

GAMEO 24" IPS Gaming Monitor – New User Setup Guide

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START HERE: Change the Menu Language from Arabic to English

Use the five buttons below the right-hand bezel

This monitor has five physical buttons underneath the right side of the lower bezel. They control power, the on-screen display (OSD) menu, menu navigation, and the gamer Aim Overlay crosshair. The buttons are used when the monitor is facing you; look underneath the right edge of the bezel to find them.

Important: confirm each button by the icon moulded beside or under it. The usual functions are Power, Menu / OK, navigation Up, navigation Down, and Aim Overlay / shortcut. Do not rely only on physical left-to-right order if the markings on your unit show a different arrangement.

Button functions

- Power: press to switch the monitor on or off.
- Menu / OK: press to open the OSD menu. Inside the menu, press it to enter the highlighted category or confirm a setting.
- Up: moves the selection upward in the OSD menu. When choosing a language, use this to move toward the top of the language list.
- Down: moves the selection downward in the OSD menu. Use it to reach OSD, which is item 7 in the main-menu list.
- Aim Overlay / shortcut: press this button to turn the gamer crosshair overlay on or cycle through its available options. The crosshair can include red, green, and other styles. Press repeatedly to select the preferred option or turn the overlay off.

The Aim Overlay is an on-screen gaming aid. It does not change the game, console, or PC; it only displays a monitor-generated crosshair over the image. Turn it off for normal work, films, or any game where an overlay is not wanted.

Change the menu language to English

Is your monitor menu showing Arabic or another language you cannot read? First switch the monitor on and connect a PC or console with HDMI or DisplayPort. You do not need to read the menu: use the button navigation and count menu positions below.

- Press the Menu / OK button below the right-hand bezel to open the main OSD menu.
- The main menu has the same order in every language. From top to bottom it is: 1 Input Source, 2 Brightness/Contrast, 3 Color Setting, 4 Picture Quality Setting, 5 Display, 6 Audio, 7 OSD, 8 Other.
- From the first menu item, press the Down button 6 times to highlight item 7, OSD. It is directly above Other.
- Press Menu / OK to enter OSD.
- Language is the first option in the OSD submenu. Press Menu / OK to open the language list.
- The language order is English, Simplified Chinese, Russian, Spanish, French, German, Arabic. Press Up until you reach the first line, English, then press Menu / OK to confirm.
- Press the Menu / OK button as directed by the on-screen prompt, or wait for OSD Time Out, to close the menu. If your monitor uses a separate Back / Exit function, use it to return to the previous menu.

Check: the menu should now show Input Source, Brightness/Contrast, Color Setting, Picture Quality Setting, Display, Audio, OSD, and Other in English.

Stuck in the wrong language?

Open the menu and repeat the position count: Down 6 times from the first menu item, enter OSD, open the first line, then press Up until English is selected. If the menu does not appear, check power and the input cable. If a button does not behave as described, check the icon beside that button and use its labelled function; button placement can vary slightly between production versions.

Use the Aim Overlay crosshair

Press the Aim Overlay / shortcut button below the right-hand bezel while gaming. Each press normally cycles through the available crosshair choices, such as a red dot, green dot, and other reticle styles. Continue pressing until you find the preferred crosshair, then keep cycling until the overlay turns off when you no longer need it.

The overlay is most useful in games that do not provide a central aiming reticle. It is a monitor feature, so it can be displayed over PC and console video. Some competitive games, tournaments, or platform rules may restrict overlays; follow the rules of the game, event, or platform.

Your Monitor at a Glance

This guide covers the GAMEO 24" IPS gaming monitor, a 24-inch IPS panel sold in two versions. The menu screenshots in this guide come from the 2560x1440 (QHD) version.

