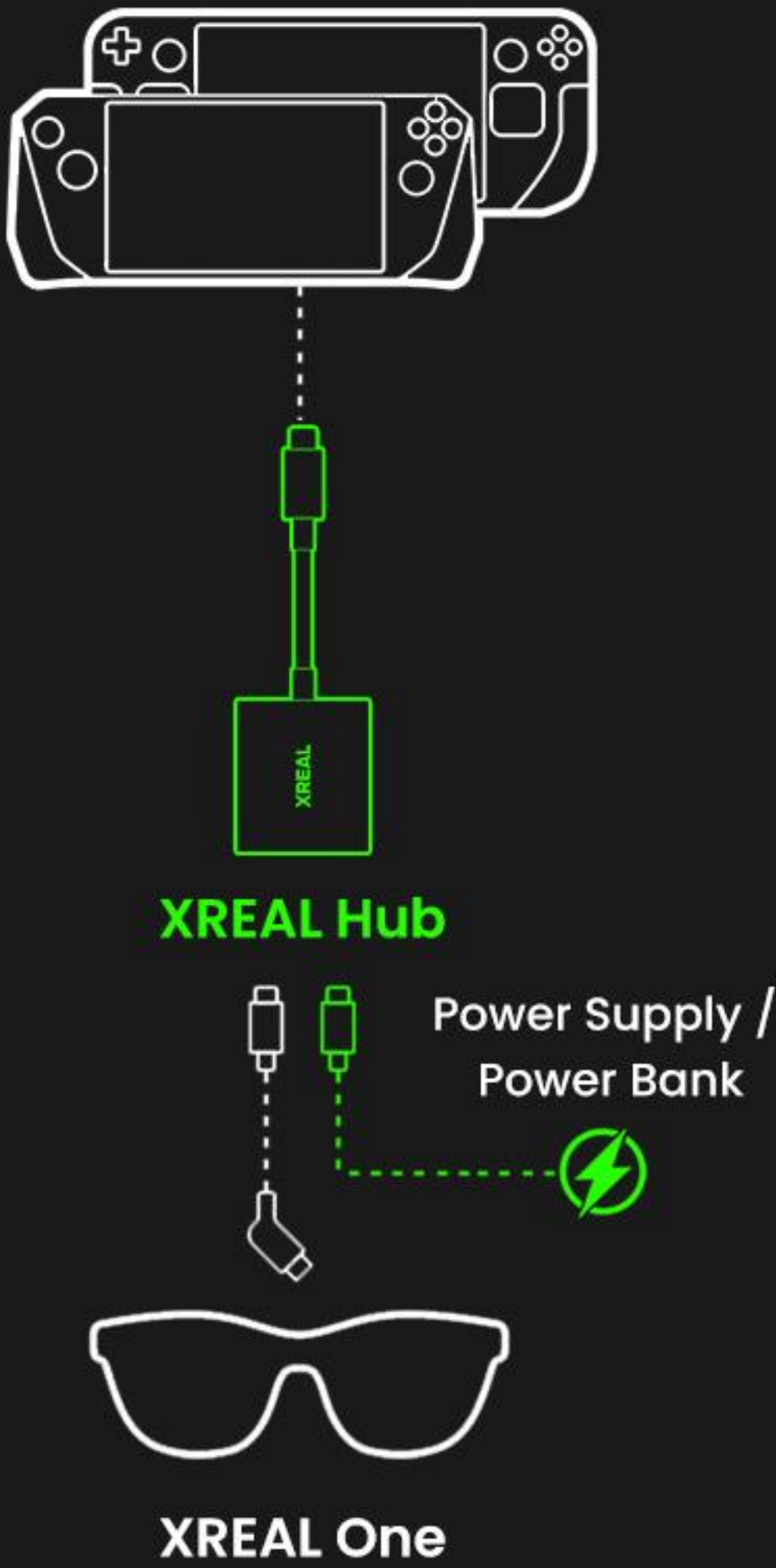
Steam Deck / ROG Ally

Steam Deck/ ROG Ally



XREAL One Direct Connection to
Steam Deck/Rog Ally

Steam Deck/ ROG Ally



XREAL One Wired Connection to
Steam Deck / Rog Ally via XREAL HUB

For the initial connection, set your console to 1080p/60Hz to ensure compatibility.
Once the functionality is confirmed, you can increase the setting to 1080p/120Hz for enhanced performance.

User Guide for Android Phone / Tablet

Android Phone / Tablet

Android Phone / Tablet



XREAL One

XREAL One Direct Connection to a
Phone or Tablet with a DP-Supported
USB-C Port

Android Phone / Tablet



XREAL One

XREAL One Glasses Wired Connection to a
Phone or Tablet with a DP-Supported
USB-C Port via XREAL Hub

