



## 用户指南 · User Guide

For PICO 4 Ultra

用户指南

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User Guide

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## 警告 使用前注意事项

- 使用产品前请阅读安全和保修指南。
- 本产品在不开阔的室内环境使用体验最佳，建议至少预留 2×2 米的空间。使用前请确认身体没有不适且周围环境安全，特别是佩戴头显在室内行走移动时，要尽量避免发生意外。
- 不建议 12 岁及以下儿童使用本产品，建议将头显、手柄和配件置于儿童够不到的位置，13 岁以上青少年须在成人监护下使用，以免发生意外。
- 本产品无视力矫正功能，如果您需要矫正视力，请在使用本产品时佩戴眼镜，并尽量避免眼镜被头显的光学镜片磨损或划伤。建议在使用和收纳时注意防护光学镜片，避免尖锐物体划伤镜片，擦拭清洁时请使用柔软的眼镜布，否则可能划伤镜片，影响视觉效果。
- 长时间使用可能引发轻微的眩晕或者眼疲劳，建议使用 30 分钟后适当休息，可通过眼保健操或观看远处物体缓解眼疲劳。如果您的身体感到任何不适，请立即停止使用。如果不适持续，请咨询医生。
- 当头显镜片被阳光或紫外线照射时（尤其在户外、阳台、窗台及汽车内存放时），可能导致屏幕出现永久性黄斑。请尽量避免该情况发生，此种屏幕损坏不在产品的质保范围内。
- 本产品支持在系统设置中进行瞳距调节，调节时请务必注意，最小瞳距可能会碰触鼻梁。当您佩戴头显后，您可在“设置”▶“显示”中进行手动调节，请注意设置使用不合适的瞳距，可能会引起视觉重影或者眼睛疲劳。
- 本产品“护眼模式”经德国 TÜV SÜD 低蓝光认证，通过软件算法降低三色通道中的蓝光量，来达到保护眼睛的作用，该模式下画面颜色偏黄，您可根据个人喜好在“设置”▶“显示”▶“色彩调节”▶“护眼”中激活或关闭此功能。

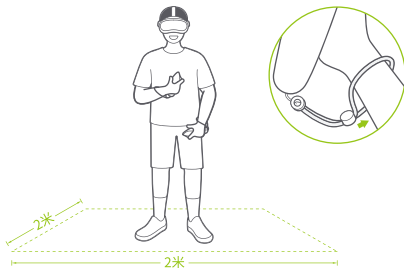
\* 本产品最终外观及功能以实物为准，部分地区包装内含物品有所差异，本说明仅供参考。

## 六自由度 VR 体验

本产品可以追踪头显和手柄前、后、左、右、上、下和旋转的运动状态，您在现实中的肢体运动会实时反映在虚拟世界中。

由于没有任何线缆的束缚，您在虚拟世界自由探索时请确保游玩区域的安全。

- 建议准备一个整洁安全的体验空间：至少 2×2 米；保持房间明亮，避免在只有单色的墙或大面积玻璃、镜子类反射物以及许多移动画面和物体的空间中使用。
- 撕下 VR 头显前端摄像头上的保护膜，并佩戴手柄挂绳。
- 根据开机后的画面提示进行游玩区域的设定。



