

Wireless Noise Canceling Stereo Headset
WF-1000XM4



Model: YY2948

Use this manual if you encounter any problems, or have any questions.

Update the software of the headset and “Sony | Headphones Connect” app to the latest version. For details, refer to the following:

<https://www.sony.net/elesupport/>

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[Specifications](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

What you can do with the Bluetooth function

The headset uses BLUETOOTH® wireless technology, allowing you to do the following.

Listening to music

You can receive audio signals from a smartphone or music player to enjoy music wirelessly.



Talking on the phone

You can make and receive calls hands-free, while leaving your smartphone or mobile phone in your bag or pocket.



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About the voice guidance

In the factory settings, when the headset is worn on your ears, you will hear the English voice guidance via the headset. You can change the language of the voice guidance and turn on/off the voice guidance using “Sony | Headphones Connect” app. For more details, refer to the “Sony | Headphones Connect” app help guide.

https://rd1.sony.net/help/mdr/hpc/h_zz/

You will hear voice guidance from the left and right units of the headset at the same time in the following situations.

- When entering pairing mode: “Bluetooth pairing”
- When establishing a Bluetooth connection: “Bluetooth connected”
- When disconnecting a Bluetooth connection: “Bluetooth disconnected”
- When turning on the noise canceling function: “Noise canceling”
- When turning on the Ambient Sound Mode: “Ambient sound”
- When turning off the noise canceling function and Ambient Sound Mode: “Off”
- When the Google Assistant is not available on the smartphone connected to the headset even if you operate the touch sensor on the headset unit to which the Google Assistant feature is assigned: “The Google Assistant is not connected”
- When the Google Assistant is not available during software update: “The Google assistant is not available during update. Please wait a moment until the update completes.”
- When Amazon Alexa is not available on the smartphone connected to the headset even if you operate the touch sensor on the headset unit to which the Amazon Alexa feature is assigned: “Either your mobile device isn’t connected; or you need to open the Alexa App and try again”

You will hear voice guidance from the left and right units of the headset in the following situations. When only one unit of the headset is worn on your ear, you will hear voice guidance from the headset unit you are wearing.

- When the headset is turned on: “Power on”
- When powering off with the “Sony | Headphones Connect” app: “Power off”
- When informing the remaining battery charge of the headset: “Battery about XX %” (The “XX” value indicates the approximate remaining charge. Use it as a rough estimate.) / “Battery fully charged”
- When the remaining battery charge of the headset is low: “Low battery, please recharge headset”
- When automatically turning off due to low battery of the headset: “Please recharge headset. Power off”

Note

- It takes about 20 minutes when you change the language of the voice guidance.
- When you initialize the headset to restore the factory settings after you change the language of the voice guidance, the language will also return to the factory setting.
- If the voice guidance is not heard after changing the voice guidance language or updating the software of the headset, set the headset into the charging case to turn it off, then remove the headset from the charging case to turn it on again.

Related Topic

- [Using only one unit of the headset](#)

Wireless Noise Canceling Stereo Headset
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Checking the package contents

After opening the package, check that all of the items in the list are included. If any items are missing, contact your dealer.

Numbers in () indicate the item amount.

Wireless Noise Canceling Stereo Headset

USB Type-C® cable (USB-A to USB-C®) (approx. 20 cm (7.88 in.)) (1)



Noise isolation earbud tips: EP-NI1000 S/EP-NI1000 M/EP-NI1000 L (2 each)

- M-sized earbud tips come attached to the left and right units of the headset at the time of purchase. The size of the earbud tips can be determined based on the color of the inside of the earbud tips.



S size: orange

M size: green

L size: light blue

Charging case (1)



Note

- Earbud tips are consumables. If the earbud tips are damaged and need replacing, contact your nearest Sony dealer or purchase the EP-NI1000 S/EP-NI1000 M/EP-NI1000 L (2 each) (*), sold separately.

* May not be supported in some countries or regions.

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Replacing the earbud tips

M-sized earbud tips come attached to the left and right units of the headset at the time of purchase.

If the size of the earbud tips does not match the size of your ear canals or the headset is not properly worn on your ears, tap operations or the speech detection of Speak-to-Chat may not be successful, or you may not obtain proper sound qualities, noise canceling effects, or call performances.

If any of this is the case, try the following.

- Change the earbud tips to ones that fit more snugly in your ears. When changing the earbud tips, try the earbud tip sizes in order from the larger ones to the smaller ones. The size of the left and right earbud tips may be different. The “Sony | Headphones Connect” app will help you to determine which earbud tips are most suitable for you to achieve the optimal noise cancellation effect.
- Check if the headset is properly worn on your ears. Wear the headset so that the earbud tip is comfortably situated as deep in the ear canal as possible.

Noise isolation earbud tips

The size of the earbud tips can be determined based on the color of the inside of the earbud tips.

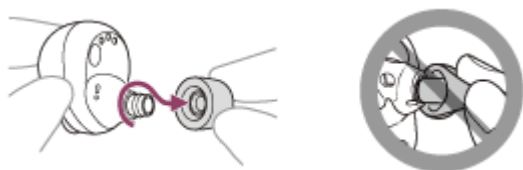


S size: orange

M size: green

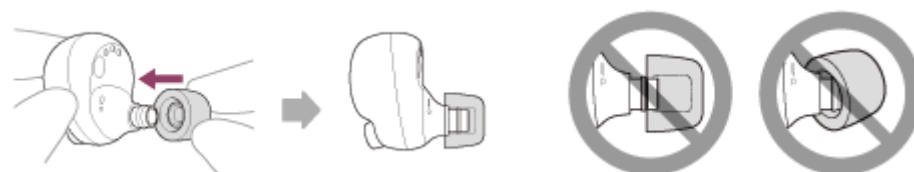
L size: light blue

1 Remove the earbud tip.



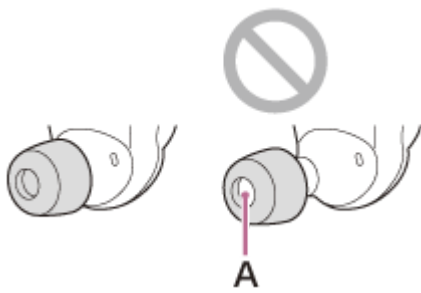
- Do not pinch the end of the earbud tip when removing it.

2 Attach the earbud tip.



- Firmly insert the earbud tip all the way. Do not attach the earbud tip in a loose or skewed manner.

3 Be sure to confirm that the stem color (orange, green or light blue) of the earbud tip cannot be seen.



A: Stem

Note

- As the earbud tips fit more snugly in your ears, you may feel a strain to your ears. If you experience discomfort, discontinue use.
- Do not pull on the polyurethane foam portion of the earbud tip. If it is separated from the earbud tip, it will not function.
- Do not subject the polyurethane foam portion of the earbud tip to pressure for over long periods of time. It may cause deformation and it may be difficult to return the earbud tip to the original shape.
- When the earbud tips become dirty, do not wash them in water, but wipe off the dirt using a dry cloth. Do not use alcohol, etc. Doing so may quicken the deterioration.
- When the earbud tips get soaked, drain the liquid well, and make sure that the earbud tips are dried before use or storage.
- The foam materials used in the earbud tips deteriorate through long-term use and storage. Replace the earbud tips if the deterioration results in reduced performance.
- The varying sizes of the holes on the polyurethane foam portion of the earbud tip have no effect on the sound quality.
- You may hear a cracking noise in your ears when wearing the headset, but this is not a malfunction.
- The foam materials may become firm at a low temperature. Warm the earbud tips a little with your hands before use.
- When the environmental temperature or usage temperature is high, the polyurethane foam may take time to return to its original shape.
- If you feel that the bass sound has become insufficient (or that the sound quality has deteriorated), exchange the earbud tips with new ones.

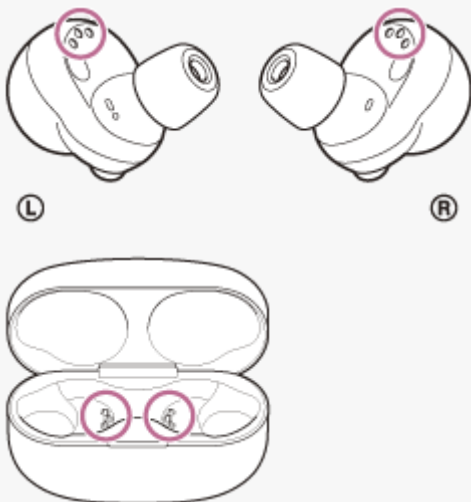
When you have finished using the headset

When you have finished using the headset, be sure to keep the headset in the charging case. Close the lid of the charging case.



Note

- If perspiration or water is left on the charging port, it may impair the ability to charge the headset. Immediately wipe off any perspiration or water on the charging port after use. When the charging ports of the headset or charging case get dirty, wipe them clean with a soft dry cloth.

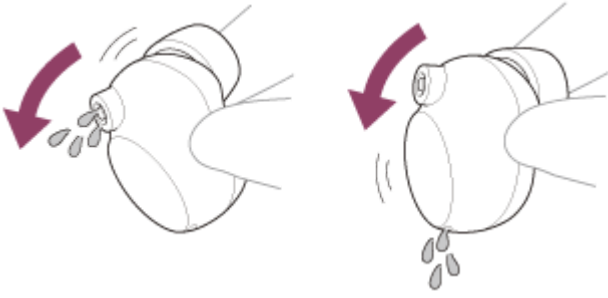


When the headset gets wet

1. Use a soft dry cloth to wipe off any water that gets on the headset.
2. Remove the earbud tips, position the sound conduits and the air holes downward, and shake several times to get the water out.



3. Turn the microphone holes (in 2 locations) downward and gently tap them about 5 times on a dry cloth, etc. to remove any water collected inside.

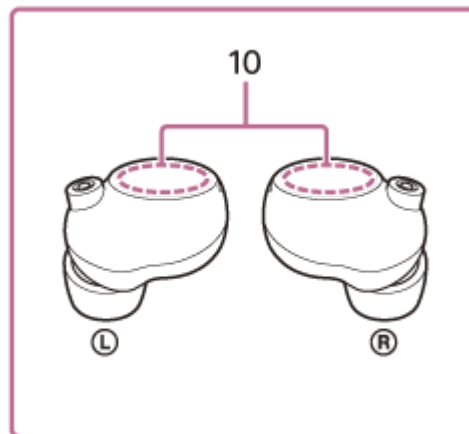
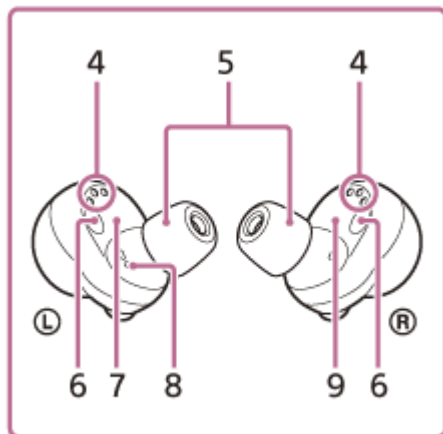
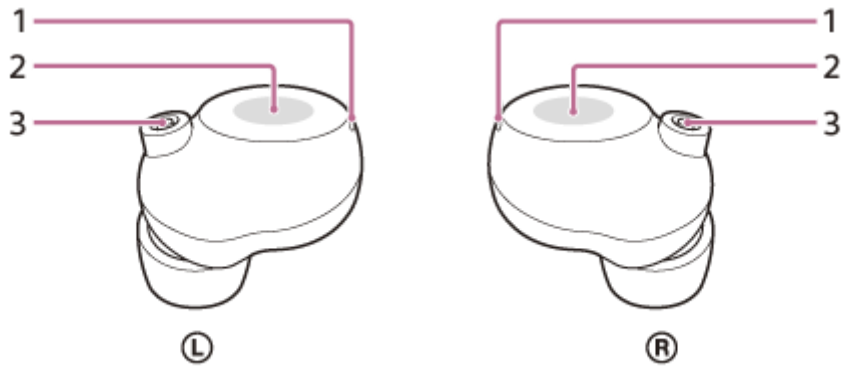


4. After completing these steps, leave the headset to dry in room temperature.

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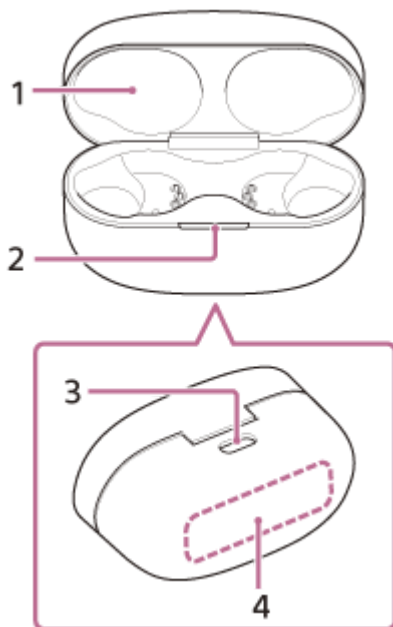
Location and function of parts

Headset



1. Microphones (left, right)
2. Touch sensors (left, right)
3. Microphones (left, right)
4. Charging ports (left, right)
5. Earbud tips (left, right)
6. IR sensors
7. (L) (left) mark
8. Tactile dot
There is a tactile dot on the left unit.
9. (R) (right) mark
10. Built-in antennas (left, right)
A Bluetooth antenna is built into each left or right unit of the headset.

Charging case



1. Lid
2. Indicator
Shows the charging state.
3. USB Type-C port
Using the supplied USB Type-C cable, connect the charging case to a computer or to an AC outlet via a commercially available USB AC adaptor to simultaneously charge both the headset and the charging case.
4. Contact surface for the Qi charging

Related Topic

- [About the indicator](#)
- [Checking the remaining battery charge](#)

Wireless Noise Canceling Stereo Headset
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About the indicator

You can check various statuses of the headset/charging case by the indicator of the charging case.

● : Turns on in green / ● : Turns on in orange / ● : Turns on in red / -: Turns off



Indication of the remaining battery charge

When both the left and right units of the headset are stored in the charging case: Displays the remaining battery charge of the headset unit with less remaining battery charge between the left and right units of the headset.



When either the left or right unit of the headset is stored in the charging case: Displays the remaining battery charge of the headset stored in the charging case.

When both headset units are removed from the charging case: Displays the remaining battery charge of the charging case.

When the lid of the charging case is opened or closed, or when the USB Type-C cable is removed after charging is complete, the indicator lights up as follows depending on the remaining battery charge.





- When the headset is stored in the charging case and the battery of the headset is fully charged / When the headset is not stored in the charging case and the battery of the charging case is fully charged
 (lights up in green for about 6 seconds)
- When the headset is stored in the charging case and the remaining battery charge of the headset is 94% or less / When the headset is not stored in the charging case and the remaining battery charge of the charging case is 30% or less
 (lights up in orange for about 6 seconds)

When the headset is removed from the charging case, or when the headset is stored in the charging case, the indicator lights up as follows depending on the remaining battery charge.

- When the headset is stored in the charging case and the battery of the headset is fully charged / When the headset is not stored in the charging case and the battery of the charging case is fully charged
 (lights up in green for about 3 seconds)
- When the headset is stored in the charging case and the remaining battery charge of the headset is 94% or less / When the headset is not stored in the charging case and the remaining battery charge of the charging case is 30% or less
 (lights up in orange for about 3 seconds)



Charging

You can check the charging state.

- While charging the headset / While charging the charging case
 (lights up in orange)
- When the battery is fully charged when charging starts on the headset/charging case
 - - - (lights up in orange for about 1 minute, and then turns off)
- When the battery becomes fully charged and charging is complete
- - - - - (Turns off)
- During wireless charging, when charging is switched to charging from a wall outlet using a USB Type-C cable / when the lid of the charging case is opened or closed / when the headset is set to or removed from the charging case
 - - -  (turns off for about 0.3 seconds, and then lights up in orange)
- Abnormal temperature
● ● - - ● ● - - (repeatedly flashes twice in red)

- Abnormal charging
 -- (repeatedly flashes slowly in red)

Other

- Resetting completed
 (flashes 4 times in green)
For details, see [“Resetting the headset”](#).
- Initialization completed
 (flashes 4 times in green)
For details, see [“Initializing the headset to restore factory settings”](#).

Hint

- When the headset is worn, you can check various statuses of the headset by the voice guidance.

Related Topic

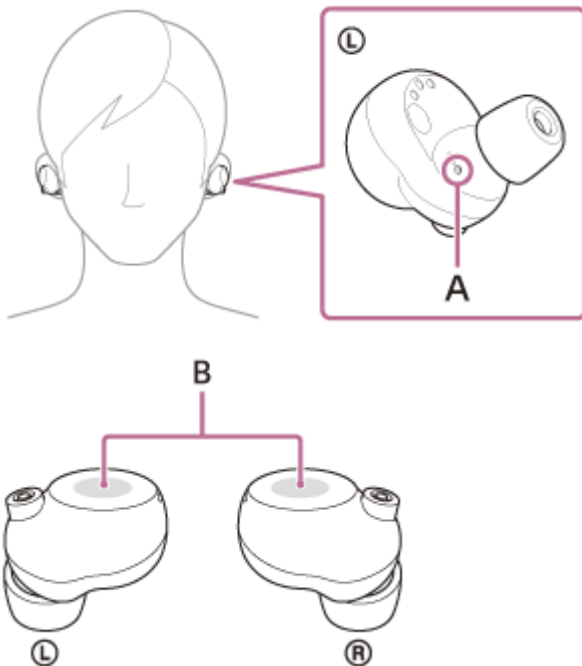
- [Charging](#)
- [Checking the remaining battery charge](#)
- [What you can do with the “Sony | Headphones Connect” app](#)
- [Resetting the headset](#)
- [About the voice guidance](#)
- [Initializing the headset to restore factory settings](#)

Wearing the headset

1 Put the headset units into both ears.

Put the headset unit with the Ⓐ (left) mark into your left ear and the headset unit with the Ⓑ (right) mark into your right ear. The left unit has a tactile dot.

Be careful not to come in contact with the touch sensor when you wear the headset on your ears.



A: Tactile dot
B: Touch sensors (left, right)

2 Adjust the fit of the headset to your ears.

Twist the headset unit to fit it snugly into the ear canal, and adjust the positioning of the headset unit until it fits comfortably.



3 Wait for about 10 seconds for the earbud tip shape to stabilize.

Hint

- If you feel earbud tips are difficult to put into your ears, change the size of earbud tips or squeeze earbud tips lightly before wearing the headset.

For the proper sound quality, noise canceling function, and call sound quality to be effective

If the size of the earbud tips does not match the size of your ear canals or the headset is not properly worn on your ears, tap operations or the speech detection of Speak-to-Chat may not be successful, or you may not obtain proper sound qualities, noise canceling effects, or call performances.

If any of this is the case, try the following.

- Change the earbud tips to ones that fit more snugly in your ears. When changing the earbud tips, try the earbud tip sizes in order from the larger ones to the smaller ones. The size of the left and right earbud tips may be different. The “Sony | Headphones Connect” app will help you to determine which earbud tips are most suitable for you to achieve the optimal noise cancellation effect.
- Referring to step 2, check if the headset is properly worn on your ears. Wear the headset so that the earbud tip is comfortably situated as deep in the ear canal as possible.

When attaching and removing the headset

In the factory settings, the built-in IR sensors detect when the headset is attached to or removed from your ears, enabling the headset to pause or resume music playback, as well as control the touch sensors and voice guidance.

When the headset is worn

- You can use the touch sensors to play music, make and receive calls, etc.
- You will hear a voice guidance corresponding to the operation and status.

When the headset is removed

- When you listen to music while wearing both headset units in your ears, the headset will pause music playback if one or both headset units are removed. When the headset is worn again, the headset resumes music playback.
- When the headset is not worn on your ears for about 15 minutes after being removed from the charging case, the headset turns off automatically to save the battery. Turn the headset on by tapping the touch sensor or by putting on the headset into your ears.
- In order to prevent the headset from reacting incorrectly, music playback, making and receiving calls, and other operations cannot be performed when not wearing the headset in your ears, even if you tap the touch sensor.

Hint

- You can also play music, make and receive calls, etc. when only one unit of the headset is worn on your ear.
- By using the “Sony | Headphones Connect” app, you can change the setting of automatically pausing and resuming the music playback, or automatically turning off the headset.

