



Setting up your equipment with Sky Q & Sky HD Boxes

Press **Home** on your Sky Q remote, select **Settings**, then select **Setup**.

Select **Audio visual**, then select **Digital audio output optical** and set it to **NORMAL**

Press the **GREEN** button to save the settings

Power **OFF** the Sky Box, leave for 30 seconds and turn back on, leave for 5 minutes until the box has had chance to re-calibrate itself and then test the system.

This only applies when connecting to the sky box via the optical connection.

Setting up equipment with Virgin V6 TiVo, Virgin TiVo and Virgin HD Boxes

1. Press Home on your remote
2. Select Help & Settings
3. Select Settings
4. Select Audio
5. Choose **Dolby Digital to PCM**. This setting applies to both HDMI and optical out.
6. Restart the box and test the system

Connecting directly to a Television

If connecting directly to a TV set via optical then you must make sure that the TV is set to PCM, to do this go into the audio/sound settings menu on the TV and look for digital audio output/optical out, normally this would be set to dolby digital, it needs to be changed to PCM. Please note that some Televisions auto switch this setting!

Common TV Connection Types