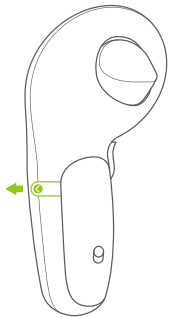
## 警告

提示：本产品虚拟的安全区提醒功能，不能完全保证您在设定好的游戏区域中的安全，请时刻注意周围的安全情况。

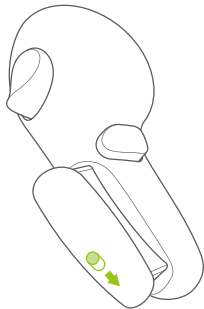
## 快速引导

### ① 安装电池

按箭头方向拔出电池盖侧边的绝缘纸。



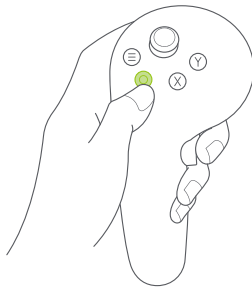
按照图示拨动电池盖拨钮打开电池盖更换电池。



### ② 手柄开机

首次开机：拔出绝缘纸，手柄自动开机（蓝灯闪烁）

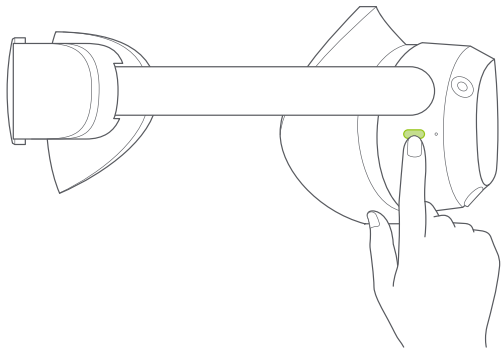
非首次开机：短按手柄 Home 键开机（蓝灯闪烁）



提示：建议使用 1.5V AA 碱性电池。

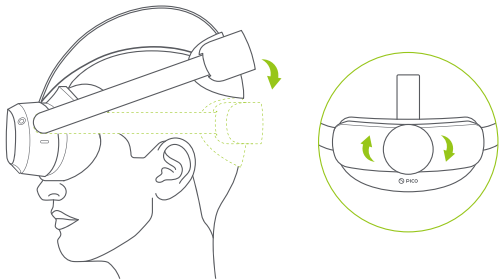
### ③ 头显开机

长按头显电源键 3 秒（白灯常亮）



### ④ 佩戴头显，调节至清晰舒适的位置

- 抬起后侧头垫，头显靠近双眼佩戴，调整头显，使视野不被遮挡且画面清晰
- 佩戴舒适后扣合后侧头垫，旋紧脑后旋钮

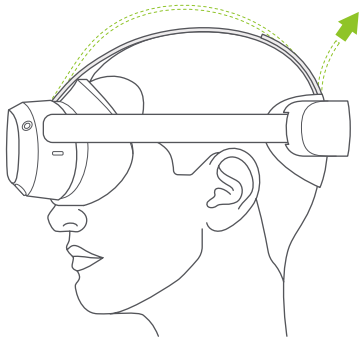


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提示：近视用户请佩戴眼镜或镜片插件使用，本产品不具备近视调节功能。