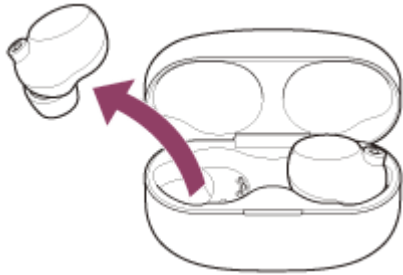
Related Topic

- [Replacing the earbud tips](#)
- [Using only one unit of the headset](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

Wireless Noise Canceling Stereo Headset
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Using only one unit of the headset

You can remove one unit of the headset from the charging case and use the unit by itself. In this case, only the unit that has been removed from the charging case will turn on.



When you put on the other unit of the headset

The connection between the left and right units is established automatically, and you will hear the music or other audio on both units of the headset.

Assigning functions to the touch sensors

Depending on the headset unit you are wearing, some functions may not be available in the factory settings. In this case, you can change the function assignments to the touch sensors using the “Sony | Headphones Connect” app.

Note

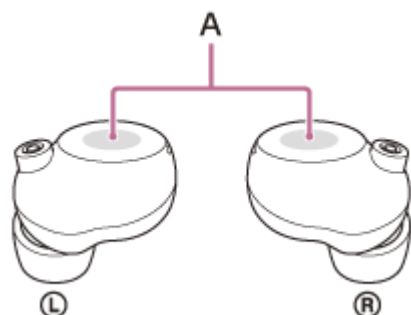
- When you play music or other stereo audio while wearing only one unit, you will hear monaural sound with the left and right channels mixed.
- The Google Assistant or Amazon Alexa feature can be assigned to the headset unit for which the touch sensor has the music playback function assigned. When you want to use the Google Assistant or Amazon Alexa feature on either unit of the headset, assign the music playback function to the headset unit you want to use, and then assign the Google Assistant or the Amazon Alexa feature.
On the headset unit to which the music playback function is not assigned, the Google Assistant or Amazon Alexa feature cannot be used.
You can change the function assignments to the touch sensors of both the left and right units using the “Sony | Headphones Connect” app.

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)

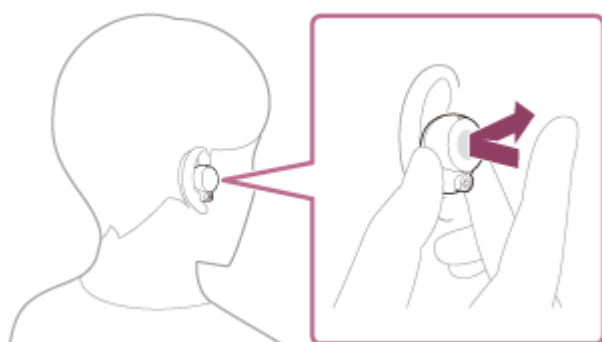
About the touch sensor

Tap the touch sensor for various operations, such as music playback, phone calls, or changing the setting of the noise canceling function.



A: Touch sensors (left, right)

To operate the touch sensor, hold the headset between your thumb and middle finger, then tap the touch sensor with your forefinger.



Some available operations

	Left	Right
Tap	To switch the noise canceling function and Ambient Sound Mode	To play or pause music
Tap twice	To receive or end a call	To skip to the beginning of the next track To receive or end a call
Tap 3 times	-	To skip to the beginning of the previous track (or the current track during playback)
Hold your finger to the touch sensor	To activate the Quick Attention Mode	To use or cancel the voice assist function (Siri/Google app) To change the call device
Hold your fingers to the touch sensors on both the left and right units for about 5 seconds	To enter the device registration (pairing) mode	To enter the device registration (pairing) mode

Hint

- When tapping the touch sensor 2 or 3 times, tap it quickly with an interval of about 0.3 seconds between taps.
- You can change the function assignments to the touch sensors of both the left and right units using the “Sony | Headphones Connect” app. For example, the music playback function that is assigned to the touch sensor of the right unit in the factory settings can be changed to the touch sensor of the left unit.
You can also change the settings that do not assign the music playback function, noise canceling function, Ambient Sound Mode and playback volume adjustment function, etc. In this case, you can pair the device, reset the headset and initialize the headset.

Note

- You cannot operate the touch sensors when not wearing the headset. If you disable the wearing detection automatic power off function on the “Sony | Headphones Connect” app, the touch sensors can be operated even when the headset is not worn.
- When you make initial settings for the Google Assistant on your smartphone, the function assignments to the touch sensors may change automatically.
Check the function assignments to the touch sensors with the “Sony | Headphones Connect” app.
- When you make initial settings for Amazon Alexa on your smartphone, the function assignments to the touch sensors may change automatically.
Check the function assignments to the touch sensors with the “Sony | Headphones Connect” app.

Related Topic

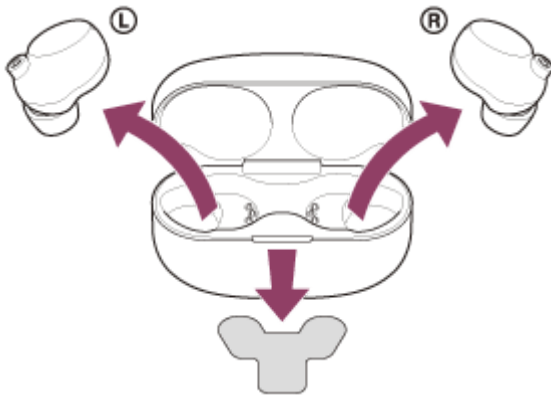
- [What you can do with the “Sony | Headphones Connect” app](#)

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Charging

The headset and the charging case contain built-in lithium-ion rechargeable batteries. Use the supplied USB Type-C cable to charge the headset before use.

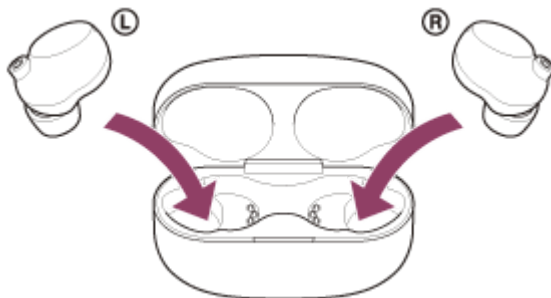
- 1 Remove the headset and pull the insulating sheet out of the charging case.**



Dispose of the removed insulating sheet.

- 2 Set the headset into the charging case.**

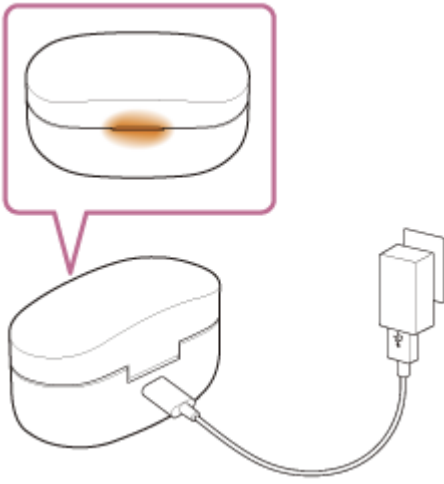
Put the left unit of the headset (the unit with the tactile dot) back into the left hole of the charging case, and put the right unit of the headset back into the right hole of the charging case. Each unit of the headset will be set to the correct position in the charging case by the built-in magnet.



Close the lid of the charging case after setting the headset into the charging case.

- 3 Connect the charging case to an AC outlet.**

Use the supplied USB Type-C cable and a commercially available USB AC adaptor.



The indicator (orange) on the charging case lights up, and charging starts on the headset and the charging case. When charging of the headset and the charging case is complete, the indicator (orange) on the charging case turns off automatically. Remove the USB Type-C cable.

About the charging time

The required time for fully charging the headset and the charging case is about 3 hours (*).

* Time required for charging the empty battery to its full capacity. It may differ depending on the conditions of use.

Charging the headset when you are outside

A rechargeable battery is built into the charging case. If you charge the charging case in advance, you can use it to charge the headset when you go out without a power supply.

The required time for fully charging the left and right units of the headset is about 1.5 hours.

Notes on charging the headset when you are outside

When the headset is removed from the charging case, if the indicator (orange) on the charging case lights up, the remaining battery charge of the charging case is low. If the indicator does not light up, the battery charge of the charging case is empty. Charge the charging case.

System requirements for battery charge using USB

USB AC adaptor

A commercially available USB AC adaptor capable of supplying an output current of 0.5 A (500 mA) or more

Personal computer

Personal computer with a standard USB port

- We do not guarantee operation on all computers.
- Operations using a custom-built or homebuilt computer are not guaranteed.

Wireless charging

Wireless charging is available using a commercially available wireless charging pad that meets the Qi standard.

Close the lid of the charging case and place it on the wireless charging pad with the SONY logo of the charging case facing upward to charge.

When charging, refer to the operating instructions supplied with the wireless charging pad.

Hint

- The headset can be also charged by connecting the charging case to a running computer using the supplied USB Type-C cable.
- When you put the headset units into your ears, the voice guidance indicating the remaining battery charge can be heard. The remaining battery charge indicated by the voice guidance may differ from the actual remaining charge in some cases. Please use it as a rough estimate.

Note

- Charging may not be successful with cables other than the supplied USB Type-C cable.
- Charging may not be successful depending on the type of USB AC adaptor.
- Depending on the settings of various functions and the conditions of use, the speed of the battery consumption may vary between the left and right units.
As a result, the charging time of the batteries may differ between the left and right units, but this is not a malfunction.
- The headset cannot be charged when the computer goes into standby (sleep) or hibernation mode. In this case, change the computer settings, and start charging once again.
- If the headset is not used for a long time, the rechargeable battery usage hours may be reduced. However, the battery life will improve after a few recharges. If you store the headset for a long time, charge the battery once every 6 months to avoid over-discharge.
- If the headset is not used for a long time, it may take longer to charge the battery.
- Be sure to close the lid of the charging case to prevent the battery of the charging case from being consumed.
- If there is a problem with the rechargeable battery of the headset or the charging case and something unusual is detected during charging, the indicator (red) of the charging case flashes. When charging wirelessly, charging may slow down or stop at high or low temperatures depending on the wireless charging pad used.
It is recommended to charge in a place with an ambient temperature between 15 °C and 35 °C (59 °F - 95 °F). Efficient charging may not be possible beyond this range.
If the problem persists, consult your nearest Sony dealer.
- If the headset is not used for a long time, the indicator (orange) on the charging case may not immediately light up when charging. Please wait a moment until the indicator (orange) lights up.
- If the usage hours of the built-in rechargeable battery decrease significantly, the battery should be replaced. Consult your nearest Sony dealer to replace the rechargeable battery.
- Avoid exposure to extreme temperature changes, direct sunlight, moisture, sand, dust, and electrical shock. Never leave the headset in a parked vehicle.
- When connecting the charging case to a computer, use only the supplied USB Type-C cable, and be sure to directly connect them. Charging will not be properly completed when the charging case is connected through a USB hub.
- Do not attach metallic objects (such as stickers made from material containing metal) on the wireless charging pad or the charging case. Doing so may cause fires, burns, or injuries.
- When using the wireless charging pad, do not place metallic objects (such as straps or clips made from material containing metal) on the wireless charging pad. Doing so may cause fires, burns, or injuries.
- When charging with the wireless charging pad, remove the parts such as covers attached to the charging case. Depending on the material or thickness of the cover, or due to foreign objects caught between the charging case and the cover, charging may not be performed properly, resulting in fires, burns, or injuries.
- When you have medical electric devices such as pacemakers or defibrillators implanted, consult your doctor before using the wireless charging pad. Radio waves may affect the operations of the medical electric devices.
- Do not bring IC cards, magnetic cards, or magnetized objects close to the wireless charging pad. Doing so may cause IC cards to malfunction. Magnetic data may be erased from cash cards, credit cards, telephone cards, or floppy disks. When strong magnetism is brought close by, it may cause the wireless charging pad to malfunction.
- When charging wirelessly, charging may slow down or stop if the charging case becomes misaligned with the wireless charging pad.
- When charging wirelessly, charging may slow down or stop at high or low temperatures depending on the wireless charging pad used.
- Depending on the wireless charging pad you are using, the headset and the charging case may become warm during charging or for a while after charging, but this is not a malfunction.
- Do not charge the headset wirelessly in the following locations.
 - Where the headset is subject to high levels of humidity, dust or vibration, or near telephones, TVs, radios, etc.
- Do not use the wireless charging pad when it is covered by a blanket, etc.
- When noise is heard from the TV or radio while the headset is under wireless charging, charge the headset at a location away from the TV or radio.

- When charging wirelessly, if there are other devices compatible with wireless charging nearby, move the devices 30 cm (11.81 in.) or more away from the wireless charging pad. The charging case may not be detected correctly, and charging may not be performed.

Related Topic

- [About the indicator](#)
- [About the voice guidance](#)
- [Checking the remaining battery charge](#)

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Available operating time

The available operating times of the headset with the battery fully charged are as follows:

Bluetooth connection

Music playback time

Codec	DSEE Extreme™	Noise canceling function/Ambient Sound Mode	Available operating time
LDAC™	AUTO	Noise canceling function: ON	Max. 3.5 hours
LDAC	AUTO	Ambient Sound Mode: ON	Max. 3.5 hours
LDAC	AUTO	OFF	Max. 4 hours
LDAC	OFF	Noise canceling function: ON	Max. 5 hours
LDAC	OFF	Ambient Sound Mode: ON	Max. 4.5 hours
LDAC	OFF	OFF	Max. 6 hours
AAC	AUTO	Noise canceling function: ON	Max. 6 hours
AAC	AUTO	Ambient Sound Mode: ON	Max. 6 hours
AAC	AUTO	OFF	Max. 8 hours
AAC	OFF	Noise canceling function: ON	Max. 8 hours
AAC	OFF	Ambient Sound Mode: ON	Max. 8 hours
AAC	OFF	OFF	Max. 12 hours
SBC	AUTO	Noise canceling function: ON	Max. 5.5 hours
SBC	AUTO	Ambient Sound Mode: ON	Max. 5.5 hours
SBC	AUTO	OFF	Max. 7 hours
SBC	OFF	Noise canceling function: ON	Max. 7.5 hours
SBC	OFF	Ambient Sound Mode: ON	Max. 7 hours
SBC	OFF	OFF	Max. 11 hours

- About 1 hour of music playback is possible after 5 minutes charging.
- If you set the following functions, the available operating time of the battery may become shorter than the ones described above.
 - Automatic wind noise reduction
 - Speak-to-Chat
 - Equalizer
 - Function to launch the voice assistant by your voice (wake word)

Communication time

Noise canceling function/Ambient Sound Mode	Available operating time
---	--------------------------

Noise canceling function/Ambient Sound Mode	Available operating time
Noise canceling function: ON	Max. 5.5 hours
Ambient Sound Mode: ON	Max. 5 hours
OFF	Max. 6 hours

Hint

- By using the “Sony | Headphones Connect” app, you can check which codec is used for a connection or switch the DSEE Extreme function.

Note

- Usage hours may be different depending on the settings and conditions of use.
- Depending on the settings of various functions and the conditions of use, the speed of the battery consumption may vary between the left and right units, but this is not a malfunction.

Related Topic

- [Supported codecs](#)
- [About the DSEE Extreme function](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

Checking the remaining battery charge

You can check the remaining battery charge of the rechargeable batteries of the headset and the charging case.

When you put on the headset

When you remove the headset from the charging case and put the headset units into both ears, the voice guidance indicating the remaining battery charge of the headset can be heard via the left and right units of the headset respectively.

“Battery about XX %” (The “XX” value indicates the approximate remaining charge.)

“Battery fully charged”

The remaining battery charge indicated by the voice guidance may differ from the actual remaining charge in some cases. Please use it as a rough estimate.

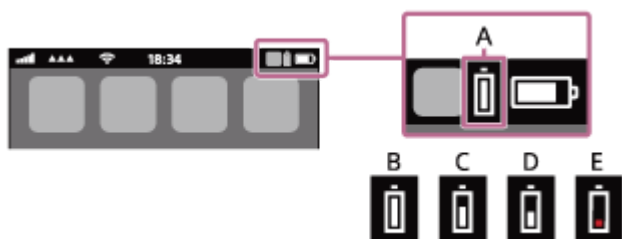
When the remaining charge becomes low

If a warning beep sounds and the voice guidance says, “Low battery, please recharge headset”, charge the headset as soon as possible.

When the battery becomes completely empty, a warning beep sounds, the voice guidance says, “Please recharge headset. Power off”, and the headset automatically turns off.

When you are using iPhone or iPod touch

When the headset is connected to an iPhone or iPod touch over an HFP Bluetooth connection, it will show an icon that indicates the remaining battery charge of the headset on the screen of the iPhone or iPod touch.



A: Remaining battery charge of the headset

The approximate remaining charge is shown at 10 different levels. B through E are display examples.

B: 100%

C: 70%

D: 50%

E: 10% or lower (requires charging)

The remaining battery charge of the headset is also displayed on the widget of an iPhone or iPod touch running iOS 11 or later. For more details, refer to the operating instructions supplied with the iPhone or iPod touch.

The remaining charge which is displayed may differ from the actual remaining charge in some cases. Please use it as a rough estimate.

When you are using an Android™ smartphone (OS 8.1 or later)

When the headset is connected to an Android smartphone via HFP Bluetooth connection, select [Settings] - [Device connection] - [Bluetooth] to display the remaining battery charge of the headset where the paired Bluetooth device is displayed on the smartphone's screen. It is displayed in 10 different levels such as “100%”, “70%”, “50%”, or “10%”. For details, refer to the operating instructions of the Android smartphone.

The remaining charge which is displayed may differ from the actual remaining charge in some cases. Please use it as a rough estimate.

Checking the remaining battery charge of the charging case

- When the headset is removed from the charging case or the lid of the charging case is opened or closed when the charging case is empty, if the indicator (orange) on the charging case lights up, the remaining battery charge of the charging case is approximately at 30% to 1%. The charging case cannot sufficiently charge the headset with this level of remaining battery charge.
- When the headset is removed from the charging case or the lid of the charging case is opened or closed when the charging case is empty, if the indicator on the charging case does not light up, the remaining battery charge of the charging case is at 0%. The headset cannot be charged with the charging case in this case.

Hint

- You can also check the remaining battery charge of the headset and the charging case with the “Sony | Headphones Connect” app. Android smartphones and iPhone/iPod touch both support this app.

Note

- The remaining battery charge may not be properly displayed immediately after a software update or if the headset has not been used for a long time. In this case, repeatedly charge and discharge the battery multiple times to properly display the remaining battery charge.

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)
- [About the indicator](#)

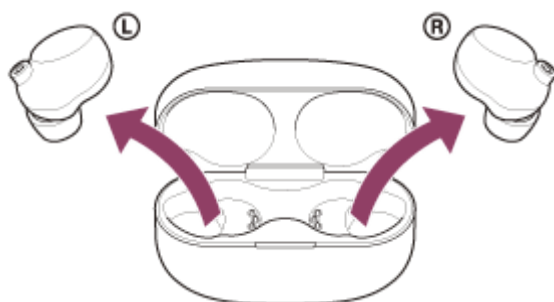
Turning on the headset

When the headset is set into the charging case

1 Remove the headset from the charging case.

The headset turns on automatically.

When you remove only one unit from the charging case, only the removed unit turns on.



When you put the headset units into your ears, the voice guidance indicating the remaining battery charge can be heard.

When the headset is not set into the charging case

When the headset is not worn on your ears for about 15 minutes after being removed from the charging case, the headset turns off automatically. In this case, turn the headset on by tapping the touch sensor of the headset or by putting the headset into your ears. The headset will also turn on when it is set into the charging case and then removed from the charging case.

By using the “Sony | Headphones Connect” app, you can change the setting of the headset so that it will not be turned off automatically.

When the headset is turned on

In the factory settings, the noise canceling function is turned on automatically. If the noise canceling settings were changed when the headset was used last, the settings are retained. When both headset units are removed from the charging case, the connection is established between the left and right units.

The headset goes into Bluetooth pairing mode when turning on the headset for the first time after purchase or just after initializing the headset.