Item	Detail
Brand	GAMEO (GAMEO LIMITED, UK)
Screen size and panel	24" IPS
Version A	2560x1440 (QHD) at up to 165Hz
Adaptive sync	FreeSync (menu: Other > FreeSync)
HDR	Menu: Other > HDR (Only HDMI)
Eye comfort	Low Blue Light (menu: Color Setting)
Video inputs	HDMI and DisplayPort (check the ports on your unit's back panel)
Warranty	30-day replacement for manufacturing defects, plus 12-month UK service warranty
Support	info@gameoshop.co.uk
Website	gameoshop.co.uk

Which version do I have? Open the menu and read the top-right corner. It shows the current resolution, for example 2560x1440 for Version A. If it reads 60Hz, that is the signal your PC or console is sending, not the monitor's limit: you must raise it to 165Hz (or 200Hz) in Windows or your console. Sections below show how.

Unboxing, Cables and Which Port to Use

1. Unpack on a soft surface. Lay the monitor face down on its foam or a towel. Do not press on the screen.
2. Attach the stand and base. Click or screw the neck onto the monitor and the base onto the neck until it is firm. Check the packing list in the box for any screws or tools.
3. Place it at eye level. The top of the screen should sit at or just below your eye line, about an arm's length (50 to 70 cm) away.
4. Connect the power cable first, then the video cable, then switch on.
5. Pick one video cable, using the table below.

Your device	Best cable	Why
Gaming PC (graphics card)	DisplayPort	Most reliable way to reach the full 165Hz or 200Hz with FreeSync
PC with only HDMI	HDMI (high-speed cable)	Works. If 165Hz is missing in Windows, try another cable or DisplayPort
Laptop	DisplayPort or HDMI, whichever your laptop has	Some laptops need a USB-C to DisplayPort/HDMI adapter
PS5, Xbox Series X/S	HDMI	Consoles have no DisplayPort
HDR on this monitor	HDMI	The menu says HDR works on HDMI only

Rule of thumb: use DisplayPort for PC gaming and office work, and HDMI for consoles. Always plug into the graphics card ports on the back of a desktop PC, not the motherboard ports, or the monitor may be limited to 60Hz. After connecting, pick the input in the menu under Input Source (HDMI or DisplayPort) if it does not switch automatically.

Windows 10 / 11 Settings (Do This Once)

Windows often starts a new monitor at 60Hz. These steps unlock the full speed.

- Open display settings. Right-click an empty area of the desktop and choose Display settings.
- Set the resolution. Under Display resolution choose 2560x1440 (Version A) or 1920x1080 (Version B). Pick the one marked Recommended if it matches.
- Set the refresh rate. Scroll down to Advanced display. Under Choose a refresh rate select 165 Hz (Version A) or 200 Hz (Version B). Click Keep changes.
- Set the scale. Under Scale, use 100% for the sharpest, smallest text or 125% for easier reading at 2560x1440 on a 24" screen.
- Turn on variable refresh rate. Settings > System > Display > Graphics > Change default graphics settings, then switch Variable refresh rate to On.
- Leave Windows HDR off for now. Turn it on only for HDR games or films, over HDMI, and turn it back off for office work if desktop colours look washed out.
- Restart the PC once if the 165 Hz or 200 Hz option does not appear, and check the cable.

Check it worked: Advanced display should show your chosen refresh rate. The monitor's own menu header shows the resolution and refresh rate it receives.

Graphics Card Settings (NVIDIA, AMD, Intel)

FreeSync / Adaptive Sync

FreeSync helps reduce screen tearing and stutter by matching the monitor's refresh rate to the frame rate produced by your PC or compatible Xbox console. For the most reliable PC gaming experience, use DisplayPort where available. Some GAMEO models may also support FreeSync through HDMI, but supported features, resolution, and maximum refresh rate can vary by monitor model, graphics card, cable, and selected input.

Before you start

- Use DisplayPort for a desktop gaming PC whenever possible.
- Connect the cable to the dedicated graphics card, not the motherboard video output.
- In the monitor menu, open Other > FreeSync and set it to On.
- Set the monitor to its native resolution and highest available refresh rate in Windows.
- Update the graphics driver if the adaptive-sync option is missing.