User Guide for iPhone

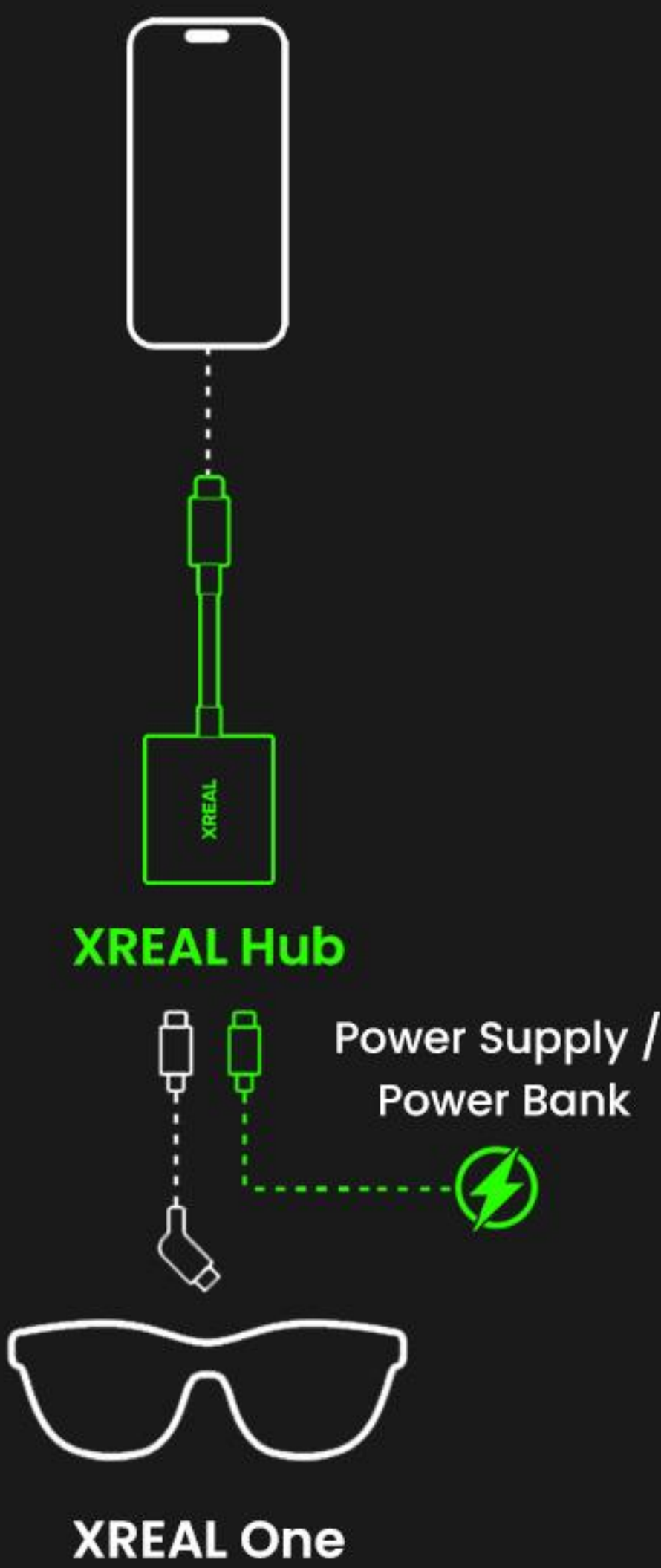
iPhone 15 and Later Series

iPhone 15 and Later Series



XREAL One Direct Connection to
iPhone 15 and Later Series

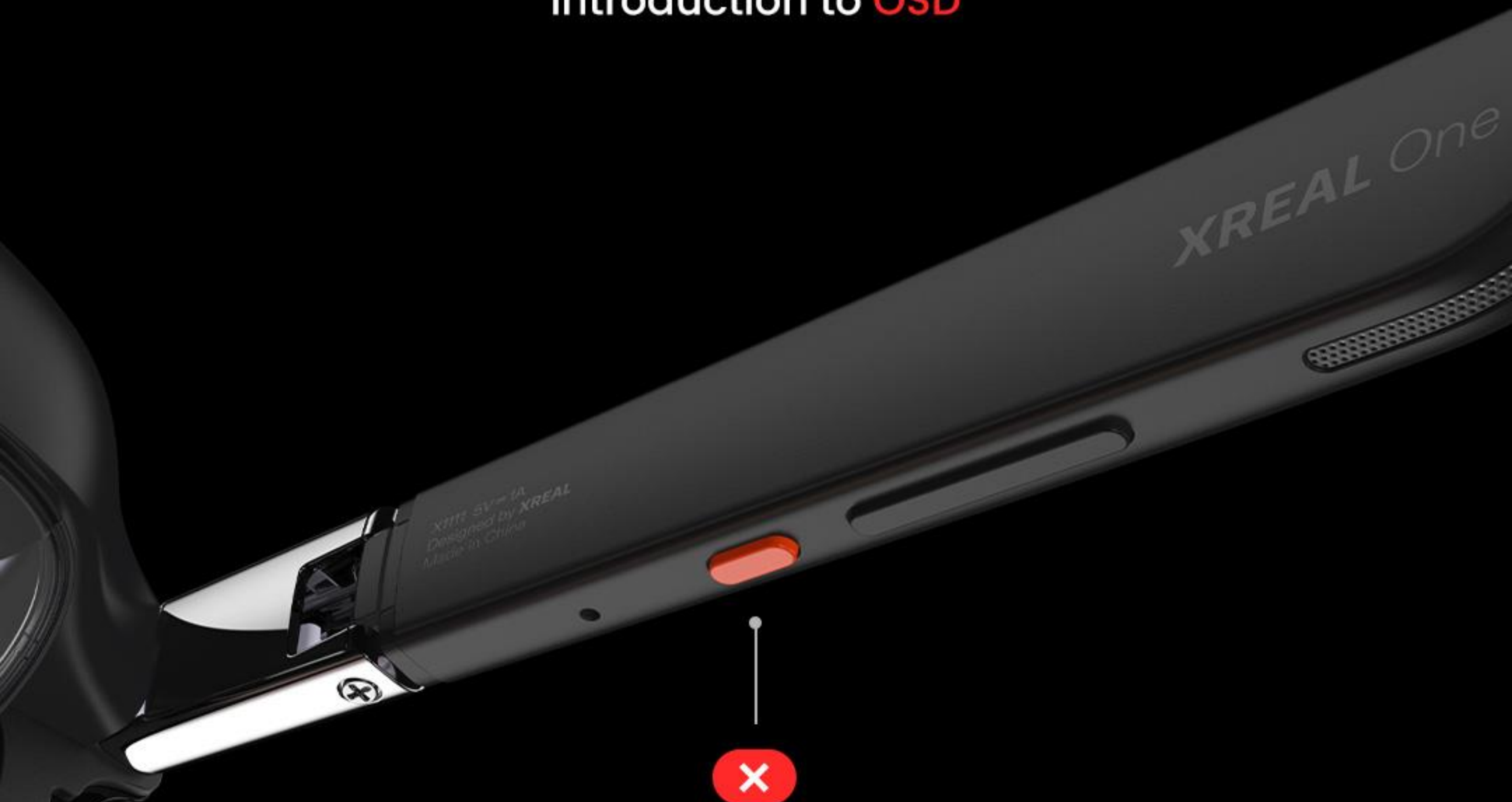
iPhone 15 and Later Series



XREAL One Wired Connection to
iPhone 15 and Later Series via XREAL Hub

User Guide

Introduction to OSD



Quickly double-click the **red "X"** button under the right temple to access the OSD interface on the glasses. From