Related Topic

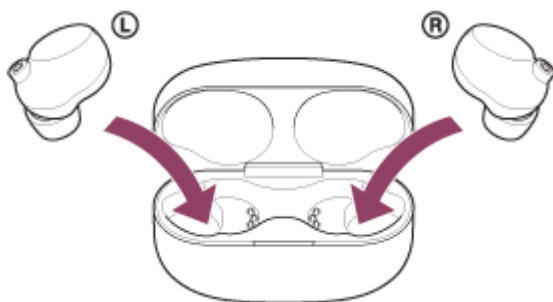
- [Using only one unit of the headset](#)
- [Turning off the headset](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

Turning off the headset

1 Set the headset into the charging case.

Put the left unit of the headset (the unit with the tactile dot) back into the left hole of the charging case, and put the right unit of the headset back into the right hole of the charging case. Each unit of the headset will be set to the correct position in the charging case by the built-in magnet.

When the headset is set into the charging case, the headset will turn off automatically. When the remaining battery charge of the charging case is sufficient, the indicator (orange) on the charging case will light up and the charging of the headset will start.



When the headset is left removed

When the headset is not worn on your ears for about 15 minutes after being removed from the charging case, the headset turns off automatically.

To turn off the power before the headset turns off automatically, place the headset into the charging case.

Hint

- You can also turn off the headset with the “Sony | Headphones Connect” app.

Note

- When the remaining battery charge of the charging case is not sufficient, the charging of the headset will not start. Charge the charging case.

Related Topic

- [Charging](#)
- [Turning on the headset](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

How to make a wireless connection to Bluetooth devices

You can enjoy music and hands-free calling with the headset wirelessly by using your Bluetooth device's Bluetooth function.

Device registration (pairing)

To use the Bluetooth function, both of the connecting devices must be registered in advance. The operation to register a device is called "device registration (pairing)".

Pair the headset and the device manually.

Connecting to a paired device

Once a device and the headset are paired, there is no need to pair them again. Connect to devices already paired with the headset using the methods necessary for each device.

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Connecting with the “Sony | Headphones Connect” app

Launch the “Sony | Headphones Connect” app on your Android smartphone/iPhone to connect the headset to a smartphone or iPhone. For more details, refer to the “Sony | Headphones Connect” app help guide.

https://rd1.sony.net/help/mdr/hpc/h_zz/



Sony Headphones Connect

Note

- The connection with some smartphones and iPhone devices may become unstable when connecting using the “Sony | Headphones Connect” app. In that case, follow the procedures in “[Connecting to a paired Android smartphone](#)”, or “[Connecting to a paired iPhone](#)” to connect to the headset.

Related Topic

- [Connecting to a paired Android smartphone](#)
- [Connecting to a paired iPhone](#)
- [What you can do with the “Sony | Headphones Connect” app](#)
- [Installing the “Sony | Headphones Connect” app](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

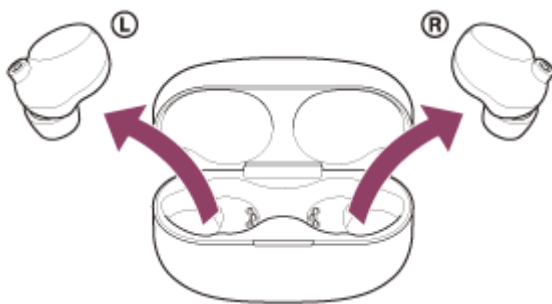
Pairing and connecting with an Android smartphone

The operation to register the device that you wish to connect to is called “pairing”. First, pair a device to use it with the headset for the first time.

Before starting the operation, make sure of the following:

- The Android smartphone is placed within 1 m (3 feet) of the headset.
- The headset is charged sufficiently.
- The operating instructions of the Android smartphone is in hand.

1 Remove both units of the headset from the charging case.



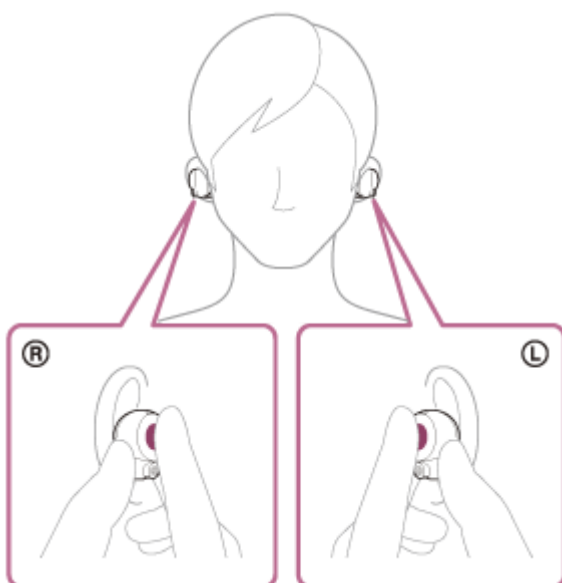
The headset turns on automatically.

2 Enter pairing mode on this headset.

When you pair the headset with a device for the first time after purchase or after initializing the headset (if the headset has no pairing information), the headset enters pairing mode automatically if you remove the headset from the charging case. In this case, put the headset units into both ears and proceed to step 3.

When you pair a second or subsequent device (if the headset has pairing information for other devices), put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units for about 5 seconds.

When the touch sensors have been operated correctly, a beep will sound.



You will hear the voice guidance say, “Bluetooth pairing”, from both headset units.

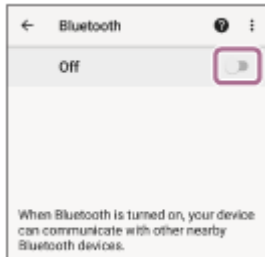
3 Unlock the screen of the Android smartphone if it is locked.

4 Find the headset on the Android smartphone.

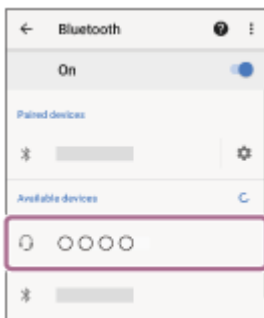
1. Select [Settings] - [Device connection] - [Bluetooth].



2. Touch the switch to turn on the Bluetooth function.



5 Touch [WF-1000XM4].



If Passkey (*) input is required, input "0000".

The headset and smartphone are paired and connected with each other.

You will hear the voice guidance say, "Bluetooth connected", from both headset units.

If they are not connected, see "[Connecting to a paired Android smartphone](#)".

If [WF-1000XM4] does not appear on the Android smartphone screen, try again from the beginning of step 4.

* A Passkey may be called "Passcode", "PIN code", "PIN number", or "Password".

About the instruction manual video

Watch the video to find out how to register a device (pairing) for the first time.

https://rd1.sony.net/help/mdr/mov0022/h_zz/

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the Android smartphone.
- To delete all Bluetooth pairing information, see "[Initializing the headset to restore factory settings](#)".

Note

- If pairing is not established within 5 minutes, pairing mode is canceled. In this case, set the headset into the charging case, and start the operation again from step 1.

- Once Bluetooth devices are paired, there is no need to pair them again, except in the following cases:
 - Pairing information has been deleted after repair, etc.
 - When a 9th device is paired.
The headset can be paired with up to 8 devices. If a new device is paired after 8 devices are already paired, the registration information of the paired device with the oldest connection date is overwritten with the information for the new device.
 - When the pairing information for the headset has been deleted from the Bluetooth device.
 - When the headset is initialized.
All of the pairing information is deleted. In this case, delete the pairing information for the headset from the connected device and then pair them again.

- The headset can be paired with multiple devices, but can only play music from 1 paired device at a time.

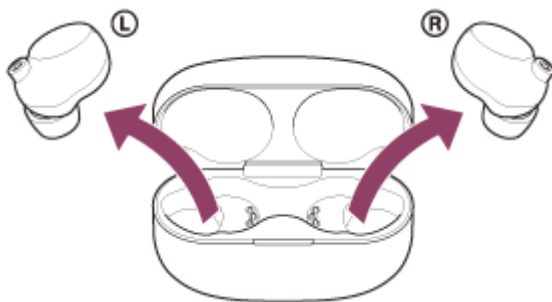
Related Topic

- [Wearing the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Connecting to a paired Android smartphone](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Initializing the headset to restore factory settings](#)

Connecting to a paired Android smartphone

1 Unlock the screen of the Android smartphone if it is locked.

2 Remove the headset from the charging case.



The headset turns on automatically.

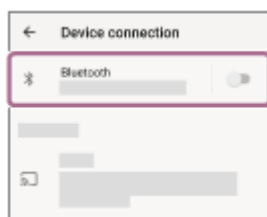
3 Put the headset units into both ears.

If the headset has automatically connected to the last connected device, you will hear the voice guidance say, "Bluetooth connected", from both headset units.

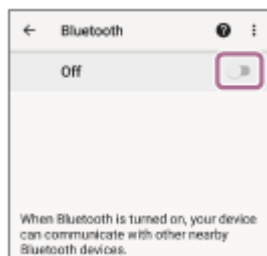
Check the connection status on the Android smartphone. If it is not connected, proceed to step 4.

4 Display the devices paired with the Android smartphone.

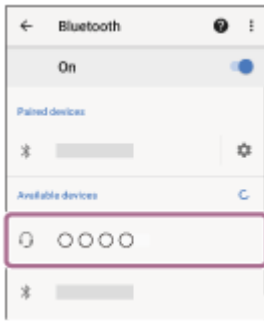
1. Select [Settings] - [Device connection] - [Bluetooth].



2. Touch the switch to turn on the Bluetooth function.



5 Touch [WF-1000XM4].



You will hear the voice guidance say, “Bluetooth connected”, from both headset units.

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the Android smartphone.

Note

- If the last-connected Bluetooth device is placed near the headset, the headset may connect automatically to the device by simply turning on the headset. In that case, deactivate the Bluetooth function on the last-connected device or turn off the power.
- If you cannot connect your smartphone to the headset, delete the headset pairing information on your smartphone and perform the pairing again. As for the operations on your smartphone, refer to the operating instructions supplied with the smartphone.

Related Topic

- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with an Android smartphone](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)

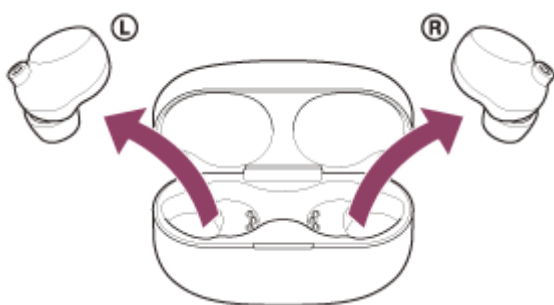
Pairing and connecting with an iPhone

The operation to register the device that you wish to connect to is called “pairing”. First, pair a device to use it with the headset for the first time.

Before starting the operation, make sure of the following:

- The iPhone is placed within 1 m (3 feet) of the headset.
- The headset is charged sufficiently.
- The operating instructions of the iPhone is in hand.

1 Remove both units of the headset from the charging case.



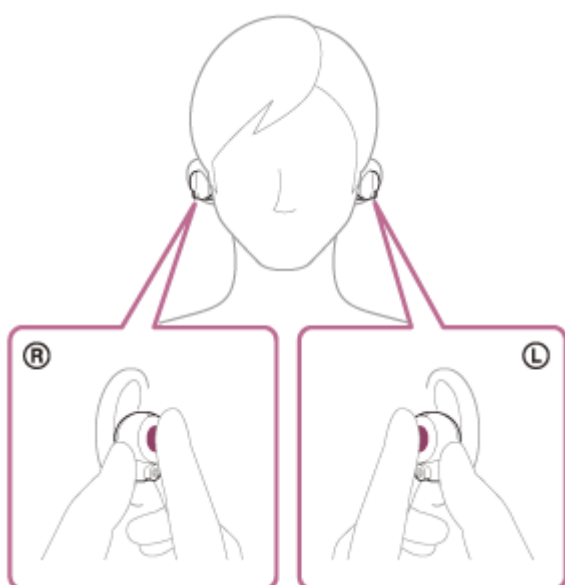
The headset turns on automatically.

2 Enter pairing mode on this headset.

When you pair the headset with a device for the first time after purchase or after initializing the headset (if the headset has no pairing information), the headset enters pairing mode automatically if you remove the headset from the charging case. In this case, put the headset units into both ears and proceed to step 3.

When you pair a second or subsequent device (if the headset has pairing information for other devices), put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units for about 5 seconds.

When the touch sensors have been operated correctly, a beep will sound.

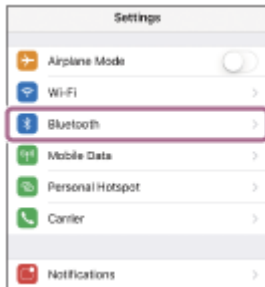


You will hear the voice guidance say, “Bluetooth pairing”, from both headset units.

3 Unlock the screen of the iPhone if it is locked.

4 Find the headset on the iPhone.

1. Select [Settings].
2. Touch [Bluetooth].



3. Touch the switch to turn on the Bluetooth function.



5 Touch [WF-1000XM4].



If Passkey (*) input is required, input "0000".

The headset and iPhone are paired and connected with each other.

You will hear the voice guidance say, "Bluetooth connected", from both headset units.

If they are not connected, see "[Connecting to a paired iPhone](#)".

If [WF-1000XM4] does not appear on the display of the iPhone, try again from the beginning of step 4.

* A Passkey may be called "Passcode", "PIN code", "PIN number", or "Password".

About the instruction manual video

Watch the video to find out how to register a device (pairing) for the first time.

https://rd1.sony.net/help/mdr/mov0022/h_zz/

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with your iPhone.
- To delete all Bluetooth pairing information, see "[Initializing the headset to restore factory settings](#)".

Note

- If pairing is not established within 5 minutes, pairing mode is canceled. In this case, set the headset into the charging case, and start the operation again from step 1.
- Once Bluetooth devices are paired, there is no need to pair them again, except in the following cases:
 - Pairing information has been deleted after repair, etc.
 - When a 9th device is paired.
The headset can be paired with up to 8 devices. If a new device is paired after 8 devices are already paired, the registration information of the paired device with the oldest connection date is overwritten with the information for the new device.
 - When the pairing information for the headset has been deleted from the Bluetooth device.
 - When the headset is initialized.
All of the pairing information is deleted. In this case, delete the pairing information for the headset from the connected device and then pair them again.
- The headset can be paired with multiple devices, but can only play music from 1 paired device at a time.

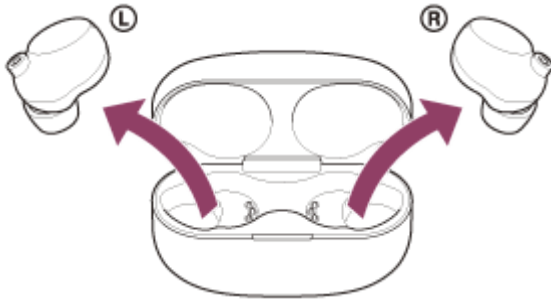
Related Topic

- [Wearing the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Connecting to a paired iPhone](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Initializing the headset to restore factory settings](#)

Connecting to a paired iPhone

1 Unlock the screen of the iPhone if it is locked.

2 Remove the headset from the charging case.



The headset turns on automatically.

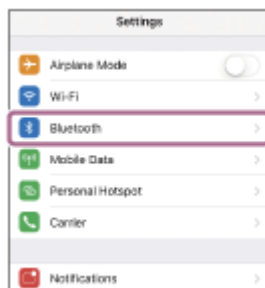
3 Put the headset units into both ears.

If the headset has automatically connected to the last connected device, you will hear the voice guidance say, “Bluetooth connected”, from both headset units.

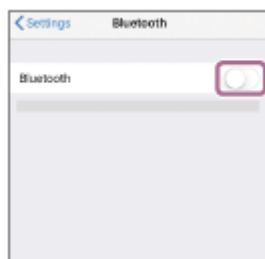
Check the connection status on the iPhone. If it is not connected, proceed to step 4.

4 Display the devices paired with the iPhone.

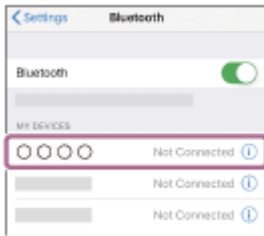
1. Select [Settings].
2. Touch [Bluetooth].



3. Touch the switch to turn on the Bluetooth function.



5 Touch [WF-1000XM4].



You will hear the voice guidance say, “Bluetooth connected”, from both headset units.

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with your iPhone.

Note

- If the last-connected Bluetooth device is placed near the headset, the headset may connect automatically to the device by simply turning on the headset. In that case, deactivate the Bluetooth function on the last-connected device or turn off the power.
- If you cannot connect your iPhone to the headset, delete the headset pairing information on your iPhone and perform the pairing again. As for the operations on your iPhone, refer to the operating instructions supplied with the iPhone.

Related Topic

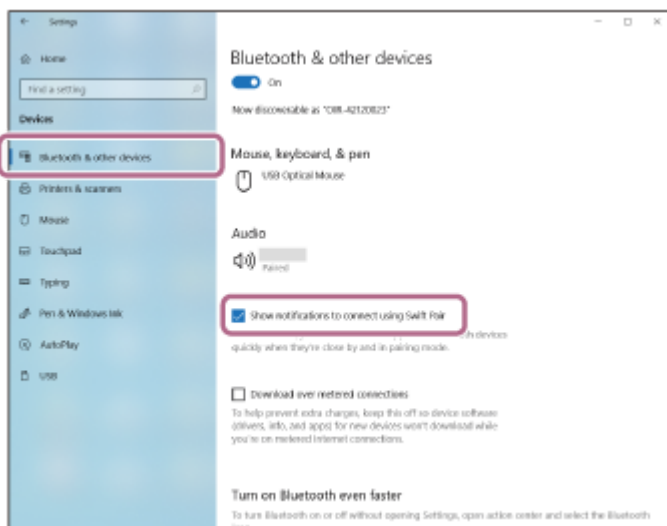
- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with an iPhone](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)

Pairing and connecting with a computer (Windows 10)

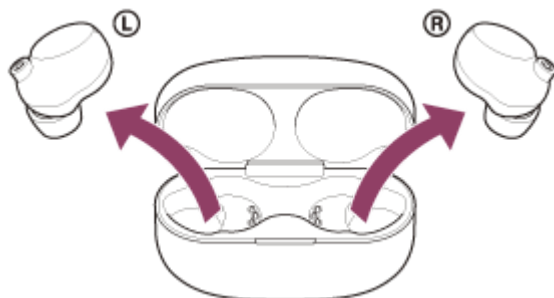
The operation to register the device that you wish to connect to is called “pairing”. First, pair a device to use it with the headset for the first time.

Before starting the operation, make sure of the following:

- Your computer has a Bluetooth function that supports music playback connections (A2DP).
- The computer is placed within 1 m (3 feet) of the headset.
- The headset is charged sufficiently.
- The operating instructions of the computer is in hand.
- Depending on the computer you are using, the built-in Bluetooth adaptor may need to be turned on. If you do not know how to turn on the Bluetooth adaptor or are unsure if your computer has a built-in Bluetooth adaptor, refer to the operating instructions supplied with the computer.
- If your OS version is Windows 10 version 1803 or later, the Swift Pair function will make pairing easier. To use the Swift Pair function, click [Start] button - [Settings] - [Devices] - [Bluetooth & other devices], and check [Show notifications to connect using Swift Pair].



1 Remove both units of the headset from the charging case.



The headset turns on automatically.

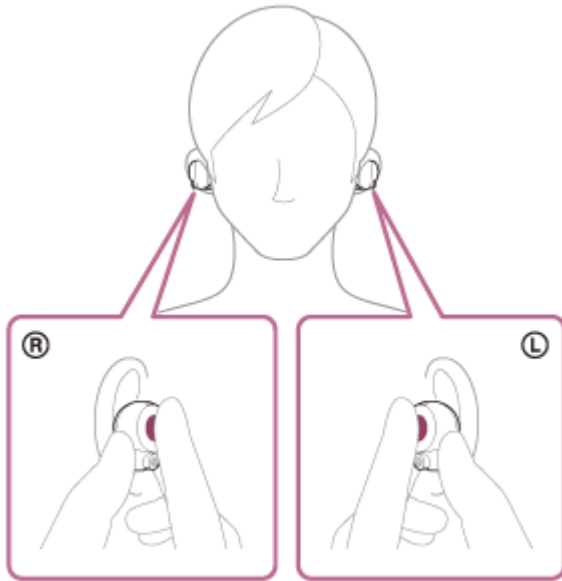
2 Enter pairing mode on this headset.