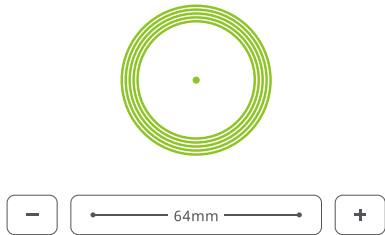
## ⑤ 微调顶绑带

微调顶绑带使其受力以减少额头压力



## ⑥ 瞳距调节

在系统设置：“设置”▶“显示”界面中进行瞳距调节，点击“+”或“-”按钮可微调瞳距直至画面清晰



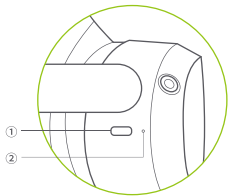
### ⚠ 警告

请勿强行掰动镜筒，以免造成损坏！

请注意设置使用不合适的瞳距，可能会引起视觉重影或者眼睛疲劳。

准确的瞳距设置有助于获得清晰的图像并减少眼睛疲劳。

## 产品部件详情说明



### 头显状态指示灯

白灯常亮：开机进行中或工作状态  
蓝灯闪烁：关机进行中  
红灯闪烁：电量低  
指示灯熄灭：休眠或关机

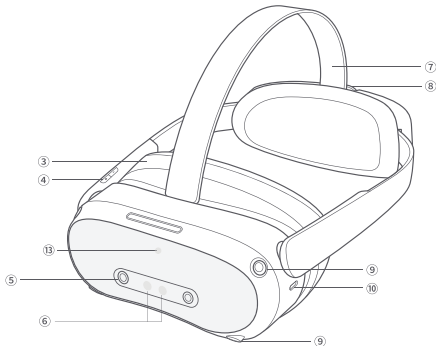
### 充电状态指示灯

#### 关机充电

黄灯常亮：关机充电中，电量低于 98%  
红灯常亮：充电中，电量低于 20%  
绿灯常亮：充电完毕，电量大于 98% 或 充满

#### 开机充电

白灯常亮：开机充电中，电量低于 98%  
红灯常亮：充电中，电量低于 20%  
绿灯常亮：充电完毕，电量大于 98% 或 充满



#### ① 电源键

开机：长按 3 秒  
关机：长按 3 秒  
复位：长按 10 秒  
开机时，短按休眠  
休眠时，短按唤醒

#### ② 状态指示灯

#### ③ 贴脸泡棉

#### ④ 音量键

⑤ 彩色透视摄像头  
使用时请勿遮挡

⑥ iToF 深度感知摄像头  
使用时请勿遮挡

⑦ 顶部绑带  
可拆卸

#### ⑧ 绑带旋钮

⑨ 环境追踪摄像头  
使用时请勿遮挡

⑩ USB-C 接口

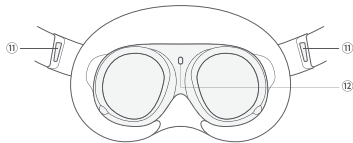
⑪ 左 / 右喇叭

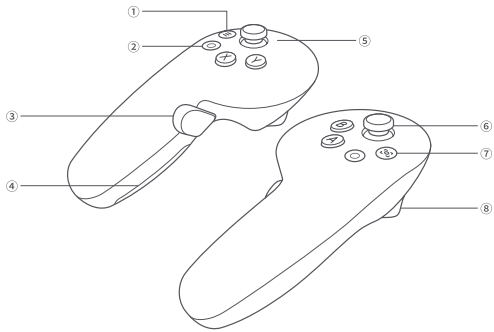
#### ⑫ 距离传感器

佩戴头显后，系统自动唤醒  
摘下头显后，系统自动休眠

#### ⑬ VST 指示灯

VST 摄像头开启，白灯常亮  
留存图像资料，白灯闪烁





## 手柄状态指示灯

熄灭：已连接或者关机

蓝灯常亮：固件升级模式

蓝灯闪烁：连接中

红蓝灯交替慢速闪烁：等待配对

红灯闪烁：电量低无法开机

① 菜单键

② Home 键

开机：短按

关机：长按 6 秒

退出应用：短按

屏幕中心校正：

开机状态下长按 1 秒

③ 抓握键

④ 电池盒

打开：拨动拨钮，电池盒弹出

安装：按压直至自动锁紧

⑤ 状态指示灯

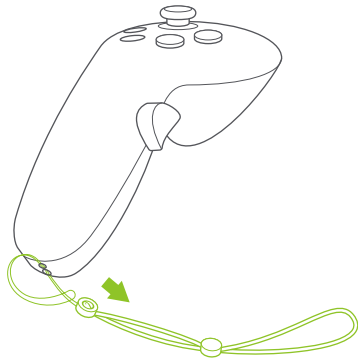
⑥ 摇杆

⑦ 截屏 + 录屏键

截屏：短按

录屏：长按

⑧ 扳机键



注：手柄挂绳可按图示将粗绳穿过细绳并锁紧在手柄尾端



## 操作说明

### 头控模式

未连接手柄的情况下，您可通过转动头部光标及点击头盔音量加减按键进行操作。

### 切换主控手柄射线

在主控菜单下，短按对应手柄的扳机键可以切换主控手柄的射线。

### 屏幕中心校正

佩戴头显直视前方，按住手柄 Home 键(或头控模式下头显上的音量减键) 1 秒以上，进行屏幕中心的校正将菜单拉到当前视野朝向位置。

### 断开手柄

长按手柄 Home 键直至手柄状态指示灯红灯亮起并伴随振动产生时即可松手，此时手柄关机并断开与头盔的连接。

您无需刻意进行手柄关机操作，在以下状态下手柄会自动关机省电：

- 头显进入深度休眠时(摘下头盔后一段时间)
- 头显手柄管理界面解绑手柄时
- 头显关机时

### 添加新手柄

如需添加新手柄(头显最多可同时连接一对手柄，即左右手柄各一只)，或解绑手柄后再次连接，可进入“设置”▶“手柄”，点击“配对”，同时按住手柄 Home 键和扳机键直至手柄状态指示灯红蓝交替闪烁时即可松开，然后根据头显画面提示操作。

