Datasheet

HP OmniBook 3 Laptop AI 14-ht0007sax

Reliable performance all day

Simplify your day with the HP OmniBook 3 14 inch Laptop AI PC. This everyday laptop offers smooth performance, a 14" display, and all-day battery life, designed for both entertainment and productivity. With multiple ports, you stay connected, no matter where your day takes you.



*Product image may differ from actual product

All day performance

Stay productive and entertained all day with an AI-enhanced laptop and the latest Intel® Core™ processor[1].

Crisp visuals on a 14" display

Experience sharp visuals on a 14" 16:10 display with ample vertical space to scroll less and see more.

Effortless video calls and workspace expansion

Work, connect, and multitask with smart display features, versatile ports, and a sharp camera.

Sustainability in action

Built for a better tomorrow

This HP laptop is designed using recycled plastic in the keyboard keycaps[2].

with

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Featuring

Get a fresh perspective
From a rejuvenated Start menu, to new ways to connect to your favorite people, news, games, and content–Windows 11 is the place to think, express, and create in a natural way.[3]

Intel® Graphics
Stream your favorite shows, hop on video calls, and scroll through photo edits. All with smooth, responsive visuals. Built-in Intel® Graphics handle everyday entertainment and multitasking with ease, no extra GPU, no extra bulk.[4]

Anti-glare panel
Enjoy the sun and your favorite content with this anti-glare panel. Non-reflective and low gloss means you'll get less glare while you're outside.

Flicker-free
Using DC Dimming technology that controls brightness by adjusting direct current rather than cycling the backlight, we can eliminate screen flickering for more comfortable viewing.[5]

Xbox Game Pass Premium 2-month trial
Enjoy 2 months of Xbox Game Pass Premium. Free with your new HP device. Access a library of legendary, high-quality games, get exclusive in-game perks, partner discounts, and earn points annually with Xbox Rewards.[6]

ENERGY STAR® certified
Save energy and money with ENERGY STAR®, certified by the EPA so you will use less energy and save money where it counts most.[7]

Utilizing recycled metals
HP incorporates increasing amounts of recycled, renewable, and non-virgin raw materials. Because little things make a big difference, this product includes a percentage of recycled metals in the design.[8]

Keyboard contains post-consumer recycled materials
We're bringing a more thoughtful design to our keyboards by using post-consumer recycled materials in the design.[9]

HP Fast Charge
When your laptop is low on power, no one has time to wait hours to recharge. Power down your device and go from 0 to 50% charge in approximately 45 minutes.[10]

Effortlessly connected
Enjoy faster speeds, improved performance and greater capacity with Wi-Fi 6 and Bluetooth® 5.4 wireless card.[11]

Camera Shutter
No more unsightly tape and tacky gum to hide your private moments. Ensure your privacy and security with a visible, physical shutter that turns off your PC's camera when not in use.

HP True Vision FHD
Video chat in vibrant clarity with Full HD resolution, even in low light, and make every conversation a face-to-face experience for a better way to stay in touch.[12]

USB Type-C® Power + Display + 10Gbps signaling rate
Power your device or connect to an external display from just one USB-C® port with 10Gbps signaling rate. And it's reversible, so you never have to worry about plugging in upside down.[13]

Dual speakers
Pump up the volume to your favorite music, movie or game with dual-stereo speakers.

Full-sized keyboard
The full-sized keyboard allows you to work anywhere, with 1.5mm key travel for typing comfort and total productivity.

DDR5 RAM
Designed to run efficiently and reliably at faster speeds, DDR5 is the latest RAM standard. With higher bandwidth, you get more of a boost in performance.

Recommended accessories and services (not included)



HP Everyday 14-inch Laptop Briefcase
A08JSAA



HP 400 Quiet Wireless Mouse
AZ7B2AA



HP 65W GaN Wall Charger
C90MRAA



3-year pickup and return
UM963E

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Specifications





Performance

Operating system
Windows 11 Home

Processor
Intel® Core™ 5 320 (up to 4.6 GHz with Intel® Turbo Boost Technology, 6 MB L3 cache, 6 cores, 6 threads)[6,7]
Processor family: Intel® Core™ 5 processor
Neural Processing Unit (NPU): Intel® AI Boost (16 NPU TOPS)

Chipset
Intel® integrated SoC

Memory
8 GB DDR5-5600 MT/s (1 x 8 GB)
Transfer rates up to 5600 MT/s.