NVIDIA GeForce

- Open NVIDIA Control Panel, select Display > Change resolution, and choose the native resolution and highest available refresh rate.
- Under Display > Set up G-SYNC, tick Enable G-SYNC, G-SYNC Compatible and enable the selected display model.
- In Manage 3D settings, choose G-SYNC Compatible if available. A good starting point is NVIDIA Control Panel Vertical sync On and a frame cap just below maximum refresh rate: 162 fps for 165Hz or 197 fps for 200Hz.

AMD Radeon

- Open AMD Software: Adrenalin Edition > Settings > Display, then turn AMD FreeSync to Enabled if the option is available.
- Use RGB 4:4:4 PC Standard (Full RGB) for normal PC use. If FreeSync is missing, confirm the monitor setting is On, try DisplayPort, and update the driver.

Intel graphics

- Open Intel Graphics Command Center, select the GAMEO monitor, use its native resolution and highest available refresh rate, then turn on Adaptive Sync if shown. Use DisplayPort where possible.

Xbox Series X|S

- Use HDMI, select the correct input, set 1440p for QHD or 1080p for Full HD, and choose 120Hz if available. Enable Allow variable refresh rate only if Xbox reports that the monitor supports it. Set Other > FreeSync to On in the monitor menu.

If FreeSync does not work

- Confirm Other > FreeSync is On, use a good-quality DisplayPort cable for PC, select native resolution and the highest available refresh rate in Windows, enable the feature in graphics software, update the driver, and test another cable or GPU port. If flicker or black screens occur, test with FreeSync Off.

PS5 and Xbox Settings

Connect the console to the monitor with an HDMI cable and choose the HDMI input in the monitor menu. Consoles output up to 120Hz, so the monitor's 165Hz or 200Hz is a PC feature. Menu names can differ slightly between system updates.

PlayStation 5

- Settings > Screen and Video > Video Output.
- Resolution: choose 1440p on the QHD version (or 1080p on the Full HD version). Choose Automatic if 1440p is not listed.
- Enable 120 Hz Output: set to Automatic.
- VRR: set to Automatic. PS5 VRR needs an HDMI 2.1 input; if your monitor HDMI port is HDMI 2.0, the option may be greyed out.
- HDR: set to On When Supported and run the HDR adjustment. If the picture looks dim or washed out, set HDR to Off.
- Open Video Output Information to confirm the resolution and refresh rate received.

Xbox Series X|S

- Settings > General > TV & display options.
- Resolution: choose 1440p or 1080p for the Full HD version.
- Refresh rate: choose 120 Hz.
- Video modes: tick Allow variable refresh rate and Allow auto low-latency mode if available.
- HDR: tick Allow HDR10 only if the picture looks good. Otherwise leave it off.
- Open Advanced video settings to check refresh rate and VRR status.

On the monitor for consoles

- Set the input to the HDMI port in use.
- Menu > Other > FreeSync: On for Xbox.
- Keep Dynamic Luminous Control (DCR) Off and Response Time at the default.
- If the picture is too sharp or too soft, change Picture Quality Setting > Sharpness (default 50).

Monitor Menu Settings: Gaming and Office

The table lists every setting visible in the monitor menu with starting values for gaming and office use.

Setting	Menu path	Gaming	Office / everyday	Why
FreeSync	Other > FreeSync	On	On	Removes screen tearing with a PC or Xbox.
HDR (Only HDMI)	Other > HDR	Off; use only for HDR games over HDMI	Off	Test before keeping it on.
Dynamic Luminous Control (DCR)	Picture Quality Setting	Off	Off	Auto-dimming changes brightness mid-game.
Noise Reduction	Picture Quality Setting	Off	Off	Softens fine detail.
Response Time	Picture Quality Setting	Default; try middle level if listed	Off	Higher levels may add ghost trails.
Sharpness	Picture Quality Setting	50	50	Adjust only if text or images look soft or harsh.

