

Meta Quest 3S Product Manual (English)

1. Introduction

Meta Quest 3S is a standalone virtual reality (VR) and mixed reality (MR) headset developed by Reality Labs, a division of Meta Platforms. Unveiled at Meta Connect 2024 on September 25, 2024, and officially released on October 15, 2024, it serves as a cost-effective member of the Meta Quest product line, positioned as an entry-level option for users to start their VR journey (the "S" in its name stands for "Start") [2][3]. Equipped with the same Qualcomm Snapdragon XR2 Gen 2 processor as Meta Quest 3, it retains core VR/MR capabilities while offering a more affordable price point, delivering a seamless experience for gaming, entertainment, work, and social interaction—all without the need for a PC or external console [2].

This manual provides detailed instructions on setup, operation, key features, troubleshooting, and safety precautions to help you make the most of your Meta Quest 3S headset.

2. Package Contents

Please check the package carefully to ensure all items are included before discarding the packaging. Some small items may be easy to miss:

- 1 x Meta Quest 3S Headset (with pre-installed adjustable standard facial interface)
- 2 x Meta Quest Touch Plus Controllers
- 2 x Wrist Straps (pre-installed on controllers)
- 1 x 18W Power Adapter
- 1 x USB-C Charging Cable
- 2 x AA Batteries (pre-installed in controllers)
- 1 x Safety & Warranty Guide

If any items are missing or damaged, please contact Meta Customer Support immediately.

3. Key Specifications

Category	Specifications
Device Type	Standalone VR/MR Headset
Processor	

	Qualcomm Snapdragon XR2 Gen 2
Memory (RAM)	8 GB LPDDR5
Storage	128 GB / 256 GB (options) [2]
Display	2 × 1832 × 1920p LCD panels (one per eye, same as Meta Quest 2); Refresh rate: 90–120 Hz (supports 72 Hz, 80 Hz, 90 Hz, 120 Hz) [2]
Optics	Infinite lenses (replaces Pancake lenses of Meta Quest 3); IPD adjustment range: 53 mm – 75 mm (manual scroll wheel)
Field of View (FOV)	Narrower than Meta Quest 3 (specific value not specified by official)
Audio	2 built-in stereo speakers (3D spatial audio); 1 built-in microphone; 3.5 mm headphone jack (for external audio devices)
Cameras & Sensors	2 × 4MP RGB cameras (color passthrough, upgraded Passthrough function), 4 × 400 × 400 px IR cameras; No depth sensor (different from Meta Quest 3); Front sensors arranged in two triangles [3]
Connectivity	Wi-Fi 6E, Bluetooth 5.2; USB-C (for charging, data transfer, and PC streaming); Seamless connection with Windows

	11 PC for virtual desktop experience
Battery	Li-ion battery; Approx. 2.5 hours of usage time (longer than Meta Quest 3's 2.2 hours, varies by content and settings)
Operating System	New Meta Horizon OS, based on Android (supports multi-tasking, up to 4 apps running simultaneously)
Dimensions & Weight	Slightly larger in appearance than Meta Quest 3 (specific weight not specified by official); No pancake lenses, different from Quest 3's thinner design [2]
Price	128 GB: US \$299.99; 256 GB: US \$399.99 (introductory price)

4. Setup Instructions

4.1 Pre-Setup Preparation

1. Ensure the headset is charged: Connect the included USB-C cable to the headset and the 18W power adapter, then plug the adapter into a power outlet. The indicator light on the headset will turn red when charging and green when fully charged.
2. Download the Meta Quest app on your smartphone (available for iOS and Android). This app is required to complete the setup process, manage your headset, and access additional features (supports seamless connection with Windows 11 PC for virtual desktop experience).
3. Remove the lens films and paper from the headset strap. Gently pull the paper tab to remove the battery blocker from each controller (AA batteries are pre-installed).

4.2 Headset & Controller Setup

1. Turn on the headset: Press and hold the power button on the left side of the headset for 3 seconds until you hear a chime and see the Meta logo appear inside the headset.

2. Pair with the Meta Quest app: Open the Meta Quest app on your smartphone, log in with your Meta account (or create a new one), and follow the on-screen instructions to pair the app with your headset via Bluetooth or QR code.
3. Set up controllers: Press and hold the Meta button on each controller for 2 seconds. A blinking white light and haptic feedback will indicate that the controllers are ready to pair. The headset will automatically detect and pair the controllers (uses the same Touch Plus Controllers as Meta Quest 3).
4. Complete in-VR setup: Follow the on-screen prompts in the headset to select your language, connect to Wi-Fi, adjust the headset fit, set up your guardian boundary (for safe movement), and customize your avatar. Note that the headset does not have a depth sensor, so room mapping relies on RGB cameras .