Storage
256 GB PCIe® Gen4 NVMe™ M.2 SSD
100 GB Dropbox storage for 3 months[1]

Graphics
Integrated: Intel® Graphics;

Audio
Dual speakers

Display
35.6 cm (14") diagonal, 2K (1920 x 1200), IPS, micro-edge, anti-glare, 300 nits, low power, 62.5% sRGB[17]

Screen-to-body ratio
88%[18]

Power
45 W AC power adapter (recommended, sold separately);

Battery type
3-cell, 41 Wh Li-ion polymer[23]

Battery and Power
Supports battery fast charge: approximately 50% in 45 minutes[5]

Connectivity

Wireless connectivity
Realtek Wi-Fi 6 (2x2) and Bluetooth® 5.4 wireless card [12,46]

Ports
2 USB Type-A 5Gbps signaling rate; 1 HDMI-out 2.1; 1 headphone/microphone combo; 2 USB Type-C® 10Gbps signaling rate (USB Power Delivery 3.1, DisplayPort™ 1.4, HP Sleep and Charge)[19]

Webcam
1080p FHD camera with HDR auto switch, temporal noise reduction and integrated dual array digital microphones

Sustainability

Ecolabels
EPEAT® Silver with Climate+[27]

Energy star certified
ENERGY STAR® certified

Sustainable impact specifications
Recycled metal in keyboard bracket;Keyboard keycaps, scissors and keyboard plate contain post-consumer recycled materials[40,41]

Design

Product color
Starlit blue cover and keyboard frame, iron gray base
Matte paint cover and keyboard frame finish, textured base

Software

HP apps
HP Support Assistant; HP Connection Optimizer; OMEN Gaming Hub

Software
1 month trial for new Microsoft 365 customers[24]

Service & support
McAfee Online Protection 30-day trial; 1-month Adobe free trial offer; Xbox Game Pass Premium 2-month trial [2,25]

Additional information

Part Number
P/N: DQ7N9EA #ABU
UPC/EAN code: 826581415701

Weight
1.4 kg;
Packed: 2 kg

Dimensions
31.45 x 22.6 x 1.48 cm;
Packed: 6.3 x 47.3 x 27.1 cm

Manufacturer Warranty
1 year (1/1/0) limited warranty includes 1 year of parts and labor. No on-site repair. Terms and conditions vary by country. Certain restrictions and exclusions apply.

Keyboard
Full-size, iron gray keyboard
HP Imagepad

Security management
Mic mute key; Camera privacy shutter; Trusted Platform Module (Firmware TPM) support

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Footnotes

Messaging Footnotes

[1] Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance. Features and software that require a NPU may require software purchase, subscription or enablement by a software or platform provider, and third-party software may have specific configuration or compatibility requirements. Potential NPU inferencing performance varies by use, configuration, software and other factors.
[2] Recycled plastic is expressed as a percentage of the total weight plastic. Post-consumer recycled is based on the definition set in the EPEAT standard for computers, IEEE 1680.1-2018 standard.
[3] Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows is automatically updated and enabled. High speed internet and Microsoft account required. ISP fees may apply and additional requirements may apply over time for updates. See http://www.windows.com.
[4] For more complete information on configurations and workloads, visit www.Intel.com/PerformanceIndex.
[5] The flicker-free capability eliminates screen flickering through integrating DC-dimming LED backlights.
[6] Subscription continues automatically at regular monthly price unless cancelled. Subject to https://www.xbox.com/legal/subscription-terms. Benefits vary by Xbox Game Pass plan. Game library varies over time, by region, device, and Xbox Game Pass plan. xbox.com/gamepass. In-game benefits vary by game, region, and over time. Game must be installed to access in-game benefits. For a list of cloud and non-cloud markets and supported regions, visit: xbox.com/regions. Terms apply, see xbox.com/gamepass for more. Excludes HP Chromebooks.
[7] ENERGY STAR and the ENERGY STAR logo are registered trademarks of the U.S. Environmental Protection Agency.
[8] Laptops manufactured with recycled metal material in product cover. Percentage of recycled metal varies by product.
[9] Keyboard components contain post-consumer recycled materials. Percentage of post consumer recycled contained in each component varies by product.
[10] Recharges your battery up to 50% within 45 minutes when the system is off using "shut down" command, using HP adapter provided with the notebook or recommended power adapter disclosed in specifications (see http://store.hp.com). After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/- 10% due to System tolerance. Available on select HP products.
[11] Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs. Wi-Fi 6 is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 80MHz and higher channels. Wi-Fi 6 (802.11ax) is not supported in Belarus where Wi-Fi settings will be optimized to local regulatory requirements (802.11ac). Bluetooth® 5.4 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.4 will function as Bluetooth® 5.3 or lower. Bluetooth® is a trademark owned by its proprietor and used by HP Inc. under license.
[12] Features may require software or other 3rd party applications to provide the described functionality.
[13] Actual throughput may vary. USB Type-C® and USB-C® are trademarks of USB Implementers Forum. Display measured diagonally