Setting	Menu path	Gaming	Office / everyday	Why
Picture Mode	Color Setting	Game	Standard	Standard is neutral for office use.
Color Temperature	Color Setting	USER or Normal	Warm or Normal	Warm is easier on the eyes for reading.
Gamma	Color Setting	2.2 if listed	2.2	A common PC and Windows starting point.
Hue	Color Setting	50	50	Neutral.
Saturation	Color Setting	50; up to 55 for punchier colour	50	Neutral at 50.
Low Blue Light	Color Setting	0	Raise gradually in evening	Higher values make the screen yellower.
Brightness	Brightness/Contrast	About 50 to 70	About 30 to 50	Adjust to your room.
Contrast	Brightness/Contrast	50	50	Leave at default unless needed.
OSD Language	OSD > Language	English	English	See START HERE.
OSD Time Out	OSD > OSD Time Out	Short, about 10 to 15 s	Same	Menu closes automatically.
Reset	Other > Reset	Use only to undo changes	Same	Returns settings to factory default.

Setting up in 5 minutes: switch FreeSync On, keep HDR Off and DCR Off, set Gamma 2.2, and set refresh rate in Windows or on the console. That alone gives most of the gain.

Picture Mode: Choose by What You Do

The monitor ships on Standard. Change it when you change activity: Menu > Color Setting > Picture Mode.

What you are doing	Picture Mode	Why
Playing games (PC, PS5, Xbox)	Game	Tuned for games: clearer detail in dark and bright scenes.
Watching films or series	Movie	Tuned for video: more natural, film-like colour.
Office, browsing, documents	Standard	Neutral and comfortable for long reading.

After you pick a mode, check Gamma, Color Temperature and Low Blue Light in the same menu, because some modes change them. Switch the mode back whenever you change activity. Mode names can differ slightly on your unit.

Menu map (main menu, left column): Input Source, Brightness/Contrast, Color Setting, Picture Quality Setting, Display, Audio, OSD, Other.

Troubleshooting and Support

Problem	Fix
Menu is in Arabic or another language	Menu > item 7 OSD > Language > first line (English). See START HERE.
Only 60Hz is offered in Windows	Use DisplayPort, plug into the graphics card, then re-check Advanced display. Try another cable.
No picture	Check power, Input Source, and both ends of the cable.
Screen tearing in games	FreeSync On in the monitor, plus FreeSync or G-SYNC Compatible in the driver.
Flicker or black screens with FreeSync	Update the graphics driver, use a certified DisplayPort cable, or turn FreeSync Off to test.
Colours look washed out	Turn HDR Off in Windows and the monitor menu. Set Gamma 2.2 and check output range is Full.
Text looks too small	Set Windows Scale to 125%, not a lower resolution.
Menu keeps closing	Raise OSD Time Out in the OSD menu.

Problem	Fix
Something looks wrong after many changes	Menu > Other > Reset, then repeat the 5-minute setup.

Quick Reference Card

- Cable: DisplayPort for PC, HDMI for PS5 and Xbox.
- Windows: set resolution and 165Hz or 200Hz in Advanced display; turn Variable refresh rate On if available.
- Monitor menu: FreeSync On, HDR Off, DCR Off, Noise Reduction Off, Gamma 2.2, Low Blue Light 0 for gaming.
- Graphics driver: FreeSync or G-SYNC Compatible On; frame cap 3 below refresh rate.
- Office: brightness 30 to 50, Warm colour, Low Blue Light up in the evening.

Warranty and Contact

Every GAMEO monitor includes a 30-day replacement for manufacturing defects and a 12-month UK service warranty. For help, email info@gameoshop.co.uk with your order number, your monitor version (resolution and refresh rate) and a photo of the problem. More at gameoshop.co.uk.