



[FAQs](#) > [Moment Series- Sleep Companions](#) > [Moment](#) > [How to change FM Stations \[Moment, Moment Charge\]?](#)

How to change FM Stations [Moment, Moment Charge]?

INSIDE / AQIPA - 2025-07-28 - [Moment](#)

You would like to save and change your FM Stations on your Moment?

When you switch to FM mode for the first time, your radio will automatically scan all available FM frequencies and store them in the station list. This process may take a few moments as it captures each station. You don't have to do anything.

1. To change the FM station later, first press the "Home" button on the radio while being in FM mode. Turn the "Select" dial until you see the option "Station List" and press the "Select" dial to open it. Now, you can scroll through the available stations by turning the dial. Once you've found the station you want, press the dial to switch to that station.
2. If you're looking for a specific FM station or want to fine-tune your listening experience, press the "Home" button while being in FM mode to open the FM menu.
3. Scroll to "Manual Tune" using the dial and press the dial to select.
4. Now, you can manually seek through the FM frequencies.
5. After finding the station you're looking for, simply stop turning the dial and press the "Select" dial to confirm your selection.
6. If you want to scan for all FM stations again, simply press the "Home" button again while being in FM mode, go to "Settings", and select the option "FM Scan". Your radio will then delete all stored FM stations and automatically begin scanning for all available stations.

If you prefer to see a live instruction of how this works, check out the video below: