

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [XREAL](#) /

› [XREAL One Pro AR Glasses User Manual \(Model X1112-L\)](#)

XREAL X1112-L

XREAL One Pro AR Glasses User Manual (Model X1112-L)

Model: X1112-L | Brand: XREAL

1. INTRODUCTION

The XREAL One Pro AR Glasses are designed to provide an immersive augmented reality experience. Featuring the X1 Spatial Computing Chip and X-Prism Optics, these glasses offer a large virtual display with advanced tracking capabilities. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your XREAL One Pro AR Glasses.

2. WHAT'S IN THE BOX

- XREAL One Pro AR Glasses
- Prescription Frame (No Lenses Included)
- Nose Pad (S/M/L) and C-C Cable
- Protective Case and Cleaning Cloth
- User Manual

3. SETUP

3.1. Initial Connection

Connect the XREAL One Pro AR Glasses to a compatible USB-C device that supports DisplayPort output. Compatible devices include iPhone 16/15, Android phones (with DP output), Steam Deck, ROG Ally, MacBook, and Windows PCs.

3.2. Adjusting for Comfort and Clarity

The XREAL One Pro is designed for comfort and clear visuals. It offers two size options for Interpupillary Distance (IPD): M (57–66mm IPD) and L (66–75mm IPD). Select the size that best fits your needs. The glasses also feature three-stage adjustable arms, zero-pressure nose pads available in three sizes (S/M/L), and a new spring hinge design for a secure fit. Utilize the built-in IPD adjustment software for consistently clear visuals.

3.3. Software Updates

Ensure your XREAL One Pro has the latest system updates for optimal performance. Visit the official XREAL website for OTA updates. If using the optional XREAL Eye, ensure its companion app is updated to version 1.5.0 or later.

4. OPERATING INSTRUCTIONS

4.1. X1 Spatial Computing Chip and Tracking

The XREAL One Pro features the X1 Spatial Computing Chip, which provides Native 3DoF tracking with ultra-low 3ms M2P latency. This ensures stable visuals even during rapid head movements. For full 6DoF spatial anchoring, the optional XREAL Eye accessory is required. With 6DoF, your virtual screen remains fixed in a real-world location, offering true spatial freedom.

4.2. X-Prism Optics and Display

The advanced X-Prism Optics system projects a large, sharp virtual screen directly in front of your eyes. Experience a virtual screen up to 171 inches wide with a 57° Field of View (FOV). The display utilizes Sony's 0.55' Micro-OLED technology and a 120Hz refresh rate for smooth visuals. An anti-glare design minimizes reflections and light interference.

4.3. REAL 3D Mode

Activate REAL 3D mode to transform content into an immersive 3D experience. This feature is available across all One Series Glasses and applies to games, movies, apps, and photos.

4.4. Device Compatibility

The XREAL One Pro is compatible with any USB-C device capable of video output. This includes iPhone 16/15, Android phones (supporting DP output), Steam Deck, ROG Ally, MacBook, and Windows PCs.

4.5. Audio Experience

Enjoy high-quality audio through the unique sound chamber design, professionally tuned by Bose engineers. External headphones are not required for an immersive audio experience during gaming, movies, or calls.

4.6. Adjustable Immersion and Brightness

The display offers up to 700 nits of brightness for clear visibility indoors or under bright sunlight. Advanced electrochromic dimming allows instant adjustment of lens tint, enabling users to remain aware of their surroundings or block distractions for full immersion.

4.7. Quick Settings Adjustments

One-tap controls on the glasses allow for instant adjustments to brightness, display mode, screen size, or distance. Customizable shortcuts provide quick access to frequently used settings.

5. MEDIA INTEGRATION

5.1. Product Images



Main view of the XREAL One Pro AR Glasses.

