



Ray-Ban Meta Smart Glasses

Supplied, set up and
supported by Synapptic

User Manual

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1. What are Ray-Ban Meta glasses?

Ray-Ban Meta Smart Glasses look like normal Ray-Ban glasses, but they have a camera, microphones, speakers and Meta AI built in.

You can talk to the glasses by saying “**Hey Meta...**”. The glasses then reply through the small open-ear speakers in the arms.

They are useful for things like reading signs, letters, menus and packaging, describing what is around you, asking quick questions, making hands-free calls, sending messages and taking photos or videos.

They need a compatible smartphone or tablet to work. The glasses connect to a compatible phone using Bluetooth and the Meta AI app. Without a compatible smartphone or tablet, they cannot be set up or used.

For the best experience, we recommend using a **Samsung Galaxy A36 or above**. This gives better performance, smoother setup and a more reliable experience with calls, messages and AI features.

The glasses can be purchased on their own for an existing compatible phone or tablet, or purchased as

part of a brand-new phone or tablet package – fully set up and ready to use.

2. Around the glasses



Front of the glasses

Camera

The camera is on the front of the frame, towards the user's left side. Note: Point your nose at what you want the glasses to look at.

Capture light

There is a small external light on the front of the glasses, on the user's right-hand side (and looks like another camera lens). It lights up when taking a photo or recording video, so people nearby know the camera is being used.

Notification light

There is a small notification light on the inside of the right frame. This changes colour or flashes to show the status of the glasses, such as power, camera use, voice control and calls.

- **Orange blinking** – low battery or alerts
- **Red blinking** – automatic shutdown
- **White blinking** – incoming call
- **White blinking, then green solid** – turning on
- **Blue blinking, then blue solid** – pairing mode
- **White pulsing** – using voice controls
- **One white blink** – taking a photo
- **White solid** – recording video or live-streaming

Right arm of the glasses

Capture button

When wearing the glasses, the capture button is located on top of the right-hand arm, near the front.

- Press once to take a photo.
- Press and hold to start recording a video.
- Press again to stop recording the video.
- Double press during a supported video call to switch from the phone camera to the glasses' camera, so the other person can see what the wearer is looking at.

Touchpad

The touchpad is located along the outside edge of the right arm. It's used for volume, music, answering calls and activating Meta AI without saying "Hey Meta".

- Touch and hold for about 2 seconds to activate Meta AI instead of saying "Hey Meta". After the tone, ask your question.
- Swipe from back to front to turn the volume up.
- Swipe from front to back to turn the volume down.
- Tap once to play or pause audio.
- Double tap to skip forward / answer a call / hang up during a call.
- Touch and hold during an incoming call to reject the call.
- Triple tap: skip back when music is playing.

Speaker

Speakers are built into both arms, near the ear. Sound comes through the glasses, but you can still hear what's around you.

Privacy Note: If turned up very loud other people close to you may be able to hear sound from the speakers as well.

Left arm of the glasses

Power switch

The power switch is located on the inside of the left arm, near the hinge.

- Slide it towards the front/lens to turn the glasses on

- Slide it back to turn the glasses off

For short breaks, the glasses normally go into standby when they are taken off, folded, left unused for a while, or placed in the charging case. This saves battery, but it does not fully turn them off. To fully turn them off, use the power switch on the inside of the left arm.

3. Smart Charging Case



The charging case has an internal battery, so it can recharge the glasses when they are placed inside. The case itself is charged using the USB-C port on the lower side. If the glasses are inside the case while it is charging, both the glasses and the case will charge at the same time.

When you are out and about, the case can be used to recharge the glasses several times, giving approximately another 36 hours of use, depending on how the glasses are used.

The front of the case has a small light, built into the front catch area. This shows the charging status of the glasses or the case.

When the glasses are inside the case:

- **Green solid light** = glasses fully charged
- **Orange solid light** = glasses charging
- **Red flashing light** = charging error

When the case is empty:

- **Green solid light** = case fully charged
- **Orange solid light** = case not fully charged
- **Orange flashing light** = case battery is low
- **Red flashing light** = charging error

There is also a small, partially hidden button on the back of the case. Press this button to check the charge level using the front light. If the glasses are inside, it shows the glasses' charge level. If the case is empty, it shows the case charge level. The same button is also used during setup or if the glasses need to be paired again.

If you see a red flashing light, check that the glasses are seated correctly in the case, make sure the charging contacts are clean and dry, and try a different USB-C cable or power adapter if needed.

4. Speaking to the glasses

Put the glasses on first!

When glasses are put on, they should automatically detect that they are being worn and play a short musical startup

sound. This lets you know the glasses are awake and ready to use.

Be careful to avoid pressing the capture button when putting the glasses on.

Start with:

“Hey Meta...”

Then wait for the little sound confirming “Hey Meta” has been heard before speaking the command.

Keep commands natural and specific.

For example:

- “Hey Meta, describe what I’m seeing.”
- “Hey Meta, read this sign.”
- “Hey Meta, call Sarah on WhatsApp.”
- “Hey Meta, send a message to John saying I’m running ten minutes late.”

Note: If the answer is not good enough, ask a follow-up question.

For example:

- “Read the smaller text.”
- “What is on the left?”
- “Summarise that.”
- “Tell me the price.”

After saying “Hey Meta” and asking your first question, the microphone will usually stay active for a short time so you can ask a follow-up question without saying “Hey Meta” again.

If you don’t want to say “**Hey Meta**”, you can **press and hold the touchpad on the right arm** of the glasses, then ask your question.

5. Example commands

A) Read signs, letters, menus and packaging

Use these with a sign, leaflet, menu, envelope, food packet or medicine-style box.