Technical Specifications Footnotes

[1] 100 GB of free Dropbox storage for 3 months from date of registration. For complete details and terms of use, including cancellation policies, visit the Dropbox website at https://www.dropbox.com/help/space/hp-promotion. Internet service required and not included.
[2] Internet access required and not included. McAfee is pre-installed on your PC and an account is required for activation. Subscription renewal required after trial period. VPN feature is not available in India, China, Syria or North Korea. McAfee is not compatible with Windows 11 in S mode. You'll need to permanently switch out of S mode. There's no charge to switch out of S mode, but you won't be able to turn it back on.
[5] Recharges your battery up to 50% within 45 minutes when the system is off using "shut down" command, using HP adapter provided with the notebook or recommended power adapter disclosed in specifications (see http://store.hp.com). After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/-10% due to System tolerance. Available on select HP products.
[6] Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance.
[7] Intel® Turbo Boost performance varies depending on hardware, software and overall system configuration. See http://www.intel.com/technology/turboboost/ for more information.
[12] Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs.Wi-Fi 6 is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 80MHz and higher channels. Wi-Fi 6 (802.11ax) is not supported in Belarus where Wi-Fi settings will be optimized to local regulatory requirements (802.11ac).
[17] All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower.
[18] Percent of active plus nonactive viewing area to active viewing area plus border. Measure with lid vertical to the desk. Calculated to the nearest whole percent may vary +/-0.5%.
[19] For best results with HP Sleep and Charge, use a USB charging protocol standard cable or cable adapter with an external device.
[23] Actual battery Watt-hours (Wh) will vary from design capacity. Battery capacity will naturally decrease with shelf life, time, usage, environment, temperature, system configuration, loaded apps, features, power management settings and other factors.
[24] Must activate within 180 days of Windows activation.
[25] Offer available worldwide (excluding China and embargoed countries or other countries identified as restricted by applicable law or regulation) to new and existing subscribers who are 18+. Click on the Adobe icon in the start menu to redeem a 1-month free trial membership for select Adobe software. The software is tied to the device and is not transferrable. If you would like to sign up for an auto-renewing subscription, you can provide your payment method at sign-up. By adding a payment method, your subscription will automatically renew at the then current rate on your renewal date until you cancel. If you cancel before the end of the one-month free trial, you won't be charged. You can cancel your subscription anytime via your Adobe Account page or by contacting Customer Support. Please see current prices for Adobe products available in this offer. Offer not available to Education, OEM, or volume licensing customers. Subject to availability where the recipient resides. Additional terms and conditions may apply. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.
[27] Based on U.S. EPEAT® registration according to IEEE 1680.1-2018 EPEAT®. EPEAT® status varies by country. Visit www.epeat.net for more information.
[29] FreeSync™ is only available when it is connected on Display Port or HDMI port. FreeSync is an AMD technology is enabled on FHD or QHD displays and is designed to eliminate stuttering and/or tearing in games and videos by locking a display's refresh rate to the frame rate of the graphics card. Monitor, AMD Radeon™ Graphics and/or AMD A-Series APU compliant with DisplayPort™ Adaptive-Sync required. AMD Catalyst™ 15.2 Beta (or newer) required. Adaptive refresh rates vary by display.
[37] Weight and system dimensions may fluctuate due to configuration and manufacturing variances.
[40] Laptops manufactured with recycled metal material in product cover. Percentage of recycled metal varies by product.
[41] Keyboard components contain post-consumer recycled plastic. Percentage of post consumer recycled contained in each component varies by product.
[46] Bluetooth® 5.4 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.4 will function as Bluetooth® 5.3 or lower.
[50] Copilot in Excel requires AutoSave to be enabled, meaning the file must be saved to OneDrive; it doesn't function with unsaved files. Copilot features in Outlook apply to accounts with @outlook.com, @hotmail.com, @live.com, or @msn.com email addresses and are available in Outlook.com, Outlook built into Windows, Outlook on Mac, and iOS and Android apps. AI features only available to Microsoft 365 Family subscription owner and cannot be shared; usage limits apply. Learn more Learn more Understanding AI credits - Microsoft Support . Microsoft Copilot features in Microsoft 365 are not available in China or Macao SAR.
[52] Front height measurement is near the front edge where the chassis bottom cover taper begins. Back height measurement is near the back edge where the chassis bottom cover taper ends, excluding transition area to rubber feet and hinge cap.
[53] The Flicker-free capability is eliminating screen flickering through integrating DC-dimming LED backlights or LED emissions. OLED panel is functional with DC-DIMMING when above 100nits.

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