Transform Your World With Real 3D

Now Available on All One Series Glasses



*For OTA updates, please visit our official website: <https://www.xreal.com/ota/>

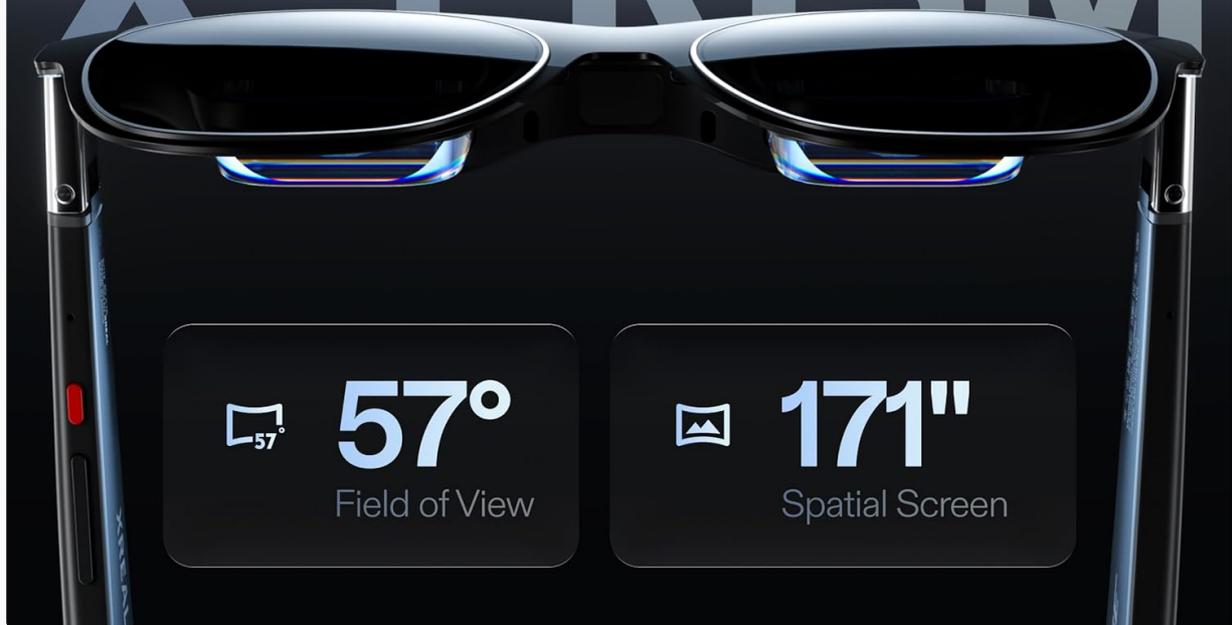
Diagram illustrating the X1 Spatial Computing Chip integrated into the glasses.

X-Prism™ Optics

Slimmer but Wider
A Breakthrough in Form and Function

Massive 171" Spatial Screen
Reflection Free with a Panoramic 57" Field of View

X-PRISM



Close-up view of the X-Prism Optics and display area of the glasses.

X1™

The Only Spatial Computing Chip Made for AR Glasses

Ultra-Stable Imaging, Zero Motion Blur, Cross-
Device Compatibility



Native 3 DoF

Built-in Screen Anchoring

Image demonstrating the immersive 3D mode capability of the AR glasses.

XREAL Eye

Your Gateway to Total Spatial Freedom

Step Up to 6 DoF Spatial Anchoring for a New Level of
Freedom & Immersion



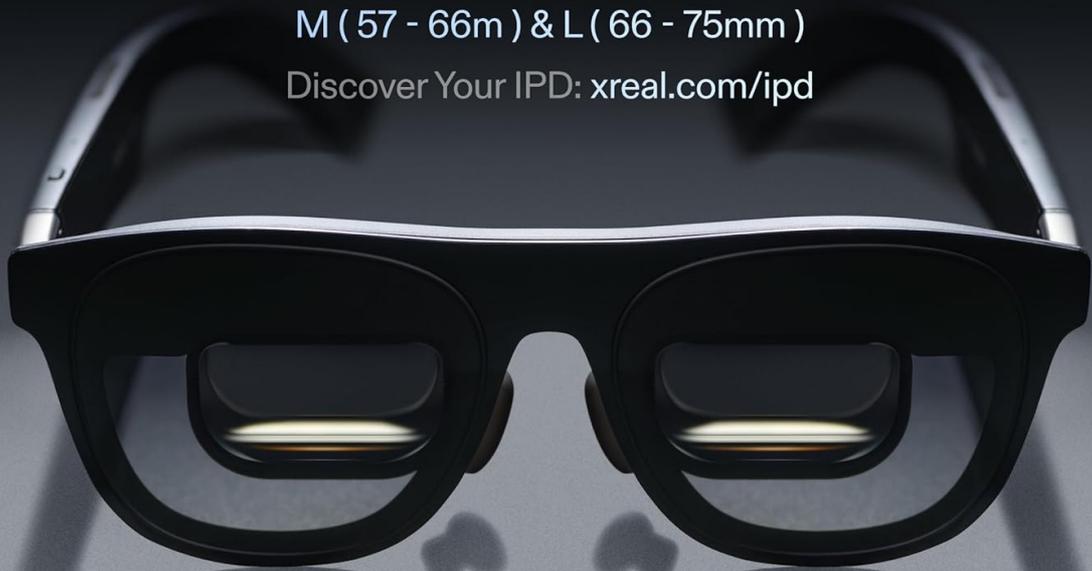
View of the adjustable nose pads for customized fit and comfort.

