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How to scan for and change FM stations on an Elan Sleep?

Customer Support - 2026-09-25 - [Elan Sleep](#)

Would you like to save and change FM stations on your Elan Sleep?

When you switch to FM mode for the first time, your radio automatically scans all available FM frequencies and saves them to the favourites.

This process may take a few moments, as each station is being detected. You don't need to do anything.

To change the FM station later,

1. briefly press the **"Favourites"** button whilst in FM mode to open the station list.
2. Using the direction buttons (< **or** >), you can now move through the list.
3. Once you've found the station you wish to listen to, press the **"Select"** button to switch to that station.

If you wish to carry out another station scan,

1. simply press the **"Home"** button whilst in FM mode to open the **"Settings"** menu.
2. Select the **"FM Scan"** option.
3. Confirm this by pressing the **"Select"** button.

Your radio will now delete all saved FM stations and automatically start scanning for all available stations.

The menu also offers a **"FM Scan Setting"** selection to scan for all or only strong stations, as well as the option to set the **"Audio Settings"** to Stereo or Mono.