### 休眠/唤醒

方式一：摘下头显一段时间后，系统自动休眠戴上头盔时，系统自动唤醒。

方式二：短按头显电源键也可以进行休眠或唤醒操作。

### 硬件复位

#### 头显硬件复位

如果头显出现短按头盔电源键没有反应或头盔的画面卡死等问题，可以长按头盔电源键 10 秒以上重新启动头盔。

#### 手柄硬件复位

如果手柄出现按 Home 键和任何按键均无反应或者头盔中虚拟手柄卡死不动的问题可拆装电池重新启动手柄。

### 需要视力矫正用户配戴

本设备不具备视力矫正功能，头显可支持佩戴镜框宽度小于 150mm 的大多数标准眼镜。

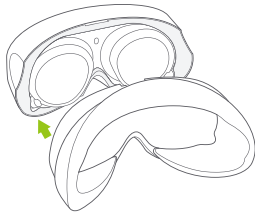
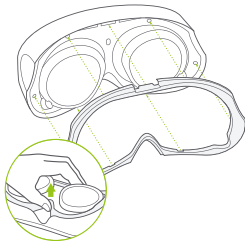
## 安装眼镜支架

如您存在眼镜摩擦光学镜片或者压迫鼻梁的问题，请按照图示安装眼镜支架以增加间隔空间。您可根据佩戴的舒适度选择是否安装。

① 摘下贴脸泡棉

② 将眼镜支架按照图示安装在产品上

③ 将贴脸泡棉按照图示安装在眼镜支架上



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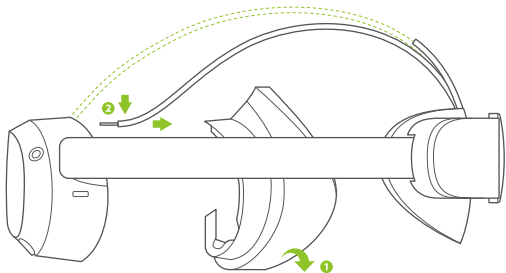
注：按照图示拆卸眼镜支架

## 更换贴脸泡棉

贴脸泡棉多次清洁和长时间使用后会变色和质地变软，您可酌情更换新泡棉。

## 更换顶绑带

- 1 摘下贴脸泡棉
- 2 按照图示捏住顶绑带金属扣，往下压到底然后抽出
- 3 安装贴脸泡棉



PICO VR 手机应用



PICO 官方用户社群

- 购买优质热门应用
- 畅聊社区，与众多 PICO 玩家一起探索 VR 世界
- 管理设备更便捷
- 参与丰富互动活动
- 加入社群结识更多 VR 好友
- 更多精彩内容等你来发现

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## **⚠ WARNING** Important Health & Safety Notes

- Please read the Safety and Warranty Guide before using the product.
- This product is designed and intended to be used in an open and safe indoor area, free of any tripping or slipping hazards. To avoid accidents, remain conscious to the potential confines of your physical area and respect the boundary of your virtual area whenever you see it. Be sure to wear the lanyards when using the Controllers. Make sure that there is enough space around your head and body (at least 2 meters by 2 meters) to stretch your arms to avoid damage or injury to yourself, others, and your surroundings.
- Children aged 12 or younger are not recommended to use this product. Keep the headset, controllers and accessories out of children's reach. To avoid accidents, users aged 13 and over should be supervised by an adult while using this product.
- This product does not support vision correction. If you need vision correction, keep your glasses on while using the product and take care not to scratch your glasses on the headset lenses. Take care to protect the optical lenses from scratches caused by sharp objects. Use a soft eyeglasses cloth to clean the lenses and avoid causing scratches that may affect the viewing experience.
- Extended periods of use may cause slight dizziness or eyestrain. Take a break after 30 minutes and do eye exercises or look into the distance to relieve eyestrain. Stop using the product immediately if you experience any discomfort. If the discomfort persists, consult a doctor.
- Exposing the headset to direct sunlight or ultraviolet light (in outdoor environments, cars, on balconies, or windowsills) may result in permanent yellow spots on the display. Damage of this nature is not covered by the product warranty.
- You can adjust the pupil distance in "System Settings". However, note that the

headset may come into contact with your nose bridge if the pupil distance is set to the minimum value. With the headset on, you can go to "Settings" ► "Display" to adjust the pupil distance manually. Note that improper pupil distance may result in double vision or eyestrain.

- This product comes with an "Eye Protection Mode", which passes the Low Blue Light certification by TÜV SÜD (Germany). It uses software algorithms to reduce the amount of blue light in the three-color channel and protect your eyes. Images will appear yellowish in this mode. You can go to "Settings" ► "Display" ► "Color" ► "Eye Protection" to turn this feature on or off.

