

# Pico 4 VR Headset Quick Guide:

- 1. Turn On:** Press and hold the power button (right side) for 2 seconds.
- 2. Controllers:** Press the Home button (O) to wake them up.
- 3. Wi-Fi:** Go to Quick Settings > Wi-Fi.
- 4. Care:** Clean with a dry microfiber cloth; avoid sunlight on lenses.
- 5. Safety:** Take breaks every 30 minutes, and use in a safe indoor space.

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