

*Spectacles*

# The Basics

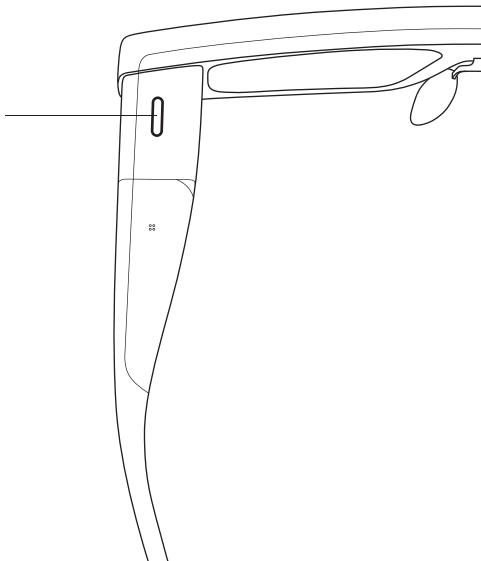
LEFT TEMPLE BUTTON

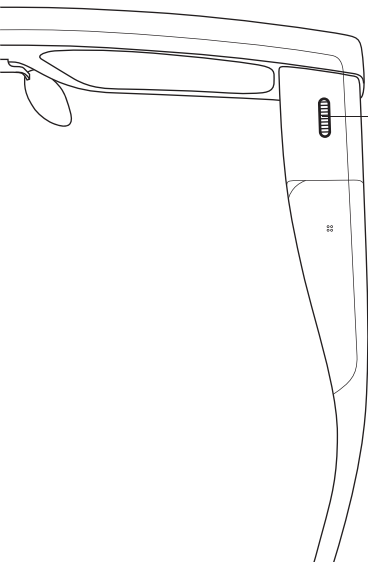
## **Capture**

Press once to start or stop recording.

## **Pairing Mode**

Press and hold for 5 seconds.





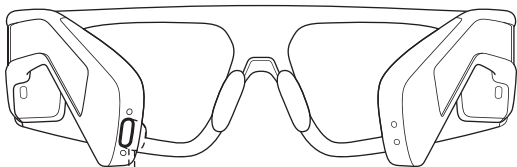
RIGHT TEMPLE BUTTON

**Wake and Sleep**

Press once.

**Power On and Off**

Press and hold for 3 seconds.

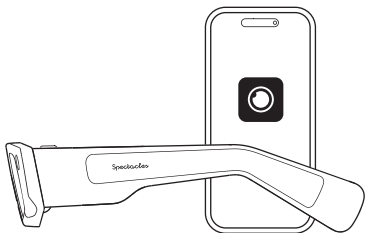


#### CHARGING CABLE

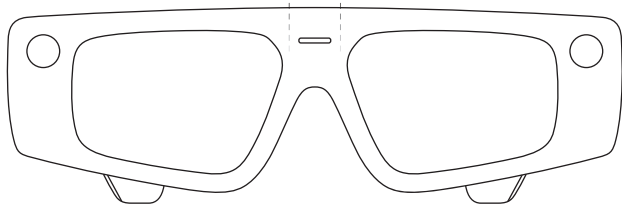
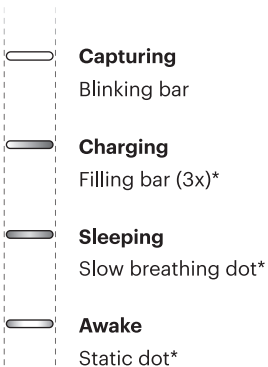
Plug the charging cable into the left arm port and USB-C power source.

#### ADDITIONAL CONTROL

Adjust brightness, volume, tint, and more from Spectacles or the app.



# Light Indicator

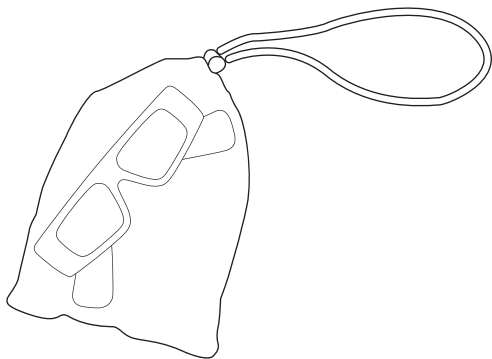
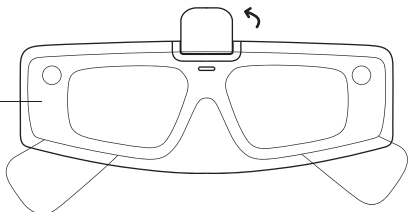


\*Visible when Spectacles are not worn.

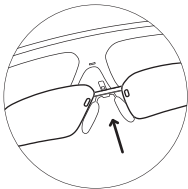
## Caring for Spectacles

LENS COVER

Clip the cover onto your Spectacles.

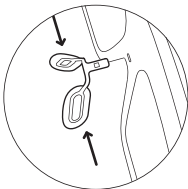


## Comfort & Fit



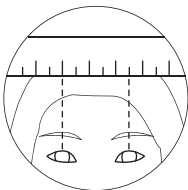
### OPTICAL INSERT

Gently insert the nose clip into the slot.



### NOSE BRIDGE

Press on the sides to adjust support.



### EYE DISTANCE

Estimate your eye distance in the Spectacles app for optimal visual comfort.



**Get Started With the  
Spectacles App**