When you pair the headset with a device for the first time after purchase or after initializing the headset (if the headset has no pairing information), the headset enters pairing mode automatically if you remove the headset from the charging case. In this case, put the headset units into both ears and proceed to step 3.

When you pair a second or subsequent device (if the headset has pairing information for other devices), put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units for about 5

seconds.

When the touch sensors have been operated correctly, a beep will sound.



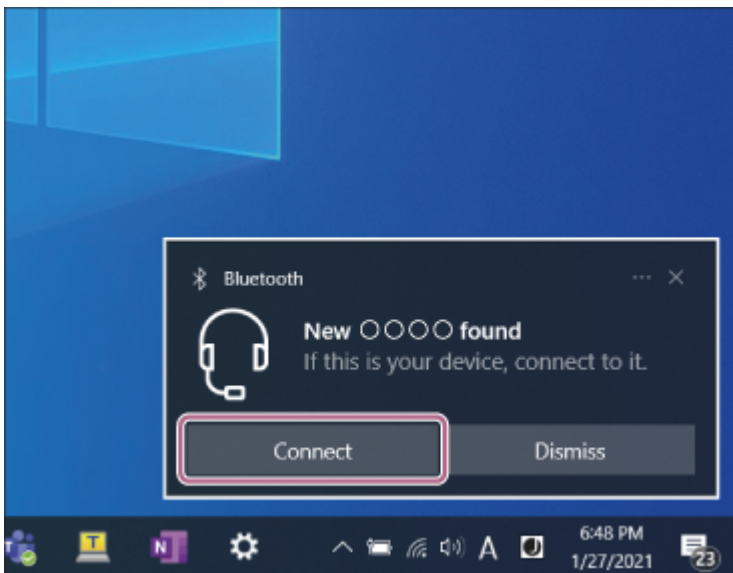
You will hear the voice guidance say, "Bluetooth pairing", from both headset units.

3 Wake the computer up if the computer is in standby (sleep) or hibernation mode.

4 Register the headset using the computer.

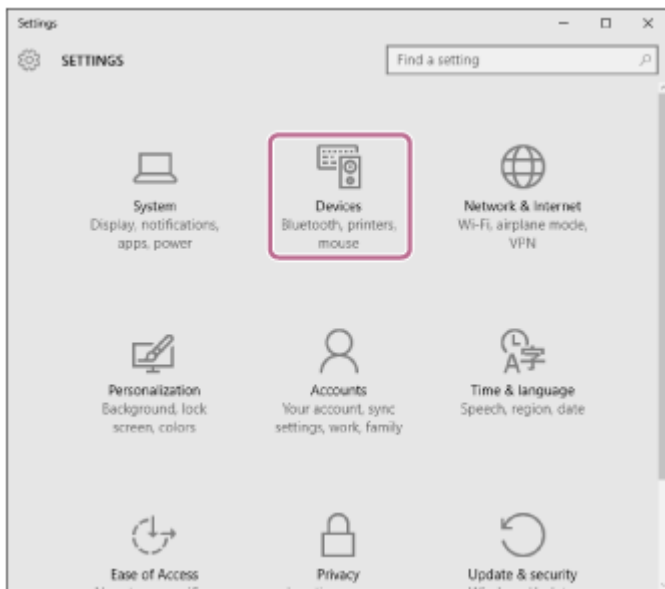
To connect using the Swift Pair function

Select [Connect] from the pop up menu displayed on your computer screen.

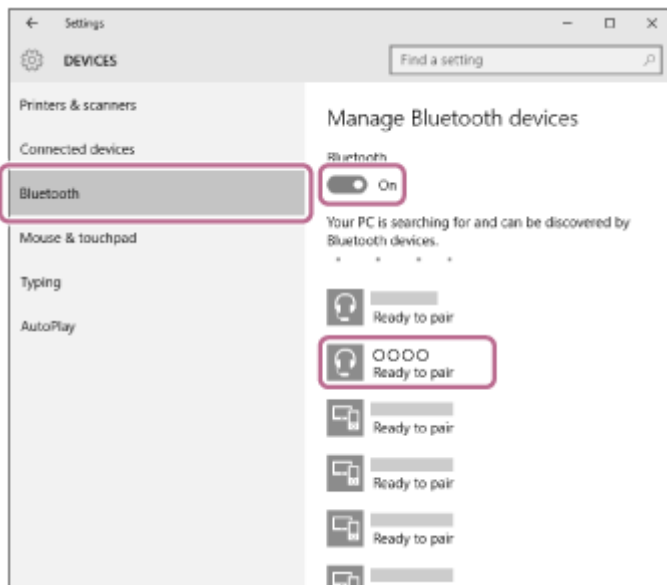


To connect without using the Swift Pair function

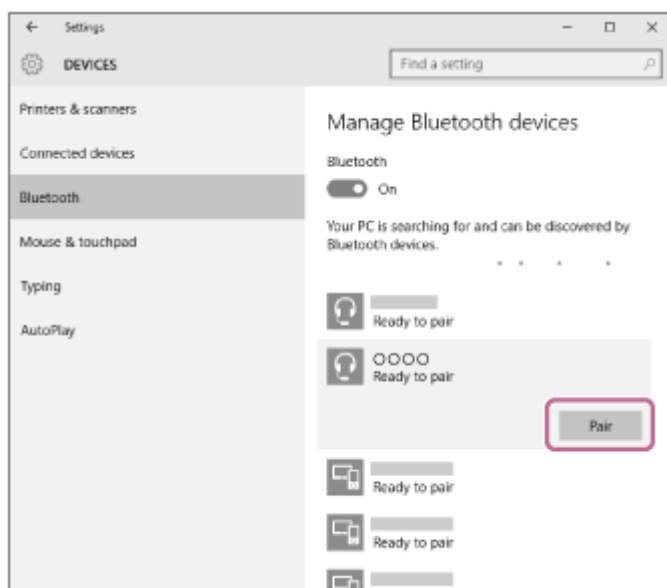
1. Click the [Start] button, then [Settings].
2. Click [Devices].



3. Click the [Bluetooth] tab, click the [Bluetooth] switch to turn on the Bluetooth function, then select [WF-1000XM4].



4. Click [Pair].



If Passkey (*) input is required, input "0000".
The headset and computer are paired and connected with each other.

You will hear the voice guidance say, “Bluetooth connected”, from both headset units.

If they are not connected, see [“Connecting to a paired computer \(Windows 10\)”](#).

If [WF-1000XM4] does not appear on the computer screen, try again from “To connect without using the Swift Pair function” of step 4.

* A Passkey may be called “Passcode”, “PIN code”, “PIN number”, or “Password”.

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the computer.
- To delete all Bluetooth pairing information, see [“Initializing the headset to restore factory settings”](#).

Note

- If pairing is not established within 5 minutes, pairing mode is canceled. In this case, set the headset into the charging case, and start the operation again from step 1.
- Once Bluetooth devices are paired, there is no need to pair them again, except in the following cases:
 - Pairing information has been deleted after repair, etc.
 - When a 9th device is paired.
The headset can be paired with up to 8 devices. If a new device is paired after 8 devices are already paired, the registration information of the paired device with the oldest connection date is overwritten with the information for the new device.
 - When the pairing information for the headset has been deleted from the Bluetooth device.
 - When the headset is initialized.
All of the pairing information is deleted. In this case, delete the pairing information for the headset from the connected device and then pair them again.
- The headset can be paired with multiple devices, but can only play music from 1 paired device at a time.

Related Topic

- [Wearing the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Connecting to a paired computer \(Windows 10\)](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Initializing the headset to restore factory settings](#)

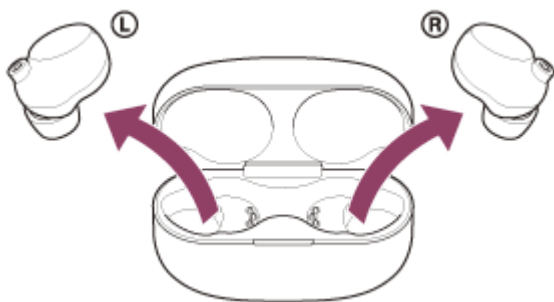
Pairing and connecting with a computer (Windows 8.1)

The operation to register the device that you wish to connect to is called “pairing”. First, pair a device to use it with the headset for the first time.

Before starting the operation, make sure of the following:

- Your computer has a Bluetooth function that supports music playback connections (A2DP).
- The computer is placed within 1 m (3 feet) of the headset.
- The headset is charged sufficiently.
- The operating instructions of the computer is in hand.
- Depending on the computer you are using, the built-in Bluetooth adaptor may need to be turned on. If you do not know how to turn on the Bluetooth adaptor or are unsure if your computer has a built-in Bluetooth adaptor, refer to the operating instructions supplied with the computer.

1 Remove both units of the headset from the charging case.



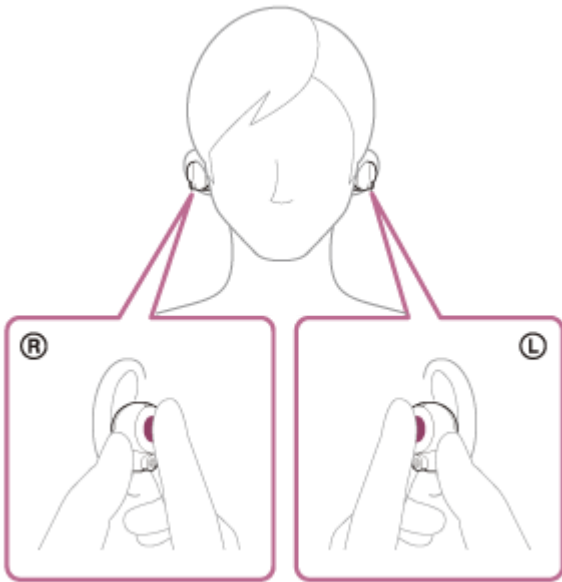
The headset turns on automatically.

2 Enter pairing mode on this headset.

When you pair the headset with a device for the first time after purchase or after initializing the headset (if the headset has no pairing information), the headset enters pairing mode automatically if you remove the headset from the charging case. In this case, put the headset units into both ears and proceed to step 3.

When you pair a second or subsequent device (if the headset has pairing information for other devices), put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units for about 5 seconds.

When the touch sensors have been operated correctly, a beep will sound.

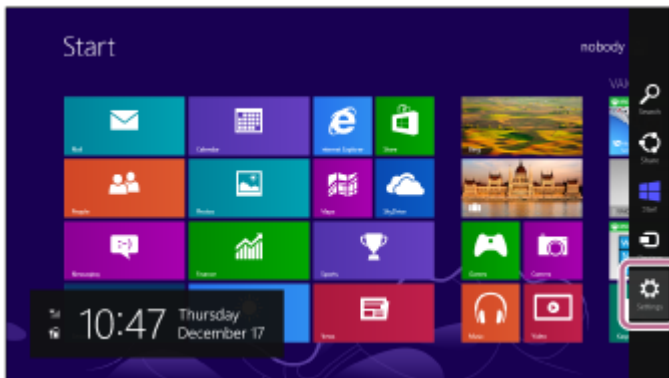


You will hear the voice guidance say, “Bluetooth pairing”, from both headset units.

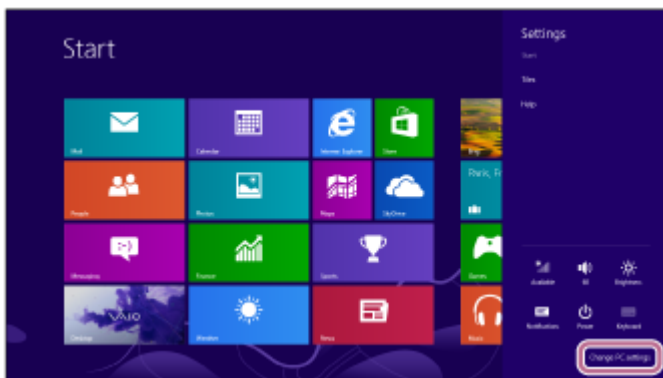
3 Wake the computer up if the computer is in standby (sleep) or hibernation mode.

4 Register the headset using the computer.

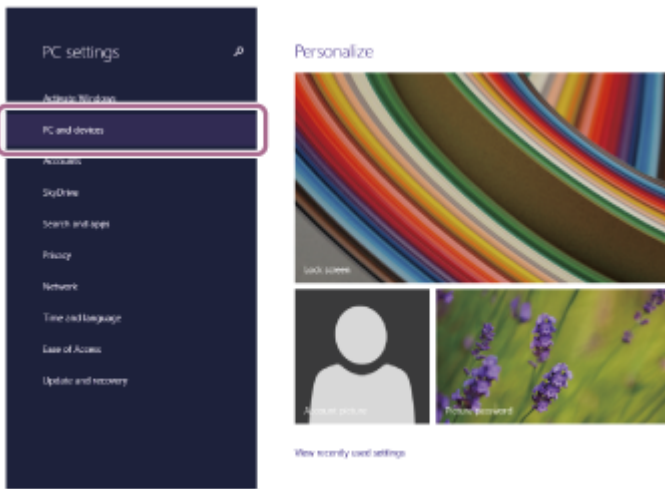
1. Move the mouse pointer to the top-right corner of the screen (when using a touch panel, swipe from the right edge of the screen), then select [Settings] from the Charm Bar.



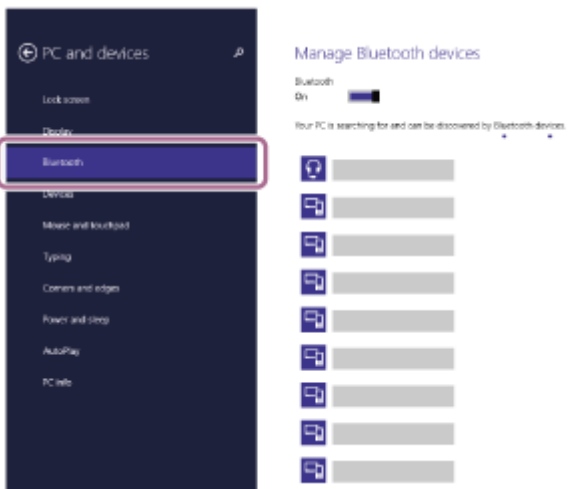
2. Select [Change PC Settings] of the [Settings] charm.



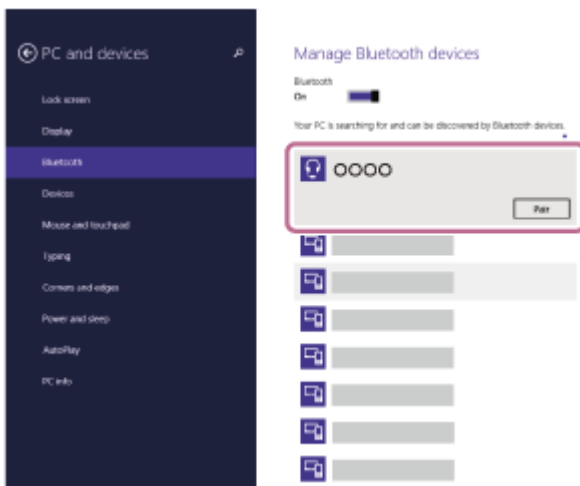
3. Select [PC and devices] of the [PC Settings] screen.



4. Select [Bluetooth].



5. Select [WF-1000XM4], then select [Pair].



If Passkey (*) input is required, input "0000".

The headset and computer are paired and connected with each other.

You will hear the voice guidance say, "Bluetooth connected", from both headset units.

If they are not connected, see "[Connecting to a paired computer \(Windows 8.1\)](#)".

If [WF-1000XM4] does not appear on the computer screen, try again from the beginning of step 4.

* A Passkey may be called "Passcode", "PIN code", "PIN number", or "Password".

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the computer.

- To delete all Bluetooth pairing information, see [“Initializing the headset to restore factory settings”](#).

Note

- If pairing is not established within 5 minutes, pairing mode is canceled. In this case, set the headset into the charging case, and start the operation again from step 1.
- Once Bluetooth devices are paired, there is no need to pair them again, except in the following cases:
 - Pairing information has been deleted after repair, etc.
 - When a 9th device is paired.
The headset can be paired with up to 8 devices. If a new device is paired after 8 devices are already paired, the registration information of the paired device with the oldest connection date is overwritten with the information for the new device.
 - When the pairing information for the headset has been deleted from the Bluetooth device.
 - When the headset is initialized.
All of the pairing information is deleted. In this case, delete the pairing information for the headset from the connected device and then pair them again.
- The headset can be paired with multiple devices, but can only play music from 1 paired device at a time.

Related Topic

- [Wearing the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Connecting to a paired computer \(Windows 8.1\)](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Initializing the headset to restore factory settings](#)

Pairing and connecting with a computer (Mac)

The operation to register the device that you wish to connect to is called “pairing”. First, pair a device to use it with the headset for the first time.

Compatible OS

macOS (version 10.14 or later)

Before starting the operation, make sure of the following:

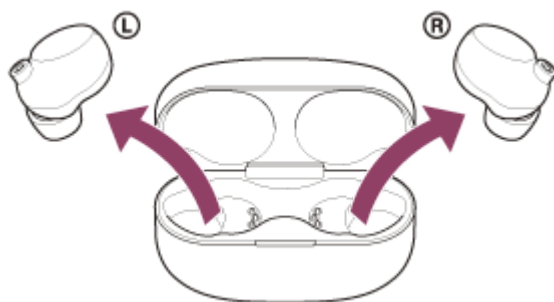
- Your computer has a Bluetooth function that supports music playback connections (A2DP).
- The computer is placed within 1 m (3 feet) of the headset.
- The headset is charged sufficiently.
- The operating instructions of the computer is in hand.
- Depending on the computer you are using, the built-in Bluetooth adaptor may need to be turned on. If you do not know how to turn on the Bluetooth adaptor or are unsure if your computer has a built-in Bluetooth adaptor, refer to the operating instructions supplied with the computer.
- Set the computer speaker to the ON mode.

If the computer speaker is set to the  “OFF” mode, no sound is heard from the headset.

Computer speaker in the ON mode



1 Remove both units of the headset from the charging case.



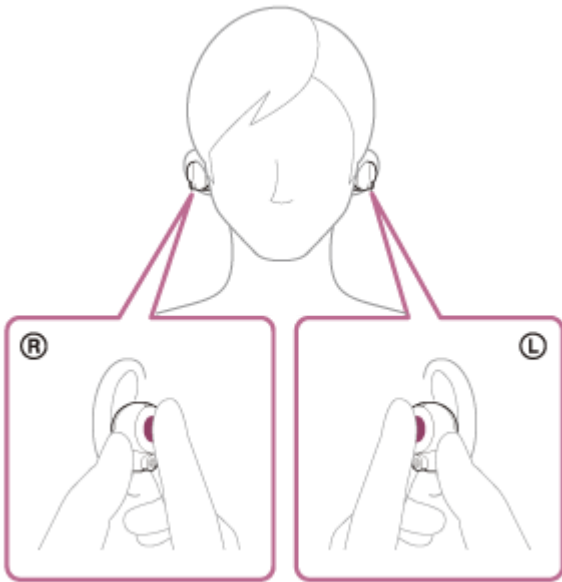
The headset turns on automatically.

2 Enter pairing mode on this headset.

When you pair the headset with a device for the first time after purchase or after initializing the headset (if the headset has no pairing information), the headset enters pairing mode automatically if you remove the headset from the charging case. In this case, put the headset units into both ears and proceed to step 3.

When you pair a second or subsequent device (if the headset has pairing information for other devices), put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units for about 5 seconds.


When the touch sensors have been operated correctly, a beep will sound.



You will hear the voice guidance say, “Bluetooth pairing”, from both headset units.