there, you can adjust display, sound, and other related settings.

Display

Sound

Quick Button

Other



< Display



Screen Size

135" >

Adjust Distance

4m > ⋮

Ultra-Wide Mode



3D Mode

To be used when playing Side-By-Side format 3D videos.



X Button



+ Button

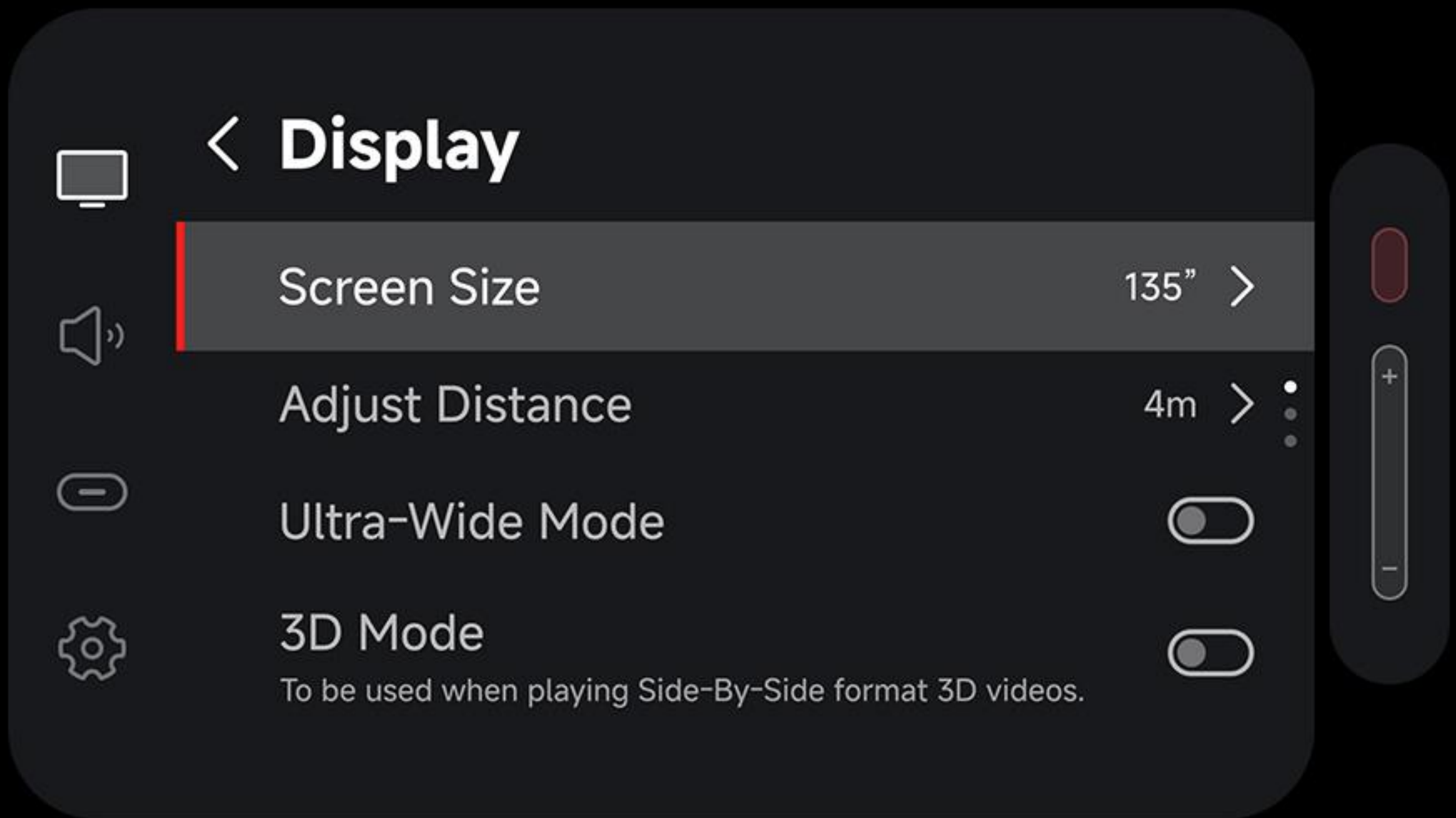


- Button

Use the **+/-** buttons to navigate through menu options, press the **X** button to confirm, and double-click the **X** button to go back.