4.3 Adjusting Headset Fit for Comfort & Clarity

A proper fit is essential for an immersive and comfortable experience. Follow these steps to adjust the headset (note that the headset is slightly larger than Meta Quest 3):

1. Loosen the back and top straps, then place the headset against your face in a comfortable position. Move any hair that might block the facial interface for optimal comfort and performance.
2. Pull the split back straps over the back of your head and tighten them. Adjust the top strap to reduce weight on your face and keep the headset securely in place. If you have a ponytail, pull it through the opening in the split straps for better comfort.
3. Adjust the lens angle: Hold the headset with both hands and tilt it up or down on the side arms to improve comfort and visual alignment (uses Infinite lenses instead of pancake lenses).
4. Adjust IPD: Use the lens adjustment wheel on the bottom left of the headset to adjust the distance between the lenses (53–75 mm) until the visuals are clear and comfortable. Close one eye at a time to check for sharpness and adjust if needed (display resolution is lower than Meta Quest 3).
5. Adjust eye relief: Pull the headset's side arms up slightly, find the eye-relief buttons next to the lenses inside the facial interface, and slide the interface forward or backward to adjust the distance between the lenses and your face/glasses. Ensure both sides are set to the same position.

5. Key Features & Operation

5.1 Navigation & Controller Basics

Meta Quest Touch Plus Controllers feature touch and button controls, along with TruTouch haptics for realistic tactile feedback. Use the following controls to navigate the headset (same as Meta Quest 3):

- Meta Button (on both controllers): Press to open the Navigator (central hub for apps, friends, and controls). Double-press to show/hide windows quickly. Supports multi-tasking, allowing up to 4 apps to run simultaneously .
- A/B Buttons (right controller): Select and interact with on-screen items.
- X/Y Buttons (left controller): Navigate menus and adjust settings.
- Joysticks (both controllers): Move your cursor, navigate virtual spaces, or control in-game movement.
- Trigger (both controllers): Interact with virtual objects (e.g., grab, shoot, select).
- Grip Button (both controllers): Hold to grab and manipulate virtual objects.

The Navigator puts your apps, worlds, friends, and quick controls in one easy-to-access place. Press the Meta button on the right controller to open it, then use the controller to navigate through your library, store, friends list, and settings. The new Horizon OS supports seamless interaction with Windows 11 PC virtual desktop .

5.2 Virtual Reality (VR) & Mixed Reality (MR) Modes

VR Mode

In VR mode, the headset immerses you in fully virtual environments. To enter VR mode, launch any VR app or game from your library. The guardian boundary will appear if you move too close to the edges of your setup space, ensuring safe movement. It shares the same VR game compatibility as Meta Quest 3 .

MR Mode

Meta Quest 3S features dual 4MP RGB color passthrough cameras with upgraded Passthrough function, delivering full-color views of your physical surroundings while allowing virtual objects to appear in your space. A dedicated button is added to quickly turn Passthrough mode on or off . To activate MR mode:

1. Press the Meta button to open the Navigator.
2. Select "Quick Controls" and tap the "Passthrough" icon (or use the dedicated Passthrough button for quick access).
3. Choose between "Passthrough Home" (set your home world to passthrough) or "Mixed Reality Apps" to launch MR experiences.

Note that Meta Quest 3S does not have a depth sensor (different from Meta Quest 3), but it still supports basic room mapping and interaction with virtual objects in your physical space, creating a seamless blend of real and virtual worlds .

5.3 App & Content Management

- **Library:** Access all your installed, purchased, and downloaded apps/games in the Navigator's "Library" section. Press and hold an app to pin it to the top or remove it from your library. Compatible with all apps and games of Meta Quest 3 .
- **Store:** Visit the Meta Quest Store (via the Navigator) to browse and purchase new apps, games, and experiences. Bundled with "Batman: Arkham Shadow" released on October 22, 2024 .
- **PC Streaming:** Stream VR content from your PC to the headset via USB-C cable or Wi-Fi. Ensure your PC meets the minimum system requirements and install the Meta Quest Link software on your PC. Supports seamless virtual desktop interaction with Windows 11 PC .

5.4 Social & Sharing Features

- **Friends:** Connect with friends via the "People" section in the Navigator. Call, chat, or invite friends to join your VR/MR experiences. You can also see nearby users and recently met contacts.
- **Avatars:** Customize your avatar by selecting your avatar picture in the Navigator. Switch between avatars, update your online status, and edit your profile at any time.
- **Casting & Recording:** Use Quick Controls to cast your headset's screen to your smartphone, TV, or computer. You can also record gameplay and experiences using the recording shortcut (press and hold the Meta button + B button on the right controller).