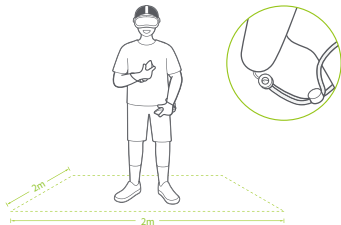
- \* Product and packaging are updated regularly, and the functions and contents of the standalone headset may be upgraded in the future. Therefore, the content, appearance and functionality listed in this manual and product packaging are subject to change and may not reflect the final product. These instructions are for reference only.
- \* Carefully read this user guide before using the product and share this information with any other users, as it contains important safety information. Keep the user guide as reference for the future.

## 6 Degrees of Freedom VR

The device can track your translational and rotational movements in all directions (up/down, left/right, forward/backward, pitch, roll, and yaw). Your movements in the real world will be captured and translated to what you see in the virtual world when using the appropriate content.

The product does not have any cables, so make sure you are in a safe environment while exploring the virtual world.

1. Prepare a clean, safe and well lit space of at least  $2 \times 2$  meters. Avoid using the product in rooms with single-colored walls, large reflective objects (such as glass panes and mirrors), or moving images/objects.
2. Remove the protective film from the front cameras of the VR headset and wear the lanyards connected to the controllers.
3. Set up your environment by following instructions on the VR Headset screen.

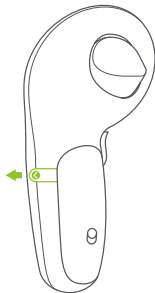


**Note:** The "Safety Area" feature of the product cannot guarantee your safety in the set gaming area. Stay alert to any safety risks.

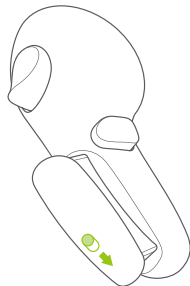
## Quick Guide

### 1 Installing the battery batteries

Pull out the insulation film in the battery case.



Toggle the battery case button to open the case and replace the batteries.

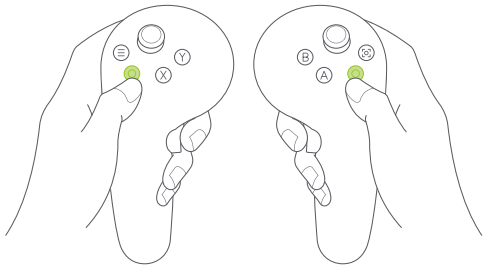


**Note:** 1.5V AA alkaline batteries are recommended.

## 2 Power on the controllers

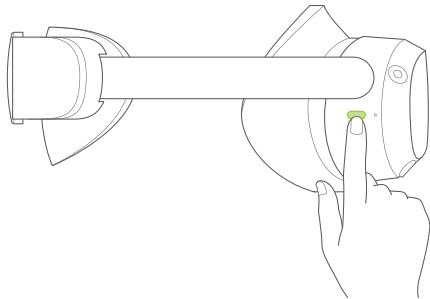
First power-on: After you pull out the insulation film, the controllers will be automatically powered on (with a blue indicator flashing).

Subsequent power-ons: Press the "Home" button on the controller to power it on (with a blue indicator flashing).



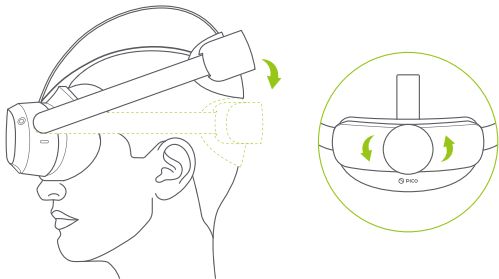
## 3 Power on the headset

Long press the POWER button for 2 seconds until the status indicator turns white.



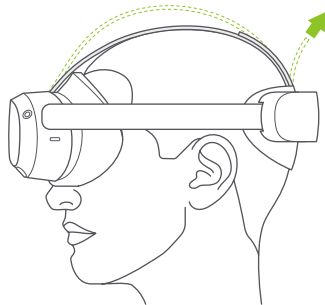
#### 4 Wear the headset and adjust it to ensure a comfortable fit and view

- Raise the rear part of the head strap and wear the headset. Adjust the headset so that you have a clear, unobstructed view.
- After the headset fits into place, buckle up the rear part of the head strap and tighten the strap dial.



#### 5 Fine-tune the head strap top strap

Fine-tune and tighten the top strap to reduce the pressure on your forehead.



**Note:** This product does not support vision correction. If you need vision correction, wear your glasses or lens inserts while using this product.

