



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

## **How to change the source [Moment, Moment Charge]?**

INSIDE / AQIPA - 2025-07-04 - [Moment](#)

### **You would like to change the source that is playing on your Moment / Moment Charge?**

You can easily reach "Sounds" and "Bluetooth", or your "Presets" by pressing the corresponding buttons on the top of the unit, even from standby mode.

Pressing the "Home / Back" button while your Moment is on will enter the menu level.

Turning the "Select" dial will scroll through the available options. Your playback sources are DAB+, FM, Sounds and Bluetooth. To select either, confirm by pressing the "Select" dial.