User Guide

OSD – Display



| Screen Size

Adjustable from 59 inches to 477 inches.

Use “+” or “-” buttons to adjust the screen size in larger increments. Hold down and Long press to fine-tune the size with 0.2-inch precision.

| Adjust Distance

Adjustable from 2 meters to 10 meters

Use “+” and “-” buttons to adjust in 1m increments. Hold down and long press to adjust in 0.1m increments.

| Ultra-Wide Mode

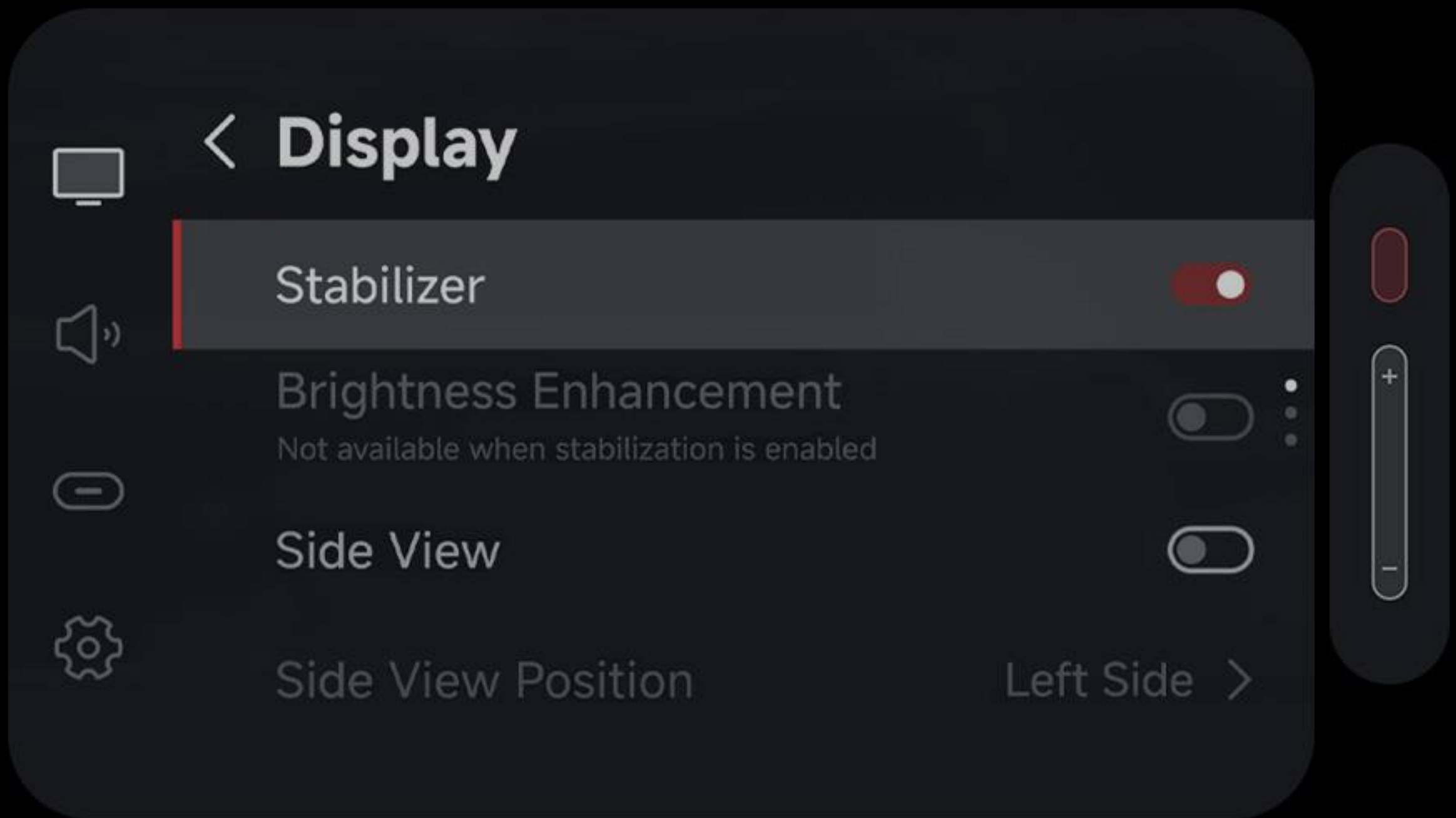
Once enabled, it offers an ultra-wide display effect for easy multitasking with head turns.

| 3D Mode

Enable this feature when playing SBS format 3D videos to view 3D movies.