## 6 Adjust the pupil distance

In System Settings, go to "Settings" ► "Display" to adjust the pupil distance. Tap "+" or "-" to fine-tune the pupil distance until you have a clear view.



### **⚠ WARNING**

Do not tamper with the binoculars with brute force to avoid damage!  
**Improper pupil distance may result in double vision or eyestrain. An accurate pupil distance helps you see a clearer image and relieves eyestrain.**

## Product Details

### Headset Status Indicator

White indicator constant: Powering on or in operation  
Blue indicator flashing: Powering off  
Red indicator flashing: Low battery  
Indicators off: Sleeping or powered off

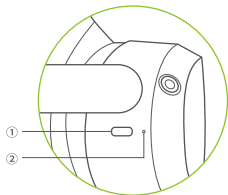
### Charging Status Indicator

#### Charging while powered off

Yellow indicator constant: Charging while powered off. Battery level lower than 98%  
Red indicator constant: Charging. Battery level lower than 20%  
Green indicator constant: Charging complete. Battery level higher than 98% or full

#### Charging while powered on

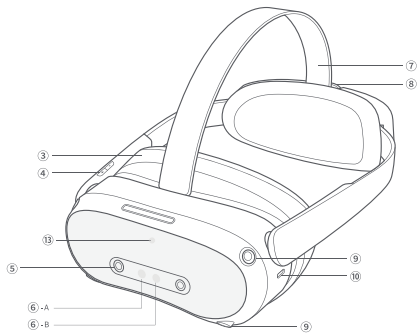
White indicator constant: Charging while powered on. Battery level lower than 98%  
Red indicator constant: Charging. Battery level lower than 20%  
Green indicator constant: Charging complete. Battery level higher than 98% or full



**1 Aan-uitknop**

Inschakelen: 3 seconden lang drukken  
 Uitschakelen: 3 seconden lang drukken  
 Opnieuw opstarten forceren: 10 seconden lang drukken  
 Druk kort om de slaapmodus in te schakelen als apparaat ingeschakeld is  
 Druk kort om apparaat te activeren als het in de slaapmodus staat

**2 Statuslampje**



**3 Gezichtskussen**

**4 Volumeknop**

**5 RGB-perspectiefcamera**

Blokkeer de camera niet bij gebruik van het product

**6 A: IR-zenders**

**B: Dieptecamera**

Blokkeer de camera niet bij gebruik van het product

**7 Bovenste band**

Verwijderbaar

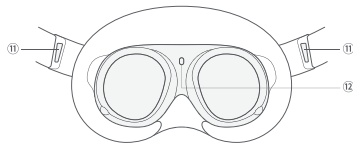
**8 Draaiknop**

**9 Volgcamera**

Blokkeer de camera niet bij gebruik van het product

**10 Met USB-C compatibele poort**

**11 Luidspreker links/rechts**



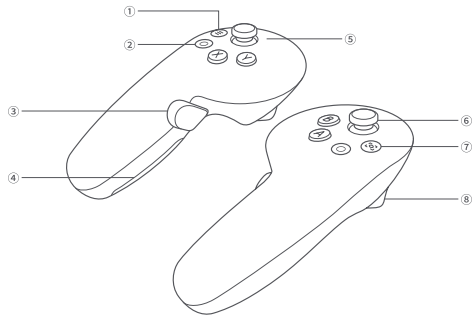
**12 Nabijheidssensor**

Zet de headset op en het systeem wordt automatisch wakker  
 Zet de headset af en het systeem schakelt automatisch over op de slaapstand

**13 VST-lampje**

Als je de VST-camera inschakelt, blijft het witte lampje branden  
 Als beelden worden opgeslagen, gaat het witte lampje knipperen





## Controller Status Indicator

**Off:** Connected or powered off

**Blue indicator constant:** Firmware upgrading

**Blue indicator flashing:** Connecting

**Red and blue indicator flashing alternately:** Waiting for pairing progress

**Red indicator flashing:** Unable to power on due to low battery level

### ① Menu Button

### ② Home Button

Power on: Press  
 Power off: Press and hold for 6 seconds  
 Exit: Press  
 Screen recentering: Press and hold for 1 second while powered on

### ③ Grip Button

### ④ Battery Case

Opening: Toggle the button to pop out the battery case  
 Installation: Press until it fits into place