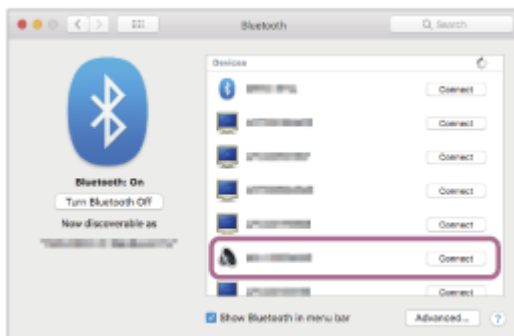
3 Wake the computer up if the computer is in standby (sleep) or hibernation mode.

4 Register the headset using the computer.

1. Select [ (System Preferences)] - [Bluetooth] from the task bar in the lower right part of the screen.



2. Select [WF-1000XM4] of the [Bluetooth] screen and click [Connect].



If Passkey (*) input is required, input “0000”.

The headset and computer are paired and connected with each other.

You will hear the voice guidance say, “Bluetooth connected”, from both headset units.

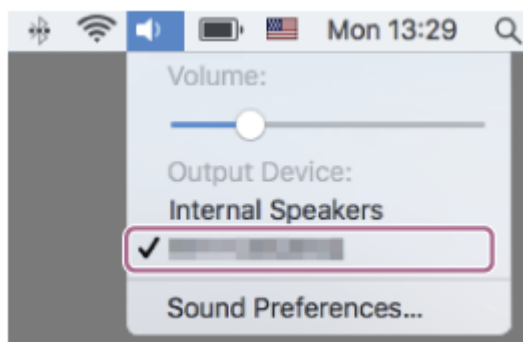
If they are not connected, see [“Connecting to a paired computer \(Mac\)”](#).

If [WF-1000XM4] does not appear on the computer screen, try again from the beginning of step 4.

* A Passkey may be called "Passcode", "PIN code", "PIN number", or "Password".

5 Click the speaker icon in the upper right part of the screen and select [WF-1000XM4].

Now you are ready to enjoy music playback on your computer.



Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the computer.
- To delete all Bluetooth pairing information, see "[Initializing the headset to restore factory settings](#)".

Note

- If pairing is not established within 5 minutes, pairing mode is canceled. In this case, set the headset into the charging case, and start the operation again from step 1.
- Once Bluetooth devices are paired, there is no need to pair them again, except in the following cases:
 - Pairing information has been deleted after repair, etc.
 - When a 9th device is paired.
The headset can be paired with up to 8 devices. If a new device is paired after 8 devices are already paired, the registration information of the paired device with the oldest connection date is overwritten with the information for the new device.
 - When the pairing information for the headset has been deleted from the Bluetooth device.
 - When the headset is initialized.
All of the pairing information is deleted. In this case, delete the pairing information for the headset from the connected device and then pair them again.
- The headset can be paired with multiple devices, but can only play music from 1 paired device at a time.

Related Topic

- [Wearing the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Connecting to a paired computer \(Mac\)](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Initializing the headset to restore factory settings](#)

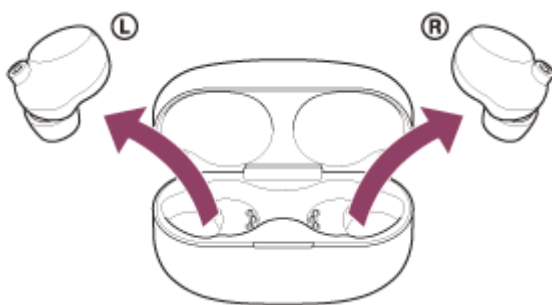
Connecting to a paired computer (Windows 10)

Before starting the operation, make sure of the following:

- Depending on the computer you are using, the built-in Bluetooth adaptor may need to be turned on. If you do not know how to turn on the Bluetooth adaptor or are unsure if your computer has a built-in Bluetooth adaptor, refer to the operating instructions supplied with the computer.

1 Wake the computer up if the computer is in standby (sleep) or hibernation mode.

2 Remove the headset from the charging case.



The headset turns on automatically.

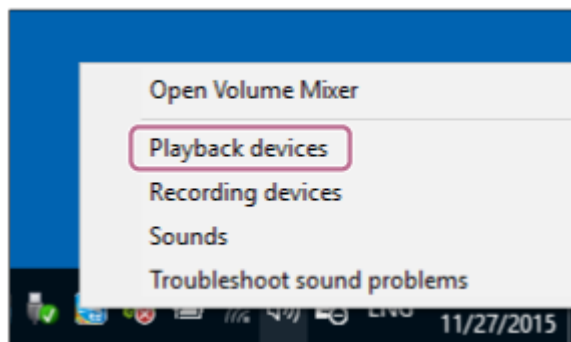
3 Put the headset units into both ears.

If the headset has automatically connected to the last connected device, you will hear the voice guidance say, "Bluetooth connected", from both headset units.

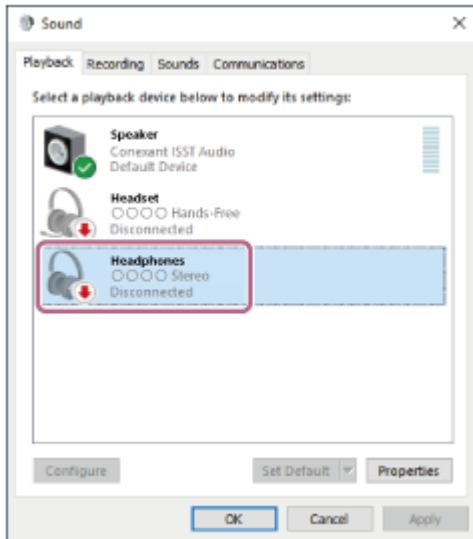
Check the connection status on the computer. If it is not connected, proceed to step 4.

4 Select the headset using the computer.

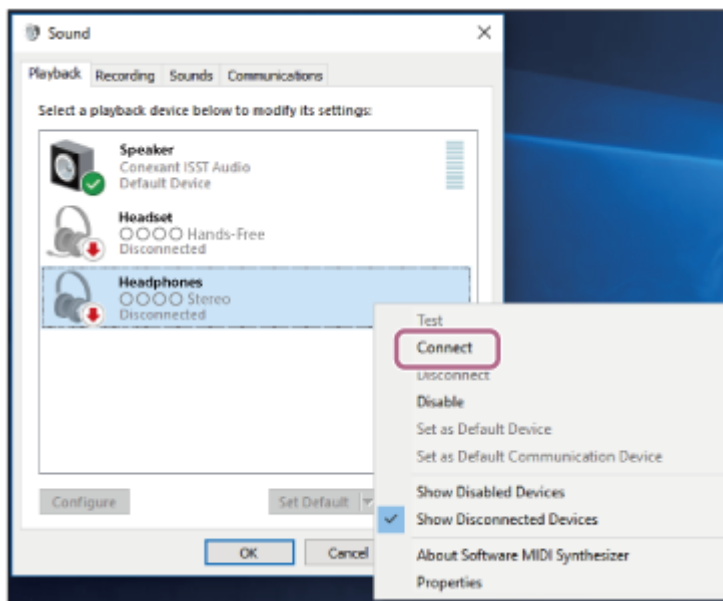
1. Right-click the speaker icon on the toolbar, then select [Playback devices].



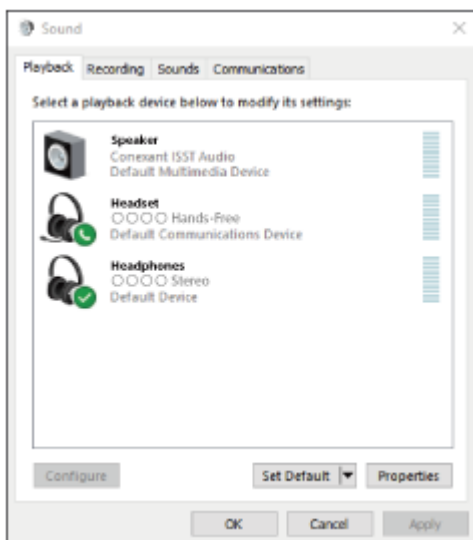
2. Right-click [WF-1000XM4].
If [WF-1000XM4] is not displayed on the [Sound] screen, right-click on the [Sound] screen, then check [Show Disconnected Devices].



3. Select [Connect] from the displayed menu.



The connection is established. You will hear the voice guidance say, “Bluetooth connected”, from both headset units.



Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the computer.

Note

- If the music playback sound quality is poor, check that the A2DP function which supports music playback connections is enabled in the computer settings. For more details, refer to the operating instructions supplied with the computer.
- If the last-connected Bluetooth device is placed near the headset, the headset may connect automatically to the device by simply turning on the headset. In that case, deactivate the Bluetooth function on the last-connected device or turn off the power.
- If you cannot connect your computer to the headset, delete the headset pairing information on your computer and perform the pairing again. As for the operations on your computer, refer to the operating instructions supplied with the computer.

Related Topic

- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with a computer \(Windows 10\)](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)

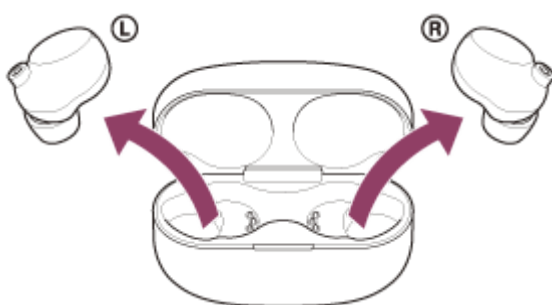
Connecting to a paired computer (Windows 8.1)

Before starting the operation, make sure of the following:

- Depending on the computer you are using, the built-in Bluetooth adaptor may need to be turned on. If you do not know how to turn on the Bluetooth adaptor or are unsure if your computer has a built-in Bluetooth adaptor, refer to the operating instructions supplied with the computer.

1 Wake the computer up if the computer is in standby (sleep) or hibernation mode.

2 Remove the headset from the charging case.



The headset turns on automatically.

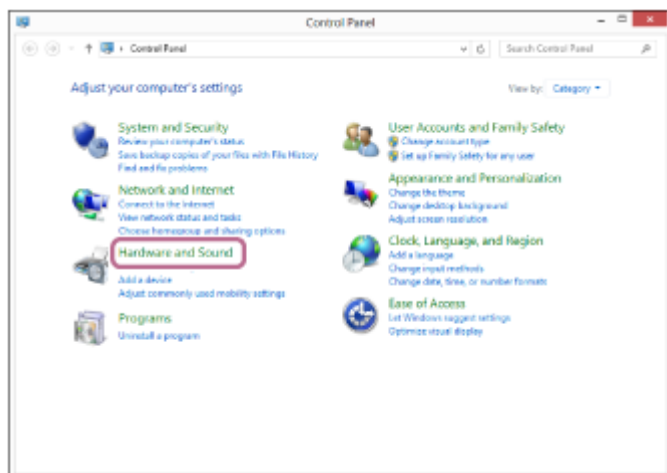
3 Put the headset units into both ears.

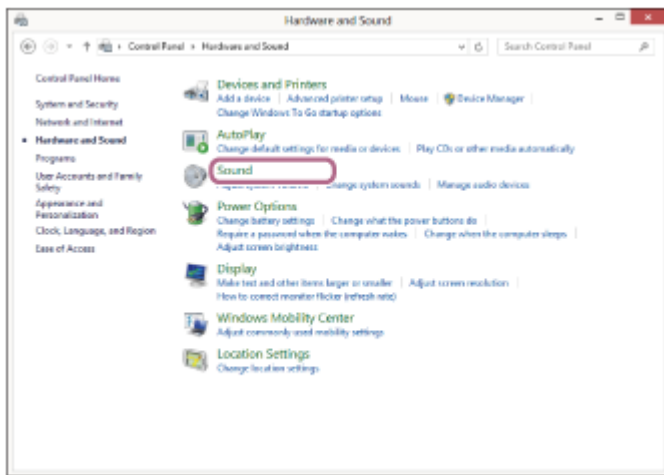
If the headset has automatically connected to the last connected device, you will hear the voice guidance say, “Bluetooth connected”, from both headset units.

Check the connection status on the computer. If it is not connected, proceed to step 4.

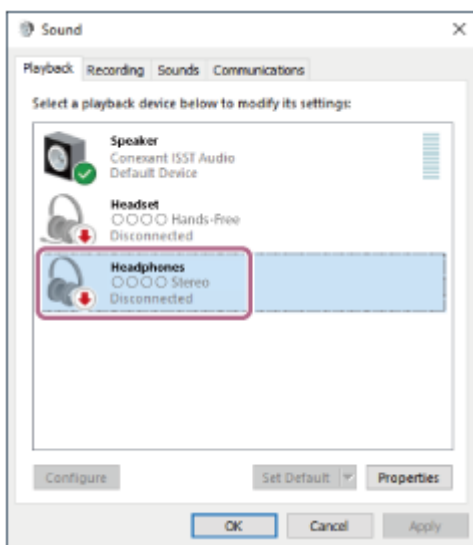
4 Select the headset using the computer.

1. Select [Desktop] on the Start screen.
2. Right-click the [Start] button, then select [Control Panel] from the pop-up menu.
3. Select [Hardware and Sound] - [Sound].

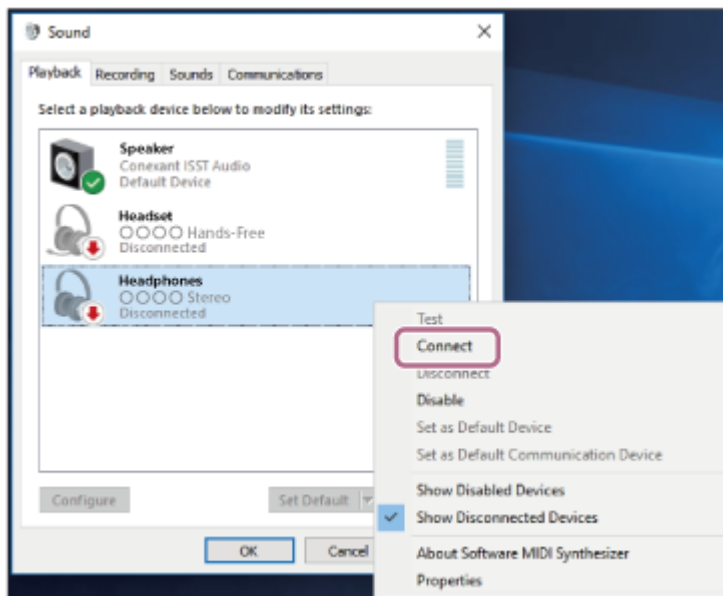




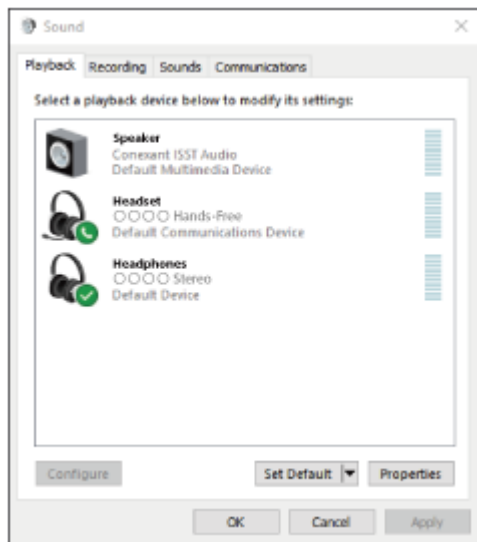
4. Right-click [WF-1000XM4].
If [WF-1000XM4] is not displayed on the [Sound] screen, right-click on the [Sound] screen, then check [Show Disconnected Devices].



5. Select [Connect] from the displayed menu.



The connection is established. You will hear the voice guidance say, "Bluetooth connected", from both headset units.



Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the computer.

Note

- If the music playback sound quality is poor, check that the A2DP function which supports music playback connections is enabled in the computer settings. For more details, refer to the operating instructions supplied with the computer.
- If the last-connected Bluetooth device is placed near the headset, the headset may connect automatically to the device by simply turning on the headset. In that case, deactivate the Bluetooth function on the last-connected device or turn off the power.
- If you cannot connect your computer to the headset, delete the headset pairing information on your computer and perform the pairing again. As for the operations on your computer, refer to the operating instructions supplied with the computer.

Related Topic


- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with a computer \(Windows 8.1\)](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)

Connecting to a paired computer (Mac)

Compatible OS

macOS (version 10.14 or later)

Before starting the operation, make sure of the following:

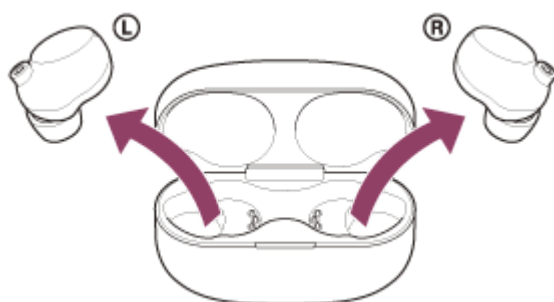
- Depending on the computer you are using, the built-in Bluetooth adaptor may need to be turned on. If you do not know how to turn on the Bluetooth adaptor or are unsure if your computer has a built-in Bluetooth adaptor, refer to the operating instructions supplied with the computer.
- Set the computer speaker to the ON mode.
If the computer speaker is set to the  "OFF" mode, no sound is heard from the headset.

Computer speaker in the ON mode



1 Wake the computer up if the computer is in standby (sleep) or hibernation mode.

2 Remove the headset from the charging case.




The headset turns on automatically.

3 Put the headset units into both ears.

If the headset has automatically connected to the last connected device, you will hear the voice guidance say, "Bluetooth connected", from both headset units.

Check the connection status on the computer. If it is not connected, proceed to step 4.

4 Select the headset using the computer.

1. Select [ (System Preferences)] - [Bluetooth] from the task bar in the lower right part of the screen.



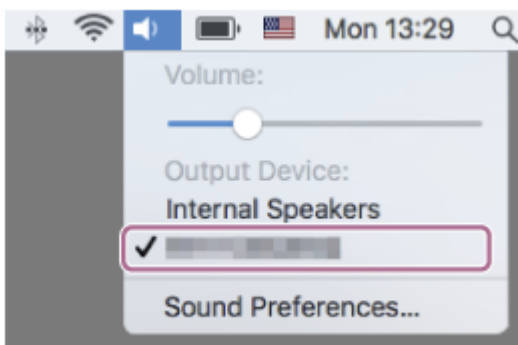
2. Click [WF-1000XM4] on the [Bluetooth] screen while pressing the computer Control button and select [Connect] from the pop up menu.



You will hear the voice guidance say, “Bluetooth connected”, from both headset units.

- 5 Click the speaker icon in the upper right part of the screen and select [WF-1000XM4].

Now you are ready to enjoy music playback on your computer.



Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the computer.

Note

- If the music playback sound quality is poor, check that the A2DP function which supports music playback connections is enabled in the computer settings. For more details, refer to the operating instructions supplied with the computer.
- If the last-connected Bluetooth device is placed near the headset, the headset may connect automatically to the device by simply turning on the headset. In that case, deactivate the Bluetooth function on the last-connected device or turn off the power.

- If you cannot connect your computer to the headset, delete the headset pairing information on your computer and perform the pairing again. As for the operations on your computer, refer to the operating instructions supplied with the computer.

Related Topic

- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with a computer \(Mac\)](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)

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Wireless Noise Canceling Stereo Headset
WF-1000XM4

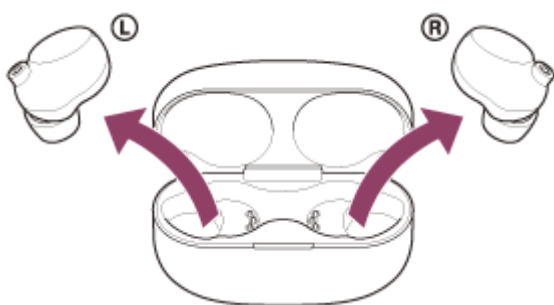
Pairing and connecting with a Bluetooth device

The operation to register the device that you wish to connect to is called “pairing”. First, pair a device to use it with the headset for the first time.

Before starting the operation, make sure of the following:

- The Bluetooth device is placed within 1 m (3 feet) of the headset.
- The headset is charged sufficiently.
- The operating instructions of the Bluetooth device is in hand.

