

## Smart Glasses vs VR Headset (vsdiff.com)

Feature	Smart Glasses	VR Headset
<b>Primary Functionality</b>	Augmented Reality	Virtual Reality
<b>Immersion Level</b>	Low to Moderate	High
<b>Application Usage</b>	Information overlay, navigation, minor gaming	Gaming, training simulations, immersive content
<b>Weight and Comfort</b>	Lightweight, comfortable for extended use	Heavier, can cause fatigue over long sessions
<b>Battery Life</b>	Typically longer	Variable, often shorter
<b>Connectivity</b>	Smartphone integration, Wi-Fi	Standalone or PC connection

Source: <https://vsdiff.com/smart-glasses-vs-vr-headset/>