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https://famerom.ir/rom-download/sony-rom/

When a software update is available, you receive a notification in the device's status bar. Tap the notification and follow the on-screen instructions to install the update. If needed, you will be asked to free up memory.

Install Xperia™ Companion on your computer and use it to browse, back up, and transfer content. You can also use it to update and repair your Xperia™ software.

https://forum.xda-developers.com/crossdevice-dev/sony/pc-xperifirm-xperia-firmware-downloader-t2834142