1 Remove both units of the headset from the charging case.



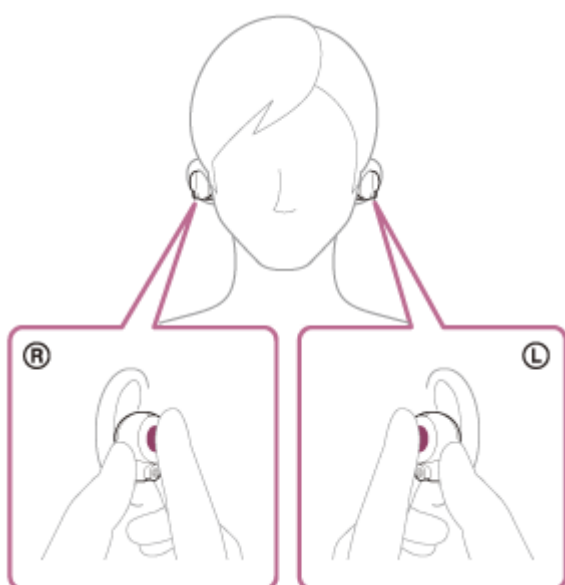
The headset turns on automatically.

2 Enter pairing mode on this headset.

When you pair the headset with a device for the first time after purchase or after initializing the headset (if the headset has no pairing information), the headset enters pairing mode automatically if you remove the headset from the charging case. In this case, put the headset units into both ears and proceed to step 3.

When you pair a second or subsequent device (if the headset has pairing information for other devices), put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units for about 5 seconds.

When the touch sensors have been operated correctly, a beep will sound.



You will hear the voice guidance say, “Bluetooth pairing”, from both headset units.

3 Perform the pairing procedure on the Bluetooth device to search for this headset.

[WF-1000XM4] will be displayed on the list of detected devices on the screen of the Bluetooth device. If it is not displayed, repeat from step 2.

4 Select [WF-1000XM4] displayed on the screen of the Bluetooth device for pairing.

If Passkey (*) input is required, input "0000".

* A Passkey may be called "Passcode", "PIN code", "PIN number", or "Password".

5 Make the Bluetooth connection from the Bluetooth device.

Some devices automatically connect with the headset when the pairing is complete. You will hear the voice guidance say, "Bluetooth connected", from both headset units.

If they are not connected, see "[Connecting to a paired Bluetooth device](#)".

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the Bluetooth device.
- To delete all Bluetooth pairing information, see "[Initializing the headset to restore factory settings](#)".

Note

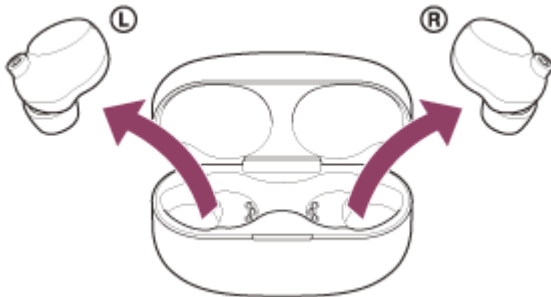
- If pairing is not established within 5 minutes, pairing mode is canceled. In this case, set the headset into the charging case, and start the operation again from step 1.
- Once Bluetooth devices are paired, there is no need to pair them again, except in the following cases:
 - Pairing information has been deleted after repair, etc.
 - When a 9th device is paired.
The headset can be paired with up to 8 devices. If a new device is paired after 8 devices are already paired, the registration information of the paired device with the oldest connection date is overwritten with the information for the new device.
 - When the pairing information for the headset has been deleted from the Bluetooth device.
 - When the headset is initialized.
All of the pairing information is deleted. In this case, delete the pairing information for the headset from the connected device and then pair them again.
- The headset can be paired with multiple devices, but can only play music from 1 paired device at a time.

Related Topic

- [Wearing the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Connecting to a paired Bluetooth device](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Initializing the headset to restore factory settings](#)

Connecting to a paired Bluetooth device

1 Remove the headset from the charging case.



The headset turns on automatically.

2 Put the headset units into both ears.

If the headset has automatically connected to the last connected device, you will hear the voice guidance say, “Bluetooth connected”, from both headset units.

Check the connection status on the Bluetooth device. If it is not connected, proceed to step 3.

3 Make the Bluetooth connection from the Bluetooth device.

As for the operations on your Bluetooth device, refer to the operating instructions supplied with the Bluetooth device.

When connected, you will hear the voice guidance say, “Bluetooth connected”, from both headset units.

Hint

- The operation above is an example. For more details, refer to the operating instructions supplied with the Bluetooth device.

Note

- If the last-connected Bluetooth device is placed near the headset, the headset may connect automatically to the device by simply turning on the headset. In that case, deactivate the Bluetooth function on the last-connected device or turn off the power.
- If you cannot connect your Bluetooth device to the headset, delete the headset pairing information on your Bluetooth device and perform the pairing again. As for the operations on your Bluetooth device, refer to the operating instructions supplied with the Bluetooth device.

Related Topic

- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with a Bluetooth device](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Disconnecting Bluetooth connection \(after use\)](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Listening to music from a device via Bluetooth connection

If your Bluetooth device supports the following profiles, you can enjoy listening to music and control the device from your headset via Bluetooth connection.

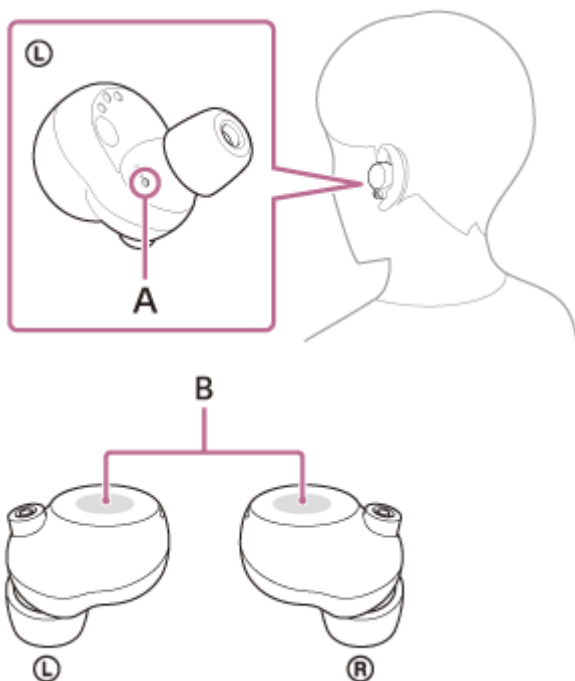
- A2DP (Advanced Audio Distribution Profile)
You can enjoy high-quality music wirelessly.
- AVRCP (Audio Video Remote Control Profile)
You can adjust the volume, etc.

The operation may vary depending on the Bluetooth device. Refer to the operating instructions supplied with the Bluetooth device.

1 Put the headset units into both ears.

Put the headset unit with the Ⓛ (left) mark into your left ear and the headset unit with the Ⓡ (right) mark into your right ear. The left unit has a tactile dot.

Be careful not to come in contact with the touch sensor when you wear the headset on your ears.



A: Tactile dot

B: Touch sensors (left, right)

Twist the headset unit to fit it snugly into the ear canal, and adjust the positioning of the headset unit until it fits comfortably.



2 Connect the headset to a Bluetooth device.

3 Operate the Bluetooth device to start playback and adjust the volume to a moderate level.

Hint

- In the factory settings, when you listen to music while wearing both units of the headset, the headset will pause music playback if one or both units are removed. When you put the removed headset unit into your ear again, the headset will resume music playback.
- The headset supports SCMS-T content protection. You can enjoy music and other audio on the headset from a device such as a portable TV that supports SCMS-T content protection.
- Depending on the Bluetooth device, it may be necessary to adjust the volume or set the audio output setting on the device.
- The headset volume during a call and during music playback can be independently adjusted. Changing the call volume does not change the volume of music playback and vice versa.
- You can also listen to music by removing only one unit from the charging case and putting it into your ear.
When only the right unit is worn on your ear, use the touch sensor on the right unit to play music.
When only the left unit is worn on your ear, operate the connected device to play music.
When you are listening to music with only one unit, if you put the other unit into the other ear, you can listen to music with both units.

Note

- In the factory settings, you cannot adjust the volume on the headset. Adjust the volume on the connected device. If you are unable to adjust the volume on the connected device, install the “Sony | Headphones Connect” smartphone app and adjust the volume in the app.
When you use the “Sony | Headphones Connect” app, you can assign the volume adjustment function on the touch sensor of the headset.
- If the communication condition is poor, the Bluetooth device may react incorrectly to the operation on the headset.

Related Topic

- [Wearing the headset](#)
- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Controlling the audio device \(Bluetooth connection\)](#)

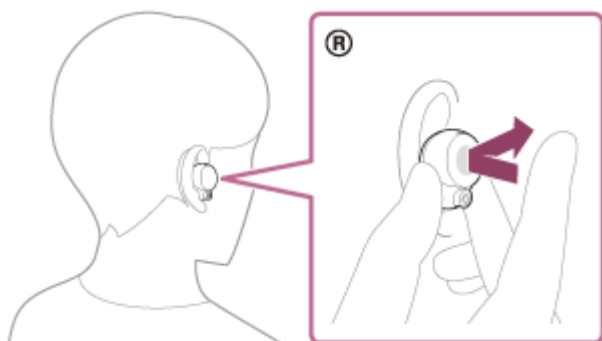
Wireless Noise Canceling Stereo Headset
WF-1000XM4

Controlling the audio device (Bluetooth connection)

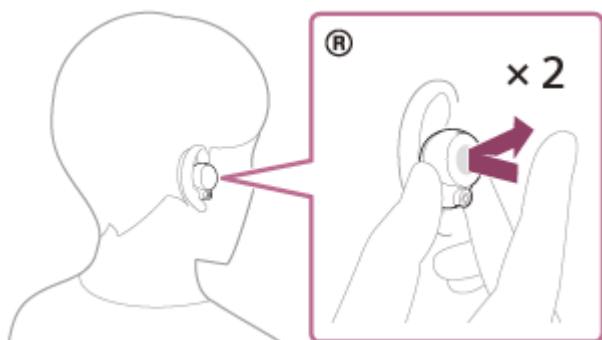
If your Bluetooth device supports the device operating function (compatible protocol: AVRCP), then the following operations are available. The available functions may vary depending on the Bluetooth device, so refer to the operating instructions supplied with the device.

You can use the touch sensor on the right unit to perform the following operations.

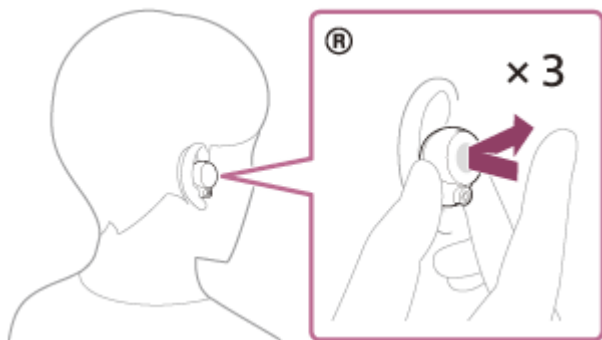
- Play/Pause: Tap the touch sensor.



- Skip to the beginning of the next track: Tap the touch sensor twice quickly (with an interval of about 0.3 seconds).



- Skip to the beginning of the previous track (or the current track during playback): Tap the touch sensor 3 times quickly (with an interval of about 0.3 seconds).



When the volume adjustment function has been assigned to the touch sensor using the “Sony | Headphones Connect” app, you can perform the following operations using the headset unit to which the function is assigned.

- Increase the volume: Tap the touch sensor during music playback. The volume increases by 1 step.
- Decrease the volume: Hold your finger to the touch sensor during music playback. The volume decreases continuously. Release your finger from the touch sensor at the desired volume level.

When the volume reaches the maximum or minimum, an alarm sounds.

Note

- In the factory settings, you cannot adjust the volume on the headset. Adjust the volume on the connected device. If you are unable to adjust the volume on the connected device, install the “Sony | Headphones Connect” smartphone app and adjust the volume in the app.
When you use the “Sony | Headphones Connect” app, you can assign the volume adjustment function on the touch sensor of the headset.
- If the communication condition is poor, the Bluetooth device may react incorrectly to the operation on the headset.
- The available functions may vary depending on the connected device, the music software, or app used. In some cases, it may operate differently or may not work even when the operations described above are performed.

Disconnecting Bluetooth connection (after use)

1 Disconnect the Bluetooth connection by operating the Bluetooth device.

When disconnected, you will hear the voice guidance say, "Bluetooth disconnected", from both headset units.

2 Set the headset into the charging case.

The headset turns off.

Hint

- When you finish playing music, the Bluetooth connection may terminate automatically depending on the Bluetooth device.

Related Topic

- [Turning off the headset](#)

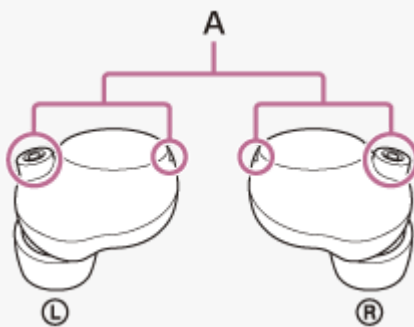
Wireless Noise Canceling Stereo Headset
WF-1000XM4

What is noise canceling?

The noise canceling function generates antiphase sound against outside surrounding noises (such as noises in vehicles or noises from air conditioners indoors) to cancel out surrounding noises.

Note

- The effect of noise canceling may not be pronounced in a very quiet environment, or some noise may be heard.
- When you are wearing the headset, depending on how you wear the headset, the effect of noise canceling may vary or a beeping sound (feedback) may be heard. In this case, take off the headset and put it on again.
- The noise canceling function works primarily on noise in the low frequency band such as vehicles and air conditioning. Although noise is reduced, it is not completely canceled.
- When you use the headset in a car or a bus, noise may occur depending on street conditions.
- Mobile phones may cause interference and noise. Should this occur, move the headset further away from the mobile phone.
- Do not cover the microphones on the left and right units of the headset with your hands. If they are covered, the effect of noise canceling function or Ambient Sound Mode may not perform properly, or a beeping sound (feedback) may occur. If any of this is the case, remove your hands, etc. from the left and right microphones.



A: Microphones (left, right)

Related Topic

- [Using the noise canceling function](#)

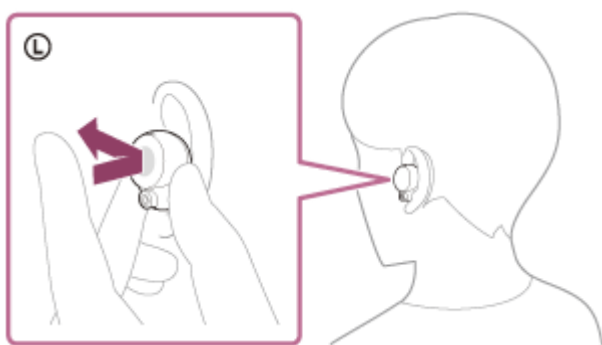
Using the noise canceling function

If you use the noise canceling function, you can enjoy music without being disturbed by ambient noise.

1 Remove the headset from the charging case and then put the headset units into your ears.

When you turn the headset on for the first time after purchase or just after initializing the headset, the noise canceling function is turned on automatically when you put the headset units into your ears. Any changes made to the settings are retained from this point on.

2 Tap the touch sensor on the left unit to change the settings of the noise canceling function.



Each time you tap, the function switches as follows.

Ambient Sound Mode: ON

You will hear the voice guidance say, "Ambient sound".



Noise canceling function: ON

You will hear the voice guidance say, "Noise canceling".

About the instruction manual video

Watch the video to find out how to use the noise canceling function.

https://rd1.sony.net/help/mdr/mov0023/h_zz/

Hint

- You can also turn on/off the noise canceling function and change the settings of the noise canceling function and Ambient Sound Mode with the "Sony | Headphones Connect" app.
- You can select one of the following on the "Sony | Headphones Connect" app to set how you want the functions to change when you tap the left unit of the headset.
 - Noise canceling function: ON ➡ Ambient Sound Mode: ON ➡ Noise canceling function: OFF/Ambient Sound Mode: OFF
 - Noise canceling function: ON ➡ Ambient Sound Mode: ON
 - Ambient Sound Mode: ON ➡ Noise canceling function: OFF/Ambient Sound Mode: OFF
 - Noise canceling function: ON ➡ Noise canceling function: OFF/Ambient Sound Mode: OFF
- When only one unit of the headset is worn, the Ambient Sound Mode is set to ON, even if the headset was set to the noise canceling function when you used the headset last. Putting on both headset units will automatically turn on the noise canceling function.

Note

- The headset cannot fully perform the noise canceling function unless the supplied earbud tips are used.
- If the headset is not worn properly on your ears, the noise canceling function may not work correctly. Put the headset properly into your ears.

Related Topic

- [About the voice guidance](#)
- [Wearing the headset](#)
- [Turning on the headset](#)
- [What is noise canceling?](#)
- [Listening to ambient sound during music playback \(Ambient Sound Mode\)](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

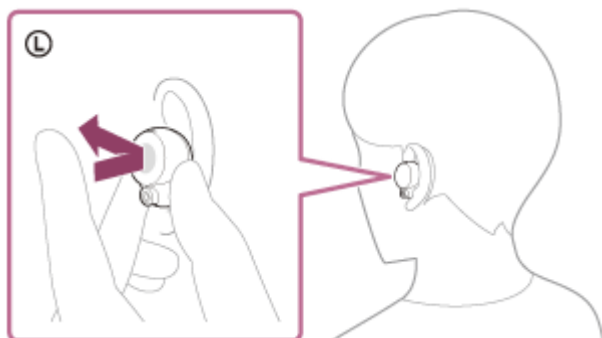
Wireless Noise Canceling Stereo Headset
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Listening to ambient sound during music playback (Ambient Sound Mode)

You can hear ambient sound through the microphones embedded in the left and right units of the headset while enjoying music.

To activate the Ambient Sound Mode

Tap the touch sensor on the left unit while the noise canceling function is on.



To change the setting of the Ambient Sound Mode

You can change the settings of the Ambient Sound Mode (Normal mode/Voice mode) by connecting the smartphone (with the “Sony | Headphones Connect” app installed) and the headset via Bluetooth connection.

Normal mode: While enjoying music, you can hear the surrounding sound as if you were not wearing the headset.

Voice mode: While enjoying music, you can pick up the sound (such as announcements in the train) that you want to hear.

To turn off the Ambient Sound Mode

Tap the touch sensor on the left unit to turn off the Ambient Sound Mode.

Each time you tap, the function switches as follows.

Noise canceling function: ON

You will hear the voice guidance say, “Noise canceling”.



Ambient Sound Mode: ON

You will hear the voice guidance say, “Ambient sound”.

About the instruction manual video

Watch the video to find out how to use the Ambient Sound Mode.

https://rd1.sony.net/help/mdr/mov0023/h_zz/

Hint

- Ambient Sound Mode settings changed with the “Sony | Headphones Connect” app are stored in the headset. You can enjoy music with the stored settings of the Ambient Sound Mode even when the headset is connected to other devices which do not have the “Sony | Headphones Connect” app installed.
- You can select one of the following on the “Sony | Headphones Connect” app to set how you want the functions to change when you tap the left unit of the headset.
 - Noise canceling function: ON ➡ Ambient Sound Mode: ON ➡ Noise canceling function: OFF/Ambient Sound Mode: OFF
 - Noise canceling function: ON ➡ Ambient Sound Mode: ON
 - Ambient Sound Mode: ON ➡ Noise canceling function: OFF/Ambient Sound Mode: OFF
 - Noise canceling function: ON ➡ Noise canceling function: OFF/Ambient Sound Mode: OFF

Note

- Depending on the ambient condition and the type/volume of audio playback, the ambient sound may not be heard even when using the Ambient Sound Mode. Do not use the headset in places where it would be dangerous if you are unable to hear ambient sounds such as on a road with car and bicycle traffic.
- Depending on the surrounding environment, wind noise may increase when the Ambient Sound Mode is turned on. In that case, change the settings from Normal mode to Voice mode using the “Sony | Headphones Connect” app. If the wind noise is still significant, turn off the Ambient Sound Mode.
- If the headset is not worn properly, the Ambient Sound Mode may not work correctly. Twist the headset to put it into your ears properly.
- Do not cover the microphones on the left and right units of the headset with your hands. If they are covered, the effect of noise canceling function or Ambient Sound Mode may not perform properly, or a beeping sound (feedback) may occur. If any of this is the case, remove your hands, etc. from the left and right microphones.
This headset is equipped with the function to detect a beeping sound (feedback) and cancel the sound in a short time.
In rare cases, the noise canceling function or the Ambient Sound Mode may temporarily stop in reaction to a high note such as an alarm or an electronic sound, but the noise canceling function or the Ambient Sound Mode will automatically return in about a second.
- If the Ambient Sound Mode is enabled in a rather noisy environment, a noise may be heard. This is not a malfunction. In this case, set the noise canceling function to ON or set the noise canceling function and the Ambient Sound Mode to OFF.