User Guide

OSD – Display



| Stabilizer

Recommended for use in motion scenarios, providing a better display experience.

| Brightness Enhancement

Increase screen brightness to adapt to brighter environments and protect visual comfort.

| Side View

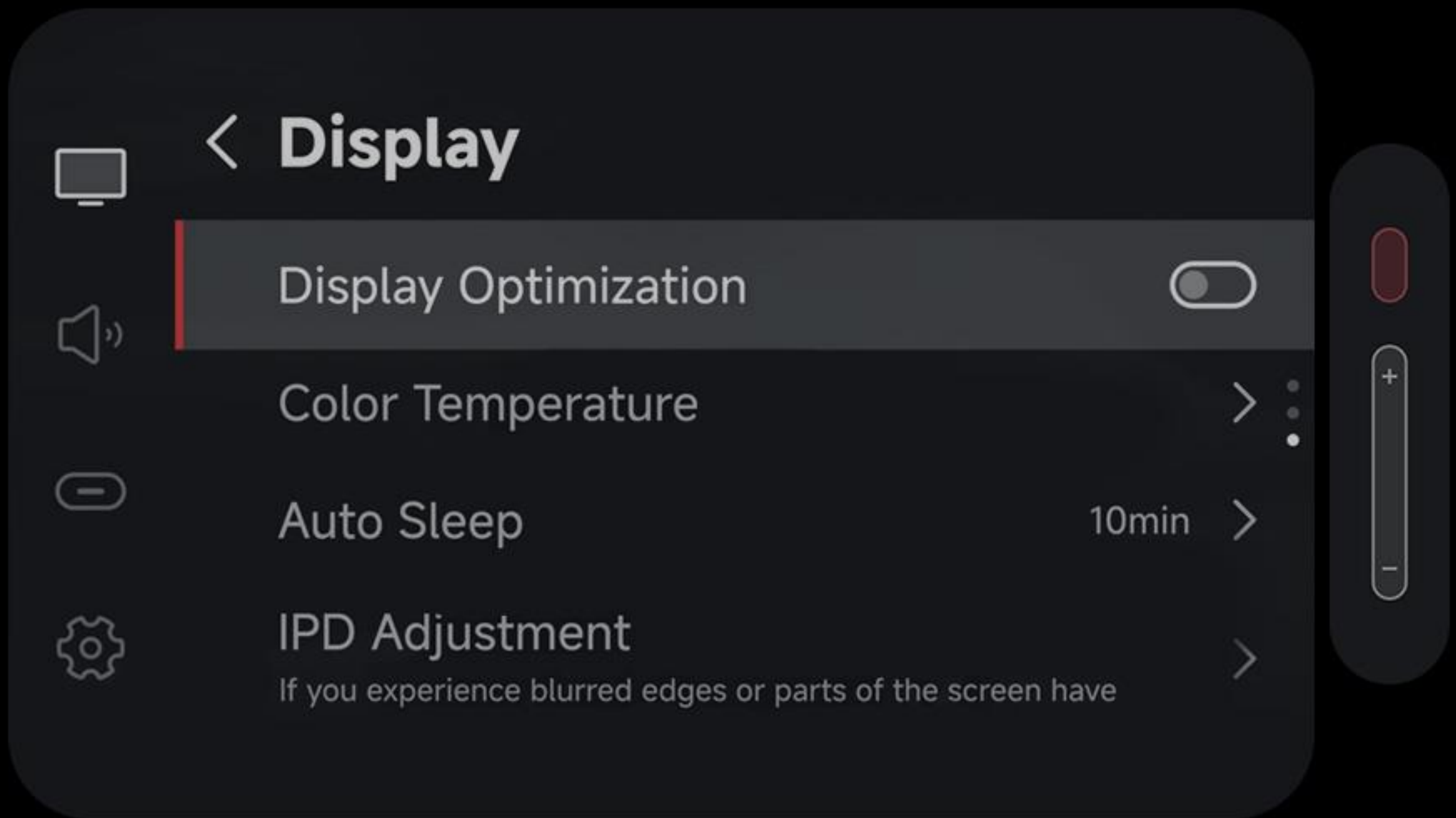
AR Glasses can be used without obstructing your line of sight.

| Side View Position

Freely adjust the position of the small window to the top left or right of the screen to optimize the viewing experience.

User Guide

OSD – Display



| Display Optimization

Adjust the picture quality and screen performance according to the scene requirements, making the display more detailed or efficient.

| Color Temperature

Adjust the screen tone by choosing cool or warm colors to suit different environments and personal preferences.