Made to Fit Everyone*

Comes in Two Sizes to Match Your IPD:

M (57 - 66m) & L (66 - 75mm)

Discover Your IPD: xreal.com/ipd



M 57 – 66 mm

L 66 – 75 mm

*Our available sizes cover around 95% of the world's population

Visual representation of the smooth 120Hz refresh rate display.

Ultra-Smooth, Flicker-Free Visuals with a 120Hz Refresh Rate

High Contrast and Accurate Colors Bring Every Detail to Life



Detail of the Bose-tuned audio system integrated into the glasses.

No Headphones Required

Expertly Tuned for Gaming, Movies, and Productivity



Demonstration of the electrochromic dimming feature for adjustable transparency.

5.2. Official Product Videos

Official video showcasing the XREAL One Pro AR Glasses. This video provides a general overview of the product's features and design.

Video explaining the benefits and functionality of the XREAL Hub as an upgrade for the AR Glasses.

Video demonstrating the 171-inch OLED display of the XREAL One Pro.

Unboxing video detailing the contents included with the XREAL One Pro.

Comparison video between XREAL 1S and XREAL One Pro AR Glasses.

Video demonstrating the XREAL One Pro as wearable AR glasses for work or streaming.

Video tutorial on how to upgrade XREAL AR Glasses for use with HDMI games and monitors.

Video comparing XREAL glasses with Rayneo for GT7 gaming.

Unboxing video providing a true experience of the XREAL One Pro AR Glasses.

Video providing an overview of the XREAL One AR Glasses.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	1.97 x 3.94 x 1.97 inches
Item Weight	3.07 ounces (87 Grams)
Item Model Number	X1112-L
Brand	XREAL
Color	Black
Special Feature	Camera, Notifications
Connectivity Technology	USB
Compatible Devices	Smartphone, Game Console, Personal Computer
Field Of View	57 Degrees
Manufacturer	XREAL
Date First Available	July 17, 2025

7. MAINTENANCE

To ensure the longevity and optimal performance of your XREAL One Pro AR Glasses, follow these maintenance guidelines:

- **Cleaning:** Use the provided cleaning cloth to gently wipe the lenses and frame. Avoid abrasive materials or harsh chemicals.
- **Storage:** Store the glasses in the protective case when not in use to prevent scratches and damage.
- **Handling:** Handle the glasses with care. Avoid dropping them or exposing them to extreme temperatures or moisture.

8. TROUBLESHOOTING

If you encounter issues with your XREAL One Pro AR Glasses, consider the following:

- **No Display/Fuzzy Image:** Ensure the glasses are securely connected to a compatible device. Check IPD settings and adjust nose pads for proper alignment. Verify that all protective films have been removed from the lenses.
- **Connectivity Issues:** Confirm your device supports DisplayPort output via USB-C. Try using a different USB-C cable.

- **Software Glitches:** Ensure the glasses firmware and any companion apps (e.g., XREAL Eye app) are up to date. Restart the connected device and the glasses.
- **Discomfort:** Experiment with different nose pad sizes (S/M/L) and adjust the three-stage arms for a comfortable fit.

For persistent issues, refer to the official XREAL support resources or contact customer service.

9. WARRANTY AND SUPPORT

9.1. Warranty Information

The XREAL One Pro AR Glasses come with a Limited Warranty. Please refer to the warranty documentation included in your product packaging or visit the official XREAL website for detailed terms and conditions.

9.2. Customer Support

For further assistance, technical support, or inquiries regarding prescription lenses, please visit the official XREAL website or contact their customer service department. Contact information can typically be found in the user manual or on the product's official support page.