



HOW TO: META QUEST SYSTEM UPDATES

SkillsVR Support Guide | Meta



STEP-BY-STEP GUIDE

Meta Quest System Updates

To ensure you're using the latest software version on your Meta Quest, you can easily check for and install updates using the software update tool.

To check for software updates:

- » Press the Meta button on your VR headset controllers (or the Oculus icon on the right Touch controller) to open the universal menu.
- » Select the clock icon on the left side of the menu to access Quick Settings.
- » In the top-right corner, select Settings.
- » Choose General, then select Software Update.
- » Here, you can see your current software version. If an update is available, a download button will appear.
- » Your Meta Quest headset will automatically update when connected to Wi-Fi and powered on.



To ensure automatic updates:

- » Keep your headset charged.
- » Leave your headset turned on.
- » Keep it connected to Wi-Fi.
- » Place your headset on a flat surface without blocking the internal sensor or moving it for extended periods.

Note: Your headset will not update if it is turned off or in sleep mode.

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for?**

Contact Support



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