Related Topic

- [About the voice guidance](#)
- [Wearing the headset](#)
- [Using the noise canceling function](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

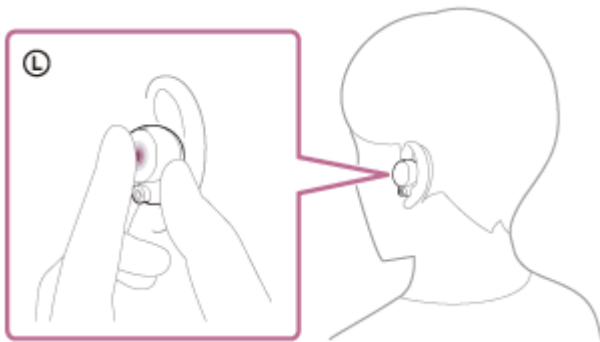
Wireless Noise Canceling Stereo Headset
WF-1000XM4

Listening to ambient sound quickly (Quick Attention Mode)

This function turns down music, call sounds, and the ringtone to allow ambient sound to be easily heard. It is useful when you want to listen to train announcements, etc.

To activate the Quick Attention Mode

Hold your finger to the touch sensor on the left unit. The Quick Attention Mode is activated only when you are touching the touch sensor.



To deactivate the Quick Attention Mode

Release your finger from the touch sensor.

About the instruction manual video

Watch the video to find out how to use the Quick Attention Mode.

https://rd1.sony.net/help/mdr/mov0024/h_zz/

Note

- Depending on the ambient condition and the type/volume of audio playback, the ambient sounds may not be heard even when using the Quick Attention Mode. Do not use the headset in places where it would be dangerous if you are unable to hear ambient sounds such as on a road with car and bicycle traffic.
- If the headset is not worn properly, the Quick Attention Mode may not work correctly. Put the headset properly into your ears.
- Depending on the size of the earbud tips you use, the Quick Attention Mode may not be fully effective. Choose the size that allows you to hear the least ambient sounds.

Related Topic

- [Replacing the earbud tips](#)
- [Wearing the headset](#)

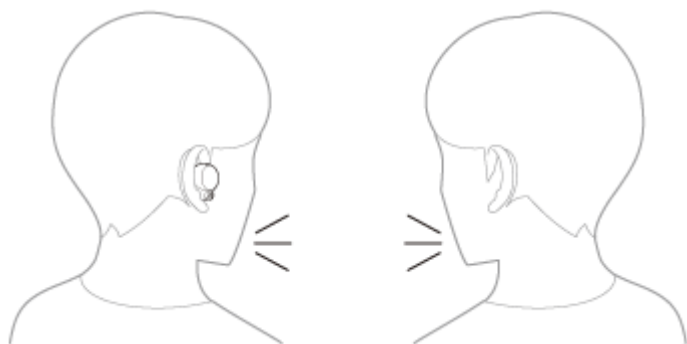
Wireless Noise Canceling Stereo Headset
WF-1000XM4

Speaking with someone while wearing the headset (Speak-to-Chat)

If Speak-to-Chat is enabled in advance, the Speak-to-Chat mode starts automatically when you talk to someone. The headset pauses or mutes the music being played and captures the voice of the person you are conversing with on the microphones to make it easier to hear.

When the headset does not detect the wearer's voice for a certain period of time, the Speak-to-Chat mode ends automatically.

If you want to end the mode before that, tap the touch sensor on either unit of the headset.



To enable Speak-to-Chat

To activate the Speak-to-Chat mode, the headset's automatic audio detection must be enabled in advance. In the factory settings, Speak-to-Chat is disabled. To enable, change the setting with the "Sony | Headphones Connect" app.

To disable Speak-to-Chat

To disable, change the setting with the "Sony | Headphones Connect" app.

About the instruction manual video

Watch the video to find out how to use Speak-to-Chat.

https://rd1.sony.net/help/mdr/mov0025/h_zz/

Hint

- The Speak-to-Chat mode also ends in the following instance.
 - When both units of the headset are removed while the wearing detection automatic power off function is enabled
- When you use the "Sony | Headphones Connect" app, you can change the sensitivity of the automatic audio detection and change the time until the Speak-to-Chat mode ends, in addition to switch the mode between enabled and disabled. In the factory settings, the time until the mode ends is set to about 15 seconds.

Note

- The Speak-to-Chat mode activates when it detects the speech of the person wearing the headset, but in rare cases it may activate in response to vibrations caused by devices such as electric toothbrushes, electric massagers, and electric shavers, or by activities such as brushing your teeth, coughing, or humming. In cases where the Speak-to-Chat mode frequently activates by accident, set Speak-to-Chat to "L Sensitivity".
- Music playback is paused while the Speak-to-Chat mode is active only when connected via Bluetooth connection.
- The connected device or playback application you are using may not support the pausing of music playback when the Speak-to-Chat mode is activated or the resuming of music playback when the Speak-to-Chat mode is deactivated.

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)

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Wireless Noise Canceling Stereo Headset
WF-1000XM4

About the sound quality mode

The following 2 sound quality modes during Bluetooth playback can be selected. You can switch the settings and check the sound quality mode with the “Sony | Headphones Connect” app.

Priority on sound quality mode: Prioritizes the sound quality.

Priority on stable connection mode: Prioritizes the stable connection (default).

- When you want to prioritize the sound quality, select the “Priority on sound quality” mode.
- If the connection is unstable, such as when producing only intermittent sound, select the “Priority on stable connection” mode.

Note

- The playback time may shorten depending on the sound quality and the conditions under which you are using the headset.
- Depending on the ambient conditions in the area where you are using the headset, intermittent sound may still occur even if the “Priority on stable connection” mode is selected.

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Supported codecs

A codec is an audio coding algorithm used when transmitting sound via Bluetooth connection.

The headset supports the following 3 codecs for music playback via an A2DP connection: SBC, AAC, and LDAC.

- SBC

This is an abbreviation for Subband Codec.

SBC is the standard audio coding technology used in Bluetooth devices.

All Bluetooth devices support SBC.

- AAC

This is an abbreviation for Advanced Audio Coding.

AAC is mainly used in Apple products such as iPhone that can provide a higher sound quality than that of SBC.

- LDAC

LDAC is an audio coding technology developed by Sony that enables the transmission of High-Resolution (Hi-Res) Audio content, even over a Bluetooth connection. Unlike other Bluetooth-compatible coding technologies such as SBC, it operates without any down-conversion of the High-Resolution Audio content (*).

It allows approximately 3 times more data (**) than those other technologies to be transmitted over a Bluetooth wireless network with unprecedented sound quality, employing efficient coding and optimized packetization.

* excluding DSD format contents.

** in comparison with SBC when the bitrate of 990 kbps (96/48 kHz) or 909 kbps (88.2/44.1 kHz) is selected.

When music in one of the above codecs is transmitted from a connected device, the headset switches to that codec automatically and plays back the music in the same codec.

When you want to play back music with LDAC, set the sound quality mode to the “Priority on sound quality” mode using the “Sony | Headphones Connect” app. In the “Priority on stable connection” mode (factory setting), music cannot be played back with LDAC.

If the connected device supports a codec of higher sound quality than SBC, you may need to set the device beforehand to enjoy music with the desired codec from the supported codecs.

Refer to the operating instructions supplied with the device regarding setting the codec.

Related Topic

- [About the sound quality mode](#)

Wireless Noise Canceling Stereo Headset
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About the DSEE Extreme function

DSEE Extreme uses AI technology to reproduce with high accuracy the frequency responses of the original sound source lost during compression.

You can switch the settings with the “Sony | Headphones Connect” app.

Note

- When DSEE Extreme is set to “Enable (ON)”, the available operating time is reduced.

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)
- [Available operating time](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Receiving a call

You can enjoy a hands-free call with a smartphone or mobile phone that supports the Bluetooth profile HFP (Hands-free Profile) or HSP (Headset Profile), via Bluetooth connection.

- If your smartphone or mobile phone supports both HFP and HSP, set it to HFP.
- The operation may vary depending on the smartphone or mobile phone. Refer to the operating instructions supplied with the smartphone or mobile phone.
- Depending on the connected device or the application you are using, the functions may not work properly even if you try to operate them with the touch sensors.

Ring tone

When an incoming call arrives, a ring tone will be heard from the headset.

You will hear either of following ring tones, depending on your smartphone or mobile phone.

- Ring tone set on the headset
- Ring tone set on the smartphone or mobile phone
- Ring tone set on the smartphone or mobile phone only for a Bluetooth connection

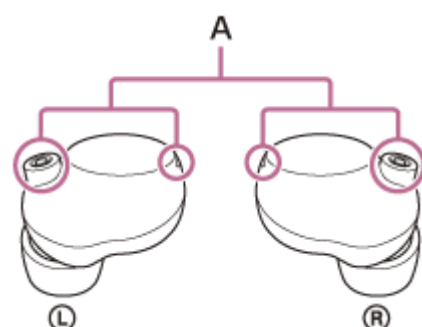
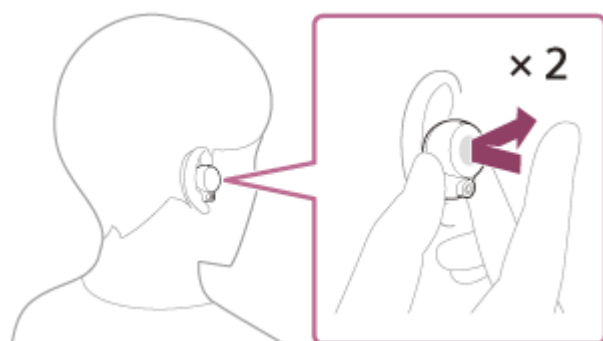
1 Connect the headset to a smartphone or mobile phone via Bluetooth connection beforehand.

2 When you hear a ring tone, tap the touch sensor on the left or right unit of the headset twice (with an interval of about 0.3 seconds) and receive the call.

A voice will be heard from the headset.

When an incoming call arrives while you are listening to music, playback pauses and a ring tone will be heard from the headset.

You can talk using the microphones on the headset.



A: Microphones (left, right)

If no ring tone is heard via the headset

- The headset may not be connected with the smartphone or mobile phone over HFP or HSP. Check the connection status on the smartphone or mobile phone.
- If playback does not pause automatically, operate the headset to pause playback.

3 Operate the smartphone or mobile phone to adjust the volume.

4 When you finish talking, tap the touch sensor on the left or right unit of the headset twice (with an interval of about 0.3 seconds) to end the call.

If you received a call during music playback, music playback resumes automatically after ending the call.

Hint

- When receiving a call by operating smartphones or mobile phones, some smartphones or mobile phones receive a call with the phone instead of the headset. With an HFP or HSP connection, switch the call to the headset by holding your finger to the touch sensor on the left or right unit of the headset for about 2 seconds, or by using your smartphone or mobile phone.
- The headset volume during a call and during music playback can be independently adjusted. Changing the call volume does not change the volume of music playback and vice versa.
- You can also enjoy hands-free calls even when you wear only one unit of the headset. When an incoming call arrives, answer the call using the headset unit you are wearing. If you wear the other unit while you are talking with only one unit, you can talk with both units.

Note

- Depending on the smartphone or mobile phone, when an incoming call arrives while you are listening to music, playback may not resume automatically even if you finish the call.
- Use a smartphone or mobile phone at least 50 cm (19.69 in.) away from the headset. Noise may result if the smartphone or mobile phone is too close to the headset.
- Your voice will be heard from the headset through the headset's microphones (Sidetone function). In this case, ambient sounds or the sounds of the headset operation may be heard through the headset, but this is not a malfunction.
- Even when the volume adjustment function has been assigned to the touch sensor, you cannot adjust the volume on the headset during a call. Adjust the volume on the connected device. If you are unable to adjust the volume on the connected device, install the "Sony | Headphones Connect" smartphone app and adjust the volume in the app.

Related Topic

- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Making a call](#)
- [Functions for a phone call](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Making a call

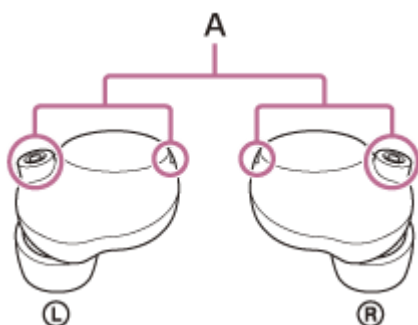
You can enjoy a hands-free call with a smartphone or mobile phone that supports the Bluetooth profile HFP (Hands-free Profile) or HSP (Headset Profile), via Bluetooth connection.

- If your smartphone or mobile phone supports both HFP and HSP, set it to HFP.
- The operation may vary depending on the smartphone or mobile phone. Refer to the operating instructions supplied with the smartphone or mobile phone.
- Depending on the connected device or the application you are using, the functions may not work properly even if you try to operate them with the touch sensors.

1 Connect the headset to a smartphone/mobile phone via Bluetooth connection.

2 Operate your smartphone or mobile phone to make a call.

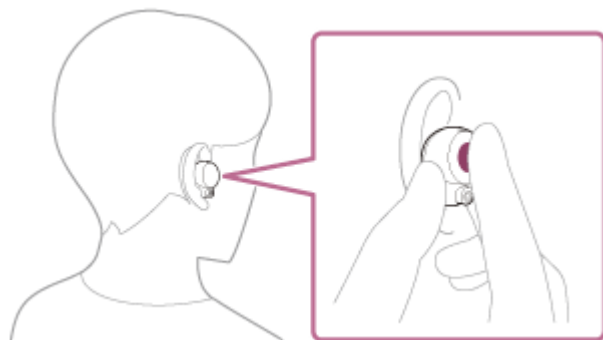
When you make a call, the dial tone is heard from the headset.
If you make a call while you are listening to music, playback pauses.
You can talk using the microphones on the headset.



A: Microphones (left, right)

If no dial tone is heard via the headset

- Use your smartphone or mobile phone to switch from the call device to the headset, or hold your finger to the touch sensor on either the left or right headset unit for about 2 seconds.



3 Operate the smartphone or mobile phone to adjust the volume.

4 When you finish talking, tap the touch sensor on the left or right unit of the headset twice (with an interval of about 0.3 seconds) to end the call.

If you made a call during music playback, music playback resumes automatically after ending the call.

Hint

- The headset volume during a call and during music playback can be independently adjusted. Changing the call volume does not change the volume of music playback and vice versa.
- You can also enjoy hands-free calls even when you wear only one unit of the headset. If you wear the other unit while you are talking with only one unit, you can talk with both units.

Note

- Use a smartphone or mobile phone at least 50 cm (19.69 in.) away from the headset. Noise may result if the smartphone or mobile phone is too close to the headset.
- Your voice will be heard from the headset through the headset's microphones (Sidetone function). In this case, ambient sounds or the sounds of the headset operation may be heard through the headset, but this is not a malfunction.
- Even when the volume adjustment function has been assigned to the touch sensor, you cannot adjust the volume on the headset during a call. Adjust the volume on the connected device. If you are unable to adjust the volume on the connected device, install the "Sony | Headphones Connect" smartphone app and adjust the volume in the app.

Related Topic

- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Receiving a call](#)
- [Functions for a phone call](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Functions for a phone call

The functions available during a call may vary depending on the profile supported by your smartphone or mobile phone. In addition, even if the profile is the same, the available functions may vary depending on the smartphone or mobile phone.

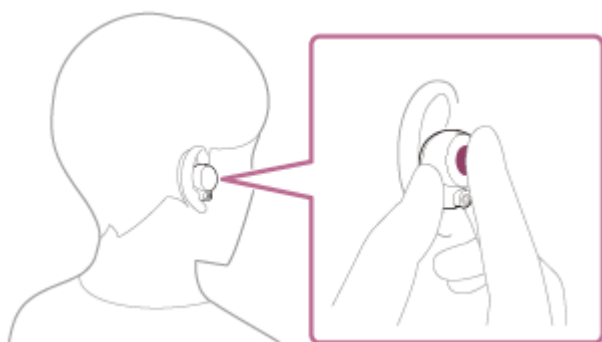
Depending on the connected device or the application you are using, the functions may not work properly even if you try to operate them with the touch sensors.

Refer to the operating instructions supplied with the smartphone or mobile phone.

Supported profile: HFP (Hands-free Profile)

During standby/music playback

- Hold your finger to the touch sensor on the right unit for about 2 seconds to start up the voice dial function (*) of the smartphone/mobile phone, or activate the Google™ app on the Android smartphone or Siri on the iPhone.

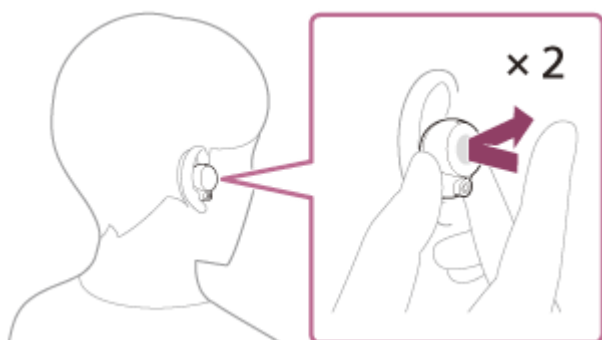


Outgoing call

You can use the touch sensor on either the left or right unit to perform the following operations.

When only one unit of the headset is worn on your ear, operate the headset on the unit that is worn.

- Tap the touch sensor twice quickly (with an interval of about 0.3 seconds) to cancel an outgoing call.



- Hold your finger to the touch sensor for about 2 seconds to change the call device back and forth from the headset to the smartphone/mobile phone.

Incoming call

You can use the touch sensor on either the left or right unit to perform the following operations.

When only one unit of the headset is worn on your ear, operate the headset on the unit that is worn.

- Tap the touch sensor twice quickly to answer a call.
- Hold your finger to the touch sensor for about 2 seconds to reject a call.

During call

You can use the touch sensor on either the left or right unit to perform the following operations.
When only one unit of the headset is worn on your ear, operate the headset on the unit that is worn.

- Tap the touch sensor twice quickly to finish a call.
- Hold your finger to the touch sensor for about 2 seconds to change the call device back and forth from the headset to the smartphone/mobile phone.

Supported profile: HSP (Headset Profile)

You can use the touch sensor on either the left or right unit to perform the following operations.
When only one unit of the headset is worn on your ear, operate the headset on the unit that is worn.

Outgoing call

- Tap the touch sensor twice quickly to cancel an outgoing call.

Incoming call

- Tap the touch sensor twice quickly to answer a call.

During call

- Tap the touch sensor twice quickly to finish a call.

Related Topic

- [Using only one unit of the headset](#)
- [Receiving a call](#)
- [Making a call](#)

Making a video call on your computer

When you make a video call on your computer, you can talk wirelessly from your headset.

- 1 **Connect the headset to your computer via Bluetooth connection.**
- 2 **Launch the video calling application on your computer.**
- 3 **Check the settings (*) of the video calling application.**
 - When you make a video call on your computer, select calling connections (HFP/HSP) and not music playback connections (A2DP). If you select music playback connections, a video call may not be available.
 - On the speaker settings, select calling connections [Headset (WF-1000XM4 Hands-Free)] (**). ([Headphones (WF-1000XM4 Stereo)] (**) is for music playback connections.)
 - On the microphone settings, select calling connections [Headset (WF-1000XM4 Hands-Free)] (**). When the microphone is not set up, the Speak-to-Chat mode activates when it detects the speech of the person wearing the headset, and the sound from the headset is muted.
 - Depending on the video calling application you are using, calling connections [Headset (WF-1000XM4 Hands-Free)] (**) or music playback connections [Headphones (WF-1000XM4 Stereo)] (**) may not be selectable on the speaker or microphone settings, and only [WF-1000XM4] may be displayed. In that case, select [WF-1000XM4].
 - As for frequently asked questions and answers, refer to the customer support website.