| Auto Sleep

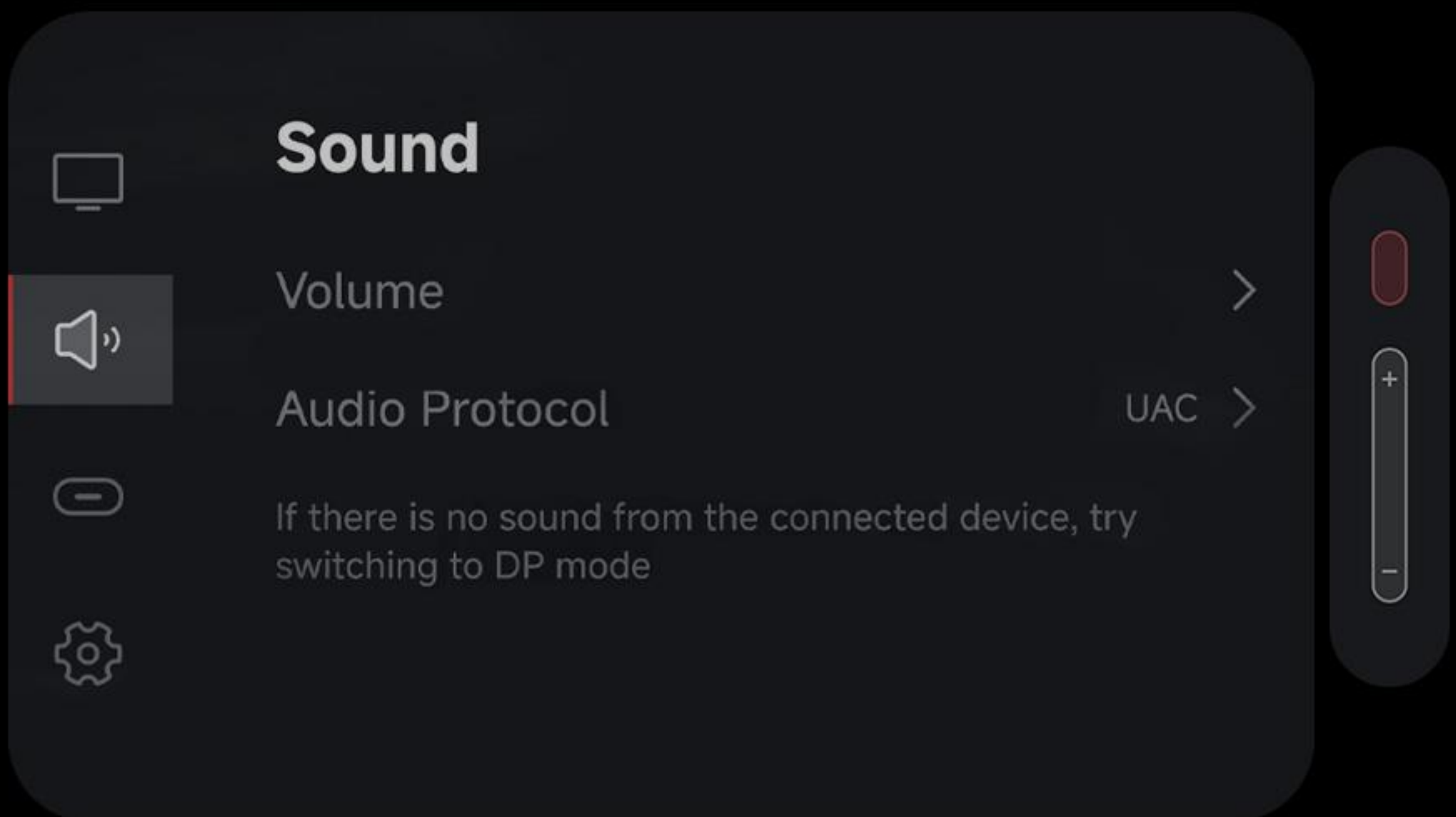
Set the device to automatically enter sleep mode after a period of inactivity to save power.

| IPD Adjustment

Adjust the screen to the optimal position based on your interpupillary distance, ensuring a clear viewing experience.

User Guide

OSD – Sound



| Volume

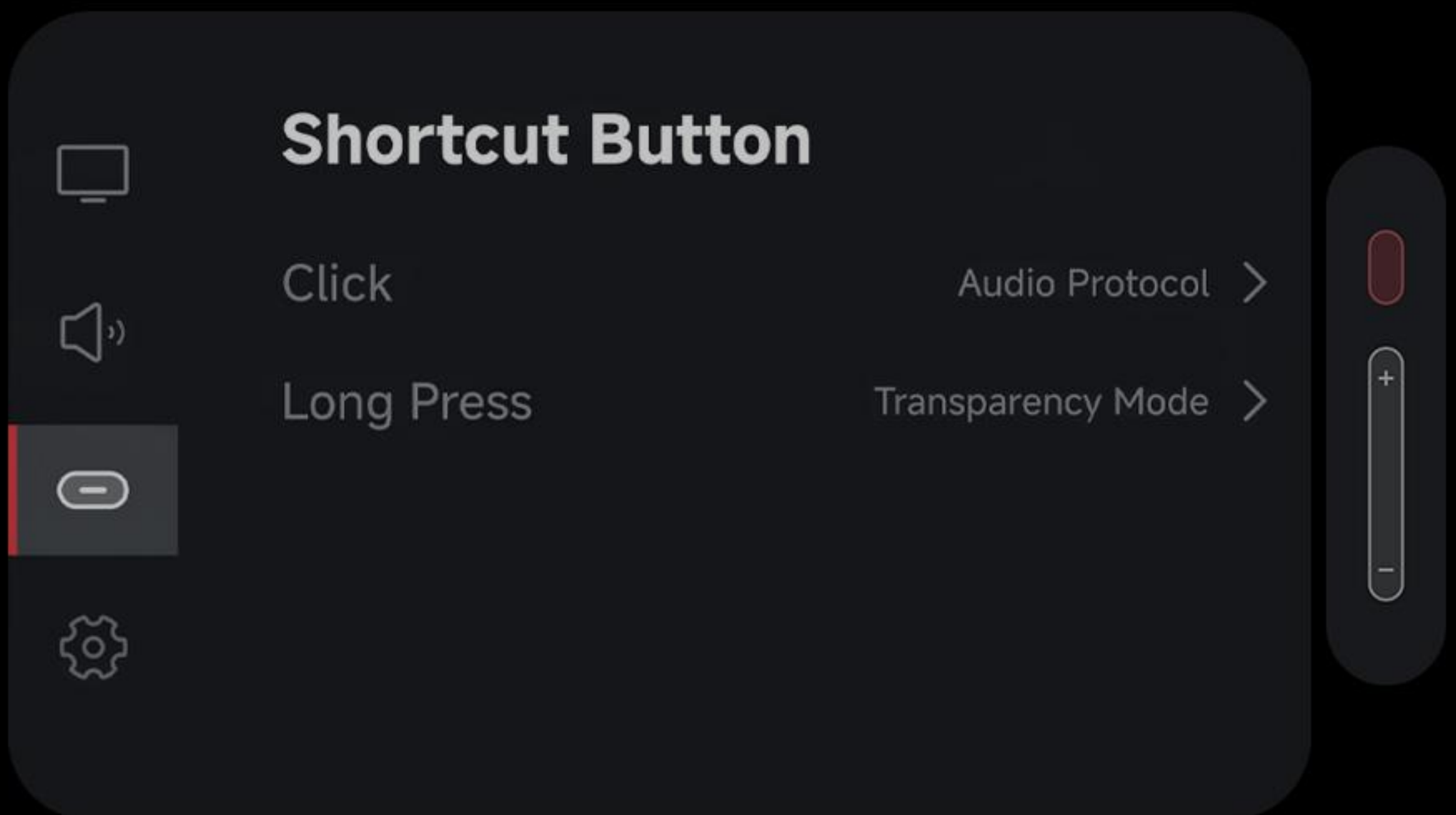
Adjust the speaker volume.