6. Safety Precautions



Read all safety precautions carefully before using Meta Quest 3S to avoid injury or damage to the device.

1. **Age Restriction:** Meta Quest 3S is intended for users aged 13 and above. Children under 13 should not use the headset, as prolonged VR use may affect eye development.
2. **Prolonged Use:** Take a 10–15 minute break every 30 minutes to reduce eye strain and discomfort. Avoid using the headset for more than 2 hours continuously (battery supports up to 2.5 hours of usage).

- 3. Physical Safety: Clear your play area of obstacles (e.g., furniture, sharp objects) before using the headset. Use the guardian boundary feature to set a safe movement area. Do not use the headset while walking, running, or driving. Note that the headset has no depth sensor, so pay extra attention to your surroundings in MR mode .
- 4. Eye Safety: Do not look directly at the headset's lenses with bright lights. Keep the lenses clean and free of smudges (use a microfiber cloth for cleaning). The headset uses Infinite lenses, so avoid scratching the lens surface . If you wear glasses, ensure they fit comfortably inside the headset—prescription lens inserts are sold separately.
- 5. Battery Safety: Do not disassemble, puncture, or expose the battery to high temperatures (e.g., direct sunlight, fire). Charge the headset only with the included 18W power adapter. If the battery swells or overheats, stop using the device immediately and contact customer support.
- 6. Environmental Safety: Store the headset in a cool, dry place. Avoid exposure to moisture, dust, or extreme temperatures (below 0°C or above 40°C). The headset is slightly larger than Meta Quest 3, so choose a suitable storage space .
- 7. Health Conditions: If you have a history of motion sickness, seizures, or eye conditions, consult a doctor before using the headset. Stop using the device immediately if you experience dizziness, nausea, headache, or eye pain.

7. Troubleshooting

Issue	Solution
Headset won’ t turn on	1. Ensure the battery is charged (connect to the power adapter for 30 minutes). 2. Press and hold the power button for 10 seconds to force a restart. 3. Check if the charging cable is properly connected.
Controllers won’ t pair	1. Check if the AA batteries are properly installed (replace with new batteries if needed). 2. Press and hold the Meta button on each controller for 2 seconds to re-enter pairing

	mode. 3. Restart the headset and try pairing again (controllers are the same as Meta Quest 3).
Blurry visuals	1. Adjust the IPD wheel to match your eye distance. 2. Adjust the headset fit and eye relief to ensure the lenses are aligned with your eyes. 3. Clean the lenses with a microfiber cloth to remove smudges. 4. Note that the display resolution is lower than Meta Quest 3, which may affect clarity .
No sound or low sound	1. Adjust the volume using the volume buttons on the headset. 2. Check if the built-in speakers are blocked by the facial interface. 3. Connect external headphones via the 3.5 mm jack to test sound output (supports 3D spatial audio).
Wi-Fi connection issues	1. Ensure the headset is within range of your Wi-Fi router. 2. Restart your router and the headset. 3. Check if your Wi-Fi network is using Wi-Fi 6E (compatible with Meta Quest 3S) and enter the correct password.
Overheating	1. Stop using the headset and place it in a cool, well-ventilated area. 2. Avoid using the headset while charging or in direct sunlight. 3. Close unused apps to reduce processor

	load (supports multi-tasking, so close redundant apps).
Passthrough mode not working properly	1. Check if the RGB cameras are clean and free of obstacles. 2. Restart the headset to reset the Passthrough function. 3. Use the dedicated Passthrough button to toggle the mode (if not responding, check button functionality) . 4. Note that the headset has no depth sensor, so Passthrough depth perception is different from Meta Quest 3 .

If the issue persists after trying the above solutions, contact Meta Customer Support via the Meta Quest app or visit meta.com/support.

8. Warranty & Support

8.1 Warranty Period

Meta Quest 3S comes with a 1-year limited warranty from the date of purchase. The warranty covers defects in materials and workmanship, but does not cover damage caused by accidental drops, misuse, or unauthorized modifications.

8.2 Customer Support

- Online Support: Visit meta.com/support for troubleshooting guides, FAQs, and live chat support.
- App Support: Use the "Support" section in the Meta Quest app to submit a support request.
- Phone Support: Contact Meta Customer Support via the phone number provided in your region (available in select countries).

9. Legal Information

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