Basic reading

- “Hey Meta, look and read this.”
- “Hey Meta, read this sign.”
- “Hey Meta, read the text in front of me.”
- “Hey Meta, what does this label say?”

Menus

- “Hey Meta, read this menu.”
- “Hey Meta, what are the vegetarian options?”
- “Hey Meta, what is the cheapest main course?”
- “Hey Meta, what puddings are there?”

Letters

- “Hey Meta, summarise this letter.”
- “Hey Meta, who is this letter from?”
- “Hey Meta, is there a date on this letter?”
- “Hey Meta, what action do I need to take?”

Packaging

- “Hey Meta, what product is this?”
- “Hey Meta, read the cooking instructions.”
- “Hey Meta, read the ingredients.”
- “Hey Meta, what is the expiry date?”

Note: Results depend on lighting, text size, angle and internet connection. If it struggles, move closer, hold the item flatter, improve the light or ask a more specific question.

B) Describe shops, streets and what’s around you

General surroundings

- “Hey Meta, describe what I’m seeing.”
- “Hey Meta, what’s around me?”
- “Hey Meta, what shops can you see?”
- “Hey Meta, what is in front of me?”

More detail

- “Hey Meta, what is on my left?”
- “Hey Meta, what is on my right?”
- “Hey Meta, is there a doorway in front of me?”
- “Hey Meta, describe this shop front.”

- “Hey Meta, what does that sign say?”

Follow-up questions

- “Is there a café nearby?”
- “Can you see the entrance?”
- “What colour is the sign?”
- “Is this a pharmacy?”

C) Make hands-free video and audio calls

These work best when contacts and required apps like WhatsApp have been fully installed and configured on the phone or tablet.

Audio calls

- “Hey Meta, call [name].”
- “Hey Meta, call [name] on WhatsApp.”
- “Hey Meta, call [name] on Messenger.”

Answering calls

- “Hey Meta, answer.”
- “Hey Meta, reject.”

Ending calls

- “Hey Meta, end call.”

Touchpad controls:

- Double tap the right arm to answer
- Double tap again to hang up
- Touch and hold the touchpad to reject the call

Video calls are great if you want a family member or support person to see what's in front of you, so they can help out if needed.

IMPORTANT: To activate the camera on the glasses during a WhatsApp video call, start a WhatsApp video or audio call first, then double press the capture button to switch from the phone camera to the glasses' camera. The other party may need to press a confirmation button on their device as well. If the camera on the glasses is not activated the first time, just double press the capture button again until the voice says "Glasses Camera Active".

Top tip: If you ask Meta to make a WhatsApp call to Bob Smith and it says something like, "On your phone call Bob Smith, yes?", say "No." Meta should then ask whether you want to make the call using WhatsApp instead. Say "Yes" to confirm.

D) Sending, reading and replying to messages

Sending texts, Messenger and WhatsApp messages

Example commands:

- "Hey Meta, send a text message to [name]."
- "Hey Meta, send a WhatsApp message to [name]."
- "Hey Meta, message [name] saying I'm running ten minutes late."

Reading / Replying to text messages, Messenger and WhatsApp messages

Example commands:

- “Hey Meta, read out the last message.”
- “Hey Meta, reply.”

E) Get quick answers without taking out your phone

Some example commands:

- “Hey Meta, what time is it?”
- “Hey Meta, what’s the date?”
- “Hey Meta, what’s the weather today?”
- “Hey Meta, what is 20 percent VAT on £249?”
- “Hey Meta, how many miles is 10 kilometres?”
- “Hey Meta, what does this word mean?”
- “Hey Meta, give me a short recipe for tomato soup.”
- “Hey Meta, what’s the capital of Italy?”
- “Hey Meta, tell me about this monument.”

F) Taking photos

Some example commands:

- “Hey Meta, take a photo.”
- “Hey Meta, take a picture.”
- “Hey Meta, what’s in that photo?”

- “Hey Meta, read the text in that photo.”
- “Hey Meta, send my last photo to [name].”

Photos and videos are transferred from the glasses to the phone/tablet automatically. **Note:** Use the Meta Glasses option in Synapptic Settings to copy photos taken with the glasses into the Synapptic Gallery.

G) Playing music

If you have connected a supported music app to the glasses, you can ask the glasses to play music. For example, you can say:

- “Hey Meta, play Dancing Queen by ABBA.”
- “Hey Meta, play songs by The Beatles.”
- “Hey Meta, pause.”
- “Hey Meta, skip.”

The music will play through the speakers built into the arms of the glasses, allowing you to listen without wearing separate headphones.

Use the Meta AI app to connect a supported music service to the glasses.

H) Other useful commands

- “Hey Meta, how much battery is left?”
- “Hey Meta, what’s the battery level of my glasses?”
- “Hey Meta, volume up.”
- “Hey Meta, volume down.”
- “Hey Meta, mute.”

Use mute with caution, as it mutes all glasses sounds, including Meta's own confirmation sounds and responses.

- “Hey Meta, unmute.”
- “Hey Meta, scan this QR code.”
- “Hey Meta, call this phone number.”
- “Hey Meta, message this phone number.”

I) Cancel an action or stop talking

- “Hey Meta, stop.”
- “Hey Meta, cancel.”

About Synapptic

Synapptic is dedicated to creating easy-to-use and innovative solutions that help anyone with sight loss use phones, tablets and other mobile technology.

We're a family-run business, formed in 2012 and based in Durham, in the North East of England.



Friendly UK-based help and support for your Ray-Ban Meta glasses



We're proud that Synapptic is award-winning!





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