



LIFEWAVE X₂O™ FIRMWARE UPDATE GUIDE

GET THE MOST FROM YOUR LIFEWAVE X₂O

Keeping your LifeWave X₂O up to date ensures the best experience. Each firmware update may add helpful new features, improve performance, and fix known issues. This guide walks you through the process step by step.

BEFORE YOU BEGIN

To update your LifeWave X₂O successfully, you'll need:

- A USB flash drive that is completely empty.

Tip: make sure there are no other files on the drive, only the firmware file should be stored there.

- **USB Requirements:**

- USB 2.0 (Other USB versions, such as 3.0, may not be compatible.)
- Formatted to FAT32.
- Each firmware file is very small (under 128MB), so a small-capacity USB drive is sufficient.

- **The latest firmware file, downloaded from:**

- The official LifeWave Back Office portal
- [The LifeWave X₂O LinkPage](#)
- Or from an official LifeWave firmware update email

Important Notes

- Always install the newest version (never downgrade).
- Current firmware version is visible in Settings > Firmware Update.



How to Format a USB Drive to FAT32

Important: Formatting will erase everything on the USB drive. Back up any files you want to keep before starting.

ON WINDOWS

1. Insert your USB drive into the computer.
2. Open File Explorer and right-click on the USB drive.
3. Select Format... from the menu.
4. Under File system, choose FAT32.
5. Click Start, then OK to confirm.
6. Once complete, your USB drive is ready to use.

ON MAC

1. Insert your USB drive into the computer.
2. Open Disk Utility (found in Applications > Utilities).
3. Select your USB drive from the left panel.
4. Click Erase at the top.
5. For Format, select MS-DOS (FAT).
6. Click Erase to confirm.
7. When finished, your USB drive will be in FAT32 format.



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STEP 1: PREPARE THE USB DRIVE

1. Download the latest firmware file (e.g. v1.3.0)
2. Save this file directly onto your empty USB flash drive.
3. Safely eject the USB from your computer.

STEP 2: ACCESS THE USB PORT

1. Remove the filter compartment cover on the right-hand side of the unit.
2. Locate the USB port inside the compartment.



STEP 3: INSTALL THE FIRMWARE

1. Insert the USB flash drive into the port.
2. On the touchscreen, go to Settings > Firmware Update.
3. Follow the on-screen instructions to begin.

Your LifeWave X2O will automatically power off and restart once the update is complete.

STEP 4: FINALIZE THE UPDATE

1. Once restarted, confirm the new firmware version number in Settings > Firmware Update.
2. Remove the USB flash drive.
3. Replace the filter compartment cover.

TROUBLESHOOTING

- Update didn't start? Check that the USB drive contains only the firmware file.
- Unit didn't restart? Unplug the power cord, wait 10 seconds, then plug back in.
- Firmware version unchanged? Repeat the update using a clean, formatted USB drive.

If you still have issues, please contact LifeWave Customer Services or visit lifewave.com for video tutorials, FAQs, and support.