| Audio Protocol

If there is no sound, you can resolve the issue by switching the audio protocol.

User Guide

OSD – Shortcut Button



Click

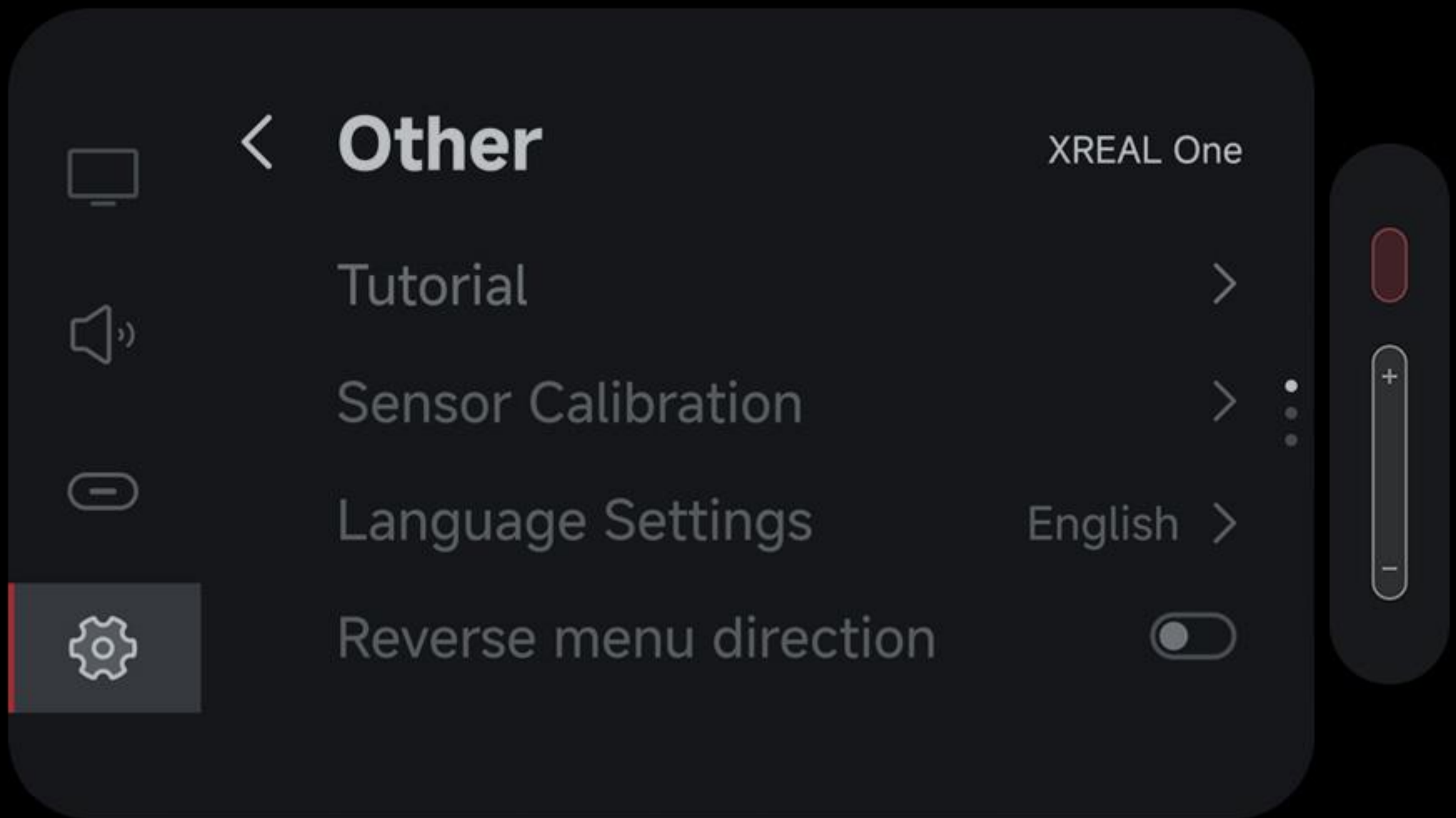
The default setting is to switch to transparency mode, but you can customize it to other functions.

Long Press

Supports customization.