### ⑤ Status Indicator

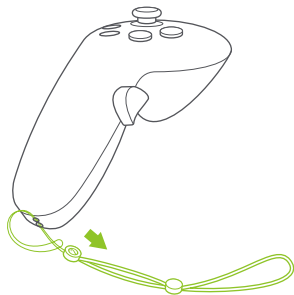
### ⑥ Joystick

### ⑦ Capture Button

Screenshot: Press  
 Recording: Press and hold

### ⑧ Trigger Button

**Note:** The lanyard can be attached to the controller as shown in the image.



# Operating Instructions

## Head Control Mode

When the controllers are not connected, you can interact with the home screen by moving your head to direct the crosshairs over your intended selection and clicking the Volume Up/Down button on the VR Headset.

## Switching the pointer of the master controller

In the home screen, short press the Trigger of the corresponding Controller to switch the pointer of the master Controller.

## Recentering the screen

Wear the headset and look straight ahead. Press and hold the “Home” button of the controller (or the “Volume Down” button of the headset in Headset mode) for at least 1 second to recenter the screen and position the menu to your front.

## Disconnecting the controller

Press and hold the “Home” button until the controller status indicator turns red and the controller vibrates. The controller will now be disconnected from the headset and powered off. Controllers do not need to be powered off manually, as they will be automatically powered off to save power in the following scenarios:

- When the headset enters Deep Sleep Mode (after it is taken off for a certain period of time)
- When the controllers are disconnected in the headset’s “Controller Management” screen
- When the headset is powered off

## Adding a new controller

If you need to add a new controller (the headset can connect up to two controllers, a left one and a right one) or disconnect a controller and re-connect it, go to “Settings” ► “Controller”, click on “Pair” and press and hold the “Home” button and the “Trigger” button of the controller simultaneously until the controller status

indicator flashes red and blue alternately. Then follow the instructions on the headset screen.

## Entering and exiting Sleep Mode

Method 1: The system will enter Sleep Mode automatically after you take off the headset for a certain period of time. It will automatically wake up when you wear the headset.

Method 2: Press the “Power” button of the headset to enter or exit Sleep Mode.

## Hardware reset

### Resetting the headset

If the headset is unresponsive or the image gets stuck when you press the “Power” button, press and hold the “Power” button for 10 seconds or longer to restart the headset.

If the visual in the VR Headset freezes, or the VR Headset does not respond after short press the Power button, you can press the Power button of the VR Headset for more than 10 seconds to reboot the VR Headset.

### Resetting the controller

If the controller is unresponsive when you press the “Home” button or any other buttons, or if the virtual controller on the headset screen gets stuck, remove the batteries to restart the controller.

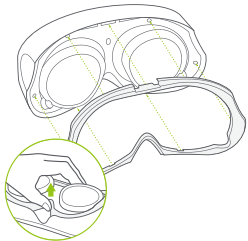
## Vision correction

This device does not support vision correction. The headset can be worn with most standard glasses that have a frame width of less than 150mm.

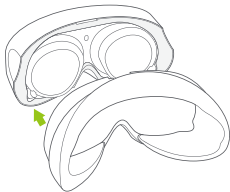
## Installing glasses spacer

If you have glasses collision with headset lens or pressure on the bridge of nose, please follow the picture to install Glasses Spacer to increase the space. You can install or not according to your situation.

- 1 Remove the face cushion.
- 2 Install the Glasses Spacer on the Headset.



- 3 Install the Face Cushion on the Glasses Spacer.



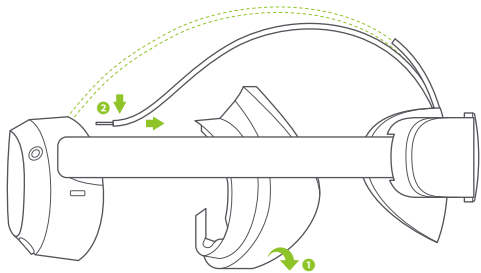
\*Note: Disassemble the Glasses Spacer

## Replacing the face cushion

The face cushion can get flaccid and discolored when cleaned multiple times or used for a long time. You can have it replaced with a new one if necessary.

## Replacing the top strap

- 1 Remove the face cushion
- 2 Hold the metal buckle of the head strap and press it down until it can be taken out, as shown in the image below
- 3 Fit the face cushion back





The essential tool for PICO all-in-one VR,  
helping you manage your headset better

