

If you're not sure what the buttons do on your Sky remote, you can find a guide to each of them below.

- **tv:** If you've [set up your Sky remote to control your TV](#), pressing this button puts your remote in TV mode.
- **sky:** Sets your remote to control your Sky box.
- **Standby:** Switches your Sky box into standby mode.
- **tv guide:** Brings up your seven day TV listings in the Sky Guide, as well as giving you access to your Planner, Catch Up TV, Sky Store and more.
- **box office:** Displays your Sky Box Office listings, including the latest pay per view movies and upcoming sporting events.
- **services:** Lets you manage the settings of your Sky box, including parental controls, Sky+ preferences and your Sky Guide layout.
- **interactive:** Displays the menu for Sky Interactive, which lets you manage your account, upgrade your package and find technical help through your TV.
- **i:** Gives you more details about the programme you're watching or have highlighted in your Sky Guide.
- **Arrow buttons:** Let you navigate the Sky TV menus. When watching live TV, the **right arrow** button will show you what's coming up later on the channel you're watching, and the **left arrow** button switches you back to the channel you had on previously.

The **up/down** arrows let you browse through what's currently showing on other channels without switching away from the channel you're on.

- **select:** Confirms your choices in the Sky TV menus and brings up the Now, Next and Later banner when watching live TV.
  - **ch +/-:** Changes the channel up or down.
  - **back up:** Returns you to the previous page at any point within the Sky TV menu.
  - **help:** Displays your Audio Description and Subtitles settings when watching a programme. Pressing **help** in the Sky TV menu will display instructions on how to navigate the menus.
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- **Rewind:** Rewinds your recorded programme or live TV. Press it repeatedly to choose the speed you rewind at, the slowest being 2x and the fastest being 30x.
  - **Fast forward:** Fast forwards your recorded programme. Press it repeatedly to choose your fast forward speed, the slowest being 2x and the fastest being 30x.
  - **Play:** Plays a recording from your Planner and returns you to normal viewing if you've paused, rewind or fast forwarded the programme you're watching.
  - **Pause:** Pauses the programme you're watching.
  - **Record:** Records a programme. If it's part of a series, you'll be asked if you want to record the entire series or just the programme you've highlighted.
  - **Stop:** Returns you to live TV when watching a recorded programme from your Planner. If you've paused or rewind a live TV programme, pressing stop will return you instantly to the live broadcast.

- **Red, green, yellow and blue buttons:** The coloured buttons help you navigate when you're in the Sky TV menus by giving you handy shortcuts. You'll see them listed at the bottom of your screen - for example, when you're in your Sky Guide, pressing the **green button** will take you straight to your Planner Planner or pressing the **yellow button** when you're on any live TV channel will launch My Sky. **Please note:** red button services are currently in SD, even if you have a HD subscription.