User Guide

OSD - Other



| Tutorial

Provides a detailed guide on button functions to help you quickly master their usage.

| Sensor Calibration

Used to calibrate the sensors of the glasses. If screen drift occurs during use, you can perform this operation to recalibrate the display.

| Language Settings

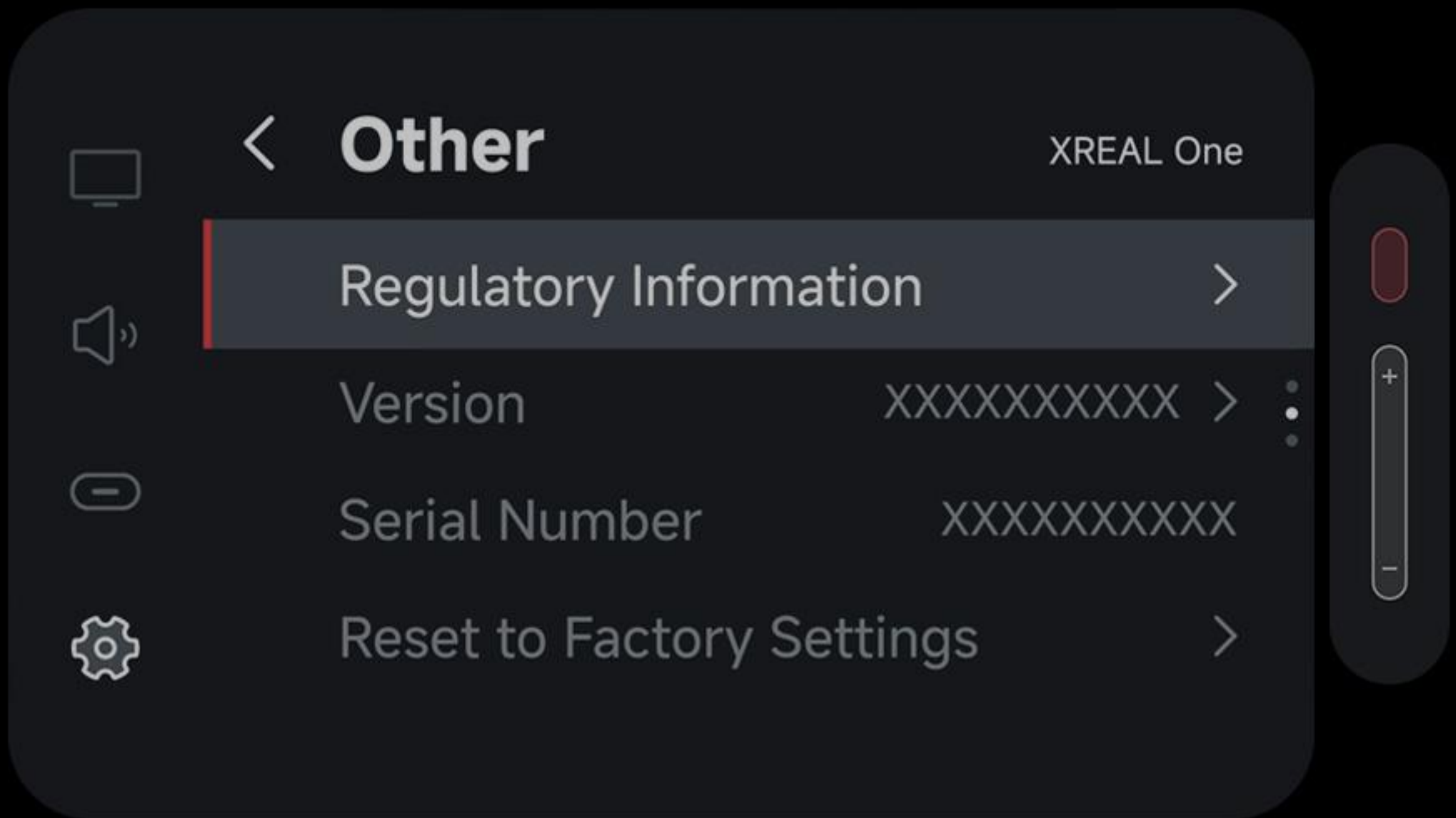
Freely choose the system language, with support for multiple language modes.

| Reverse page direction

Swap the up and down selection directions in the menu.

User Guide

OSD - Device Information



| Regulatory Information

View the device's regulatory and compliance information to ensure legal and compliant usage.

| Version

Displays the current firmware or software version for easy upgrading or technical support.

| Serial Number

A unique identifier for each device, used for registration, after-sales service, or troubleshooting.

| Reset to Factory Settings

Restore the device to its initial state, suitable for clearing personalized settings or resolving issues.



| How to turn the Glasses on/off?

Plug and play, the XREAL One does not have a built-in battery. When connected to a compatible device (such as a phone or computer), the device will power the XREAL One and it will turn on. Once the data cable is unplugged, the power will stop and the glasses will automatically turn off.

| Can my XREAL Air or Air 2 prescription lenses work with XREAL One series?

No. XREAL One and XREAL One Pro prescription lens have a different design that is incompatible with previous XREAL glasses. We recommend our friends at HONSVR, providing professional lens service solutions tailored to your needs.

| How can I update the firmware?

With XREAL Beam Pro: Please make sure your "My Glasses" APP in Beam Pro is updated to 1.5.0 version or higher. When using XREAL One or XREAL One Pro while connected to XREAL Beam Pro, if there is network access, it will automatically update to the latest version.

Without XREAL Beam Pro: You need to use a Windows or Mac computer to access the update page at xreal.com/ota. You can switch languages in the top-right corner. Click "Connect" authorize, and then click "update" to start the update. It is expected to take about 5 minutes.

Contact Us



Join Us

Join the [XREAL community](#), connect with users!



Contact by Email

Email: support@xreal.com

Collaboration Email: creators@xreal.com

You can also get in touch with us in the following ways

