

XO Anti-Blue Light Smart Glasses GS01 Wireless Headphones

QUICK BUYER GUIDE



People needing blue light protection and hands-free calls during work or home use

At a Glance Specs

-  **BLUE LIGHT FILTERING**
Blocks harmful blue light from screens to reduce eye strain
-  **VOICE CONTROL**
One-button activation for music, calls, and voice assistants
-  **COMFORT**
Lightweight frame for all-day wear without pressure points

-  **BUILT-IN AUDIO**
Stereo speakers and hidden microphone for hands-free calls
-  **BATTERY LIFE**
8 hours of playback with 2 hours of charging time
-  **DESIGN**
Unisex style with anti-blue light lenses and sleek wireless form

Who It Is For

-  Office workers with prolonged screen time
-  People needing hands-free call functionality
-  Users seeking blue light eye protection
-  Tech-savvy individuals preferring wireless audio
-  Those prioritizing comfort for extended wear
-  Users wanting stylish unisex eyewear

Who It Is Not For

-  Individuals without compatible smartphones
-  Users requiring more than 8 hours of battery
-  People preferring wired audio connections
-  Those needing prescription lens options
-  Users who dislike voice-activated controls

Trade Offs to Consider

-  Limited battery life compared to dedicated headphones
-  No app-based audio customization options
-  Fixed anti-blue light lens design
-  No physical buttons for manual controls
-  Potential audio latency with some devices
-  Smaller battery capacity than premium models

How It Compares

- Wireless design vs. traditional wired headphones
- Built-in speakers vs. separate earbuds
- Voice control vs. app-based controls
- Blue light filtering vs. standard lenses
- All-day comfort vs. bulkier designs
- Single device pairing vs. multi-device support

Choose This If...

- ✓ You need blue light protection for screen use
- ✓ You want hands-free call functionality
- ✓ You prioritize comfort for extended wear
- ✓ You prefer wireless audio without wires

Skip This If...

- ✗ You require more than 8 hours of battery
- ✗ You prefer wired audio connections
- ✗ You need prescription lens options
- ✗ You dislike voice-activated controls



Learn More



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[Bluetooth Smart Glasses with Blue Light Blocking: 2026 Wearable Tech Review](#)



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