* Depending on the video calling application you are using, this function may not be available.

** Names may vary according to the computer or the video calling application you are using.

Hint

- When the settings of the video calling application cannot be checked or calling connections [Headset (WF-1000XM4 Hands-Free)] cannot be selected, select [Headset (WF-1000XM4 Hands-Free)] on the settings of your computer to make connections. See [“Pairing and connecting with a computer \(Windows 10\)”](#), [“Pairing and connecting with a computer \(Windows 8.1\)”](#) or [“Pairing and connecting with a computer \(Mac\)”](#).

Note

- While the Speak-to-Chat mode is enabled, if the microphone is not set up correctly, the Speak-to-Chat mode is activated when a voice is detected, and the sound from the headset is muted.
- Depending on the video calling application you are using, microphone settings may not be available. In that case, disable Speak-to-Chat using the “Sony | Headphones Connect” app.
- Depending on the computer or application you are using, the headset may not work properly during a video call. This may be improved by restarting the computer.

Related Topic

- [How to make a wireless connection to Bluetooth devices](#)
- [Pairing and connecting with a computer \(Windows 10\)](#)
- [Pairing and connecting with a computer \(Windows 8.1\)](#)
- [Pairing and connecting with a computer \(Mac\)](#)

- [Connecting to a paired computer \(Windows 10\)](#)
- [Connecting to a paired computer \(Windows 8.1\)](#)
- [Connecting to a paired computer \(Mac\)](#)
- [Disconnecting Bluetooth connection \(after use\)](#)
- [Speaking with someone while wearing the headset \(Speak-to-Chat\)](#)
- [Customer support websites](#)

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Disconnecting Bluetooth connection (after use)

1 Disconnect the Bluetooth connection by operating the Bluetooth device.

When disconnected, you will hear the voice guidance say, "Bluetooth disconnected", from both headset units.

2 Set the headset into the charging case.

The headset turns off.

Hint

- When you finish playing music, the Bluetooth connection may terminate automatically depending on the Bluetooth device.

Related Topic

- [Turning off the headset](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Using the Google Assistant

By using the Google Assistant feature that comes with the smartphone, you can speak to the headset's microphones to operate the smartphone or perform a search.

Compatible smartphones

- Smartphones installed with Android 6.0 or later (The latest version of the Google app is required.)
- iPhone/iPod touch (Installation of the Google Assistant app is required.)

1 If your smartphone is an iPhone/iPod touch, open the Google Assistant app.

If your smartphone is an Android smartphone, skip this step.

2 Open the "Sony | Headphones Connect" app, and set the touch sensor as the Google Assistant feature.

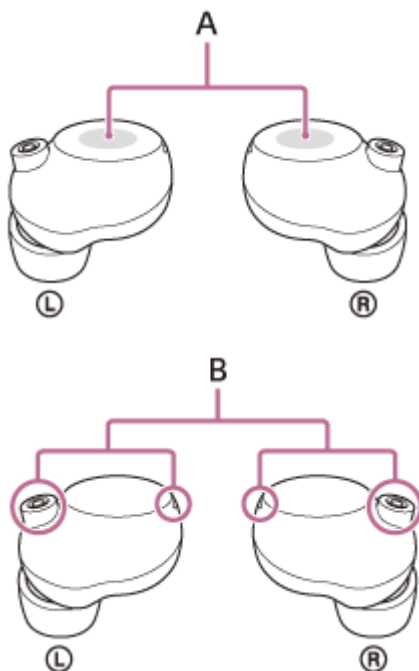
The Google Assistant can be assigned to the headset unit to which the music playback function is assigned. You can change the function assignments to the touch sensors of both the left and right units using the "Sony | Headphones Connect" app.

When using the Google Assistant for the first time, open the Google Assistant app and touch [Finish headphones setup] on the Conversation View, and follow the on-screen instructions to complete initial settings for the Google Assistant.

For details on the "Sony | Headphones Connect" app, refer to the following URL.

https://rd1.sony.net/help/mdr/hpc/h_zz/

3 Operate the touch sensor to use the Google Assistant.



A: Touch sensors (left, right)

B: Microphones (left, right)

- Hold your finger to the touch sensor to input a voice command, and release your finger to finish the voice command.

- If no voice command is detected while your finger is held to the touch sensor, notifications are read out when the finger is released.

For details on the Google Assistant, refer to the following website:

<https://assistant.google.com>

<https://g.co/headphones/help>

Hint

- Check or update the software version of the headset with the “Sony | Headphones Connect” app.
- When the Google Assistant is not available for reasons such as not being connected to the network, the voice guidance “The Google Assistant is not connected” is heard from both headset units (or from the headset unit you are wearing).
- If you do not see [Finish headphones setup] on the Conversation View of the Google Assistant app, delete the pairing information for the headset from the Bluetooth settings of your smartphone and redo the pairing process.
- The Google Assistant feature can be assigned to the headset unit of which touch sensor has the music playback function assigned. When you want to use the Google Assistant feature on either unit of the headset, assign the music playback function to the headset unit you want to use, and then assign the Google Assistant feature.
On the headset unit to which the music playback function is not assigned, the Google Assistant feature cannot be used. You can change the function assignments to the touch sensors of both the left and right units using the “Sony | Headphones Connect” app.

Note

- The Google Assistant feature and the Amazon Alexa feature cannot be assigned to the headset at the same time.
- The Google Assistant may not be used in some countries, regions, or languages.

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Using Amazon Alexa

By using the Amazon Alexa app installed on your smartphone, you can speak to the headset's microphones to operate the smartphone or perform a search.

Compatible smartphones

- The OS version supported by the latest version of the Amazon Alexa app on Android or iOS
- Installation of the latest Amazon Alexa app is required.
 1. Open the app store on your mobile device.
 2. Search for Amazon Alexa app.
 3. Select Install.
 4. Select Open.

1 Put the headset units into your ears and connect the headset to the smartphone via Bluetooth connection.

2 Open the Amazon Alexa app.

Amazon Alexa can be assigned to the headset unit to which the music playback function is assigned. You can change the function assignments to the touch sensors of both the left and right units using the "Sony | Headphones Connect" app.

When you use Amazon Alexa for the first time, you will need to login with your Amazon account, and proceed to step 3 to set up your headset to the Amazon Alexa app.

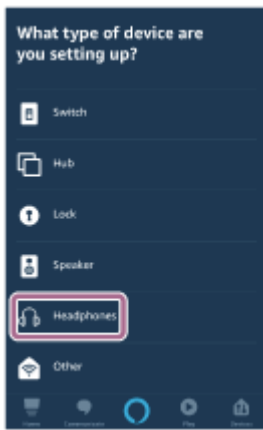
If you have already set up Amazon Alexa before, but have configured the touch sensor on the left unit of the headset to a function other than Amazon Alexa, refer to the hint section below to reconfigure the touch sensor on the right unit of the headset to Amazon Alexa.

3 Perform the initial settings for Amazon Alexa.

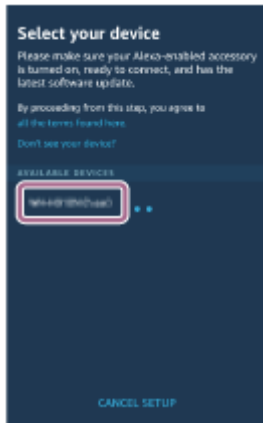
1. Touch the menu icon in the upper left corner of the Amazon Alexa app screen, and touch [Add Device].



2. On the [What type of device are you setting up?] screen, select [Headphones].

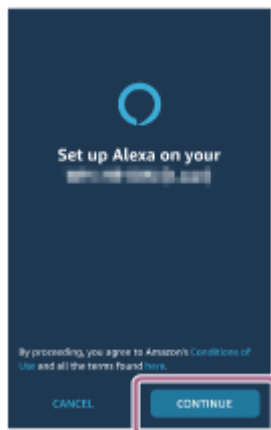


3. From [AVAILABLE DEVICES] on the [Select your device] screen, select [WF-1000XM4].



If you cannot find [WF-1000XM4] in [AVAILABLE DEVICES], the headset is not connected to the smartphone via Bluetooth connection. Connect the headset to the smartphone via Bluetooth connection.

4. On the [Set up Alexa on your WF-1000XM4] screen, touch [CONTINUE].



5. If the [This will override the current voice assistant on this accessory] screen appears, touch [CONTINUE].

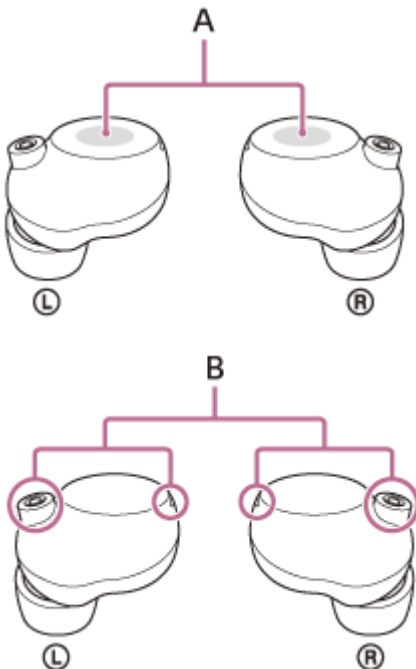


6. On the [Setup Complete] screen, touch [DONE].



When the initial settings are complete, the function of the touch sensor on the left unit of the headset (or on the right unit if only the right unit of the headset was worn for the initial settings) is changed to Amazon Alexa.

4 Operate the touch sensor to which the Amazon Alexa feature is assigned to use Amazon Alexa.



A: Touch sensors (left, right)

B: Microphones (left, right)

- Hold your finger to the touch sensor to input a voice command.
Example:
“What is the weather”
“Play music (*)”
* Need Amazon or Prime Music subscription.
- If there is no voice, it will be automatically canceled.

For details on Amazon Alexa and its capability, refer to the following website:
<https://www.amazon.com/b?node=16067214011>

For details on Amazon Alexa, refer to the following website:
<https://www.amazon.com/gp/help/customer/display.html?nodeId=G7HPV3YLTGLJEJFK>

Hint

- When you set up the headset to Amazon Alexa, the touch sensor on the right unit of the headset (or on the left unit if only the left unit of the headset was worn for the initial settings) will be automatically configured for Amazon Alexa. You can restore the touch sensor back to original function by changing it with the “Sony | Headphones Connect” app. Similarly, you can reconfigure the touch sensor back to Amazon Alexa if you have previously connected to Amazon Alexa, but have changed to another function.
- Check or update the software version of the headset with the “Sony | Headphones Connect” app.
- When Amazon Alexa is not available for reasons such as not being connected to the network, the voice guidance “Either your mobile device isn’t connected; or you need to open the Alexa App and try again” is heard from both units of the headset.
- The Amazon Alexa feature can be assigned to the headset unit of which touch sensor has the music playback function assigned. When you want to use the Amazon Alexa feature on either unit of the headset, assign the music playback function to the headset unit you want to use, and then assign the Amazon Alexa feature.
On the headset unit to which the music playback function is not assigned, the Amazon Alexa feature cannot be used. You can change the function assignments to the touch sensors of both the left and right units using the “Sony | Headphones Connect” app.

Note

- The Amazon Alexa feature and the Google Assistant feature cannot be assigned to the headset at the same time.
- You can use the Amazon Alexa feature when you wear only one unit on your ear to which the Amazon Alexa feature is assigned. When the Amazon Alexa feature is assigned to the headset and you want to use only one unit of the headset, use the unit with the Amazon Alexa feature assigned. Check the setting of the headset with the “Sony | Headphones Connect” app.
- Amazon Alexa is not available in all languages and countries/regions. See the following website for details.
www.amazon.com/alexa-availability

Using the voice assist function (Google app)

By using the Google app feature that comes with the Android smartphone, you can speak to the headset's microphones to operate the Android smartphone.

1 Set the assist and voice input selection to the Google app.

On the Android smartphone, select [Settings] - [Apps & notifications] - [Advanced] - [Default apps] - [Assist & voice input], and set [Assist app] to the Google app.

The operation above is an example. For details, refer to the operating instructions of the Android smartphone.

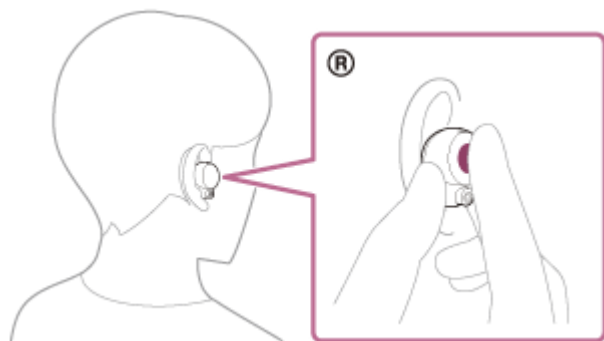
Note: The latest version of the Google app may be required.

For details on the Google app, refer to the operating instructions or the support website of the Android smartphone, or the Google Play store website.

The Google app may not be activated from the headset depending on specifications of the Android smartphone.

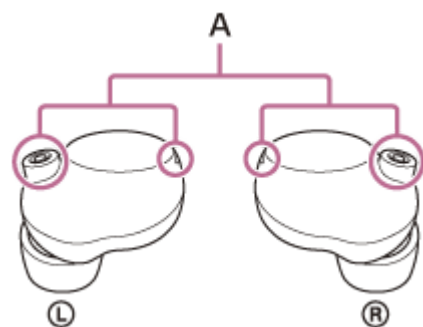
2 Put the headset units into your ears and connect the headset to the Android smartphone via Bluetooth connection.

3 When the Android smartphone is in standby or playing music, hold your finger to the touch sensor on the right unit for about 2 seconds.



The Google app is activated.

4 Make a request to the Google app through the headset's microphones.



A: Microphones (left, right)

For details on the apps which work with the Google app, refer to the operating instructions of the Android smartphone.

After activating the Google app, the voice command is canceled when a certain time has passed without requests.

Note

- If the touch sensor on either the left or right unit is set as the Google Assistant feature, the voice assist function (Google app) is not available.
- If the touch sensor on either the left or right unit is set as the Amazon Alexa feature, the voice assist function (Google app) is not available.
- The Google app cannot be activated when you say “Ok Google” even when the Android smartphone’s “Ok Google” setting is on.
- When using the voice assist function, your voice will be heard from the headset through the headset’s microphones (Sidetone function). In this case, ambient sounds or the sounds of the headset operation may be heard through the headset, but this is not a malfunction.
- The Google app may not be activated depending on specifications of the smartphone or application version.
- The Google app does not work when connected to a device not compatible with the voice assist function.

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Using the voice assist function (Siri)

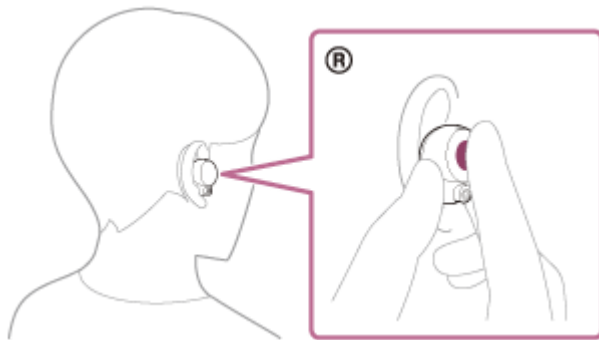
By using the Siri feature that comes with iPhone, you can speak to the headset's microphones to operate the iPhone.

1 Turn Siri on.

On iPhone, select [Settings] - [Siri & Search] to turn [Press Home for Siri] and [Allow Siri When Locked] on. The operation above is an example. For details, refer to the operating instructions of the iPhone.
Note: For details on Siri, refer to the operating instructions or support website of the iPhone.

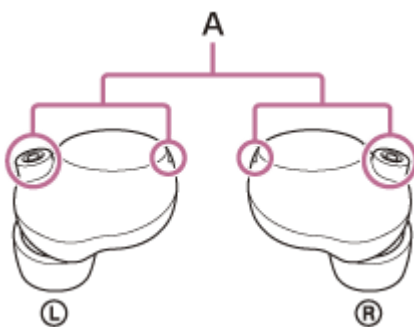
2 Put the headset units into your ears and connect the headset to the iPhone via Bluetooth connection.

3 When the iPhone is in standby or playing music, hold your finger to the touch sensor on the right unit for about 2 seconds.



Siri is activated.

4 Make a request to Siri through the headset's microphones.



A: Microphones (left, right)

For details on the apps which work with Siri, refer to the operating instructions of the iPhone.

5 To continue to request, tap the touch sensor on the right unit before Siri is deactivated.

After activating Siri, when a certain time has passed without requests, Siri will be deactivated.

Note

- Siri cannot be activated when you say “Hey Siri” even when the iPhone’s “Hey Siri” setting is on.
- When using the voice assist function, your voice will be heard from the headset through the headset’s microphones (Sidetone function). In this case, ambient sounds or the sounds of the headset operation may be heard through the headset, but this is not a malfunction.
- Siri may not be activated depending on specifications of the smartphone or application version.

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Wireless Noise Canceling Stereo Headset
WF-1000XM4

What you can do with the “Sony | Headphones Connect” app

When you connect the smartphone with the “Sony | Headphones Connect” app installed and the headset via Bluetooth connection, you can do the following.

- Update the headset software
- Switch the voice guidance language
- Turn the voice guidance on/off
- Change the function of the touch sensor
- Set the Bluetooth connection mode (sound quality mode)
- Turn off the headset
- Set the wearing detection automatic music playback pause/resume function
- Set the wearing detection automatic power off function
- Turn the wake word of Amazon Alexa on/off
- Initialize the headset
- Assist to determine the optimal earbud tips
- Check the headset software version
- Display the Bluetooth connection codec
- Display the remaining battery charge of the headset
- Display the remaining battery charge of the charging case
- Display the popup message to urge charging (when the remaining battery charge of the charging case is low)
- Select the Equalizer/CLEAR BASS setting
- Customize the Equalizer setting
- Set the DSEE Extreme (completion for high-range sound) function
- Adjust the noise canceling function and Ambient Sound Mode (ambient sound control)
- Select the switching pattern when changing the noise canceling function/Ambient Sound Mode from the headset
- Use auto adjustment of the noise canceling function by behavior recognition (Adaptive Sound Control)
- Set the automatic wind noise reduction function
- Enable/disable the automatic audio detection for Speak-to-Chat and set it up
- Play/pause music, skip to the beginning of the previous track (or the current track during playback)/skip to the beginning of the next track
- Adjust the volume during music playback/phone call
- Easy pairing

For details on the “Sony | Headphones Connect” app, refer to the following URL.

https://rd1.sony.net/help/mdr/hpc/h_zz/

Hint

- The operation of the “Sony | Headphones Connect” app differs depending on the audio device. The app specifications and screen design may change without prior notice.

Related Topic

- [Installing the “Sony | Headphones Connect” app](#)
- [Checking the remaining battery charge](#)
- [About the sound quality mode](#)
- [Using the noise canceling function](#)
- [Listening to ambient sound during music playback \(Ambient Sound Mode\)](#)
- [Supported codecs](#)
- [About the voice guidance](#)

- [About the touch sensor](#)
- [Wearing the headset](#)
- [About the DSEE Extreme function](#)
- [Speaking with someone while wearing the headset \(Speak-to-Chat\)](#)

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Wireless Noise Canceling Stereo Headset
WF-1000XM4


Installing the “Sony | Headphones Connect” app

- 1 Download the “Sony | Headphones Connect” app from the Google Play store or App Store, and install the app on your smartphone.

For details on the “Sony | Headphones Connect” app, refer to the following URL.

https://rd1.sony.net/help/mdr/hpc/h_zz/



Sony Headphones Connect 

- 2 After installing the app, launch the “Sony | Headphones Connect” app.
-

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Accessing support information from the “Sony | Headphones Connect” app

You can access the latest support information from the “Sony | Headphones Connect” app.

- 1 Select **[Help]** on the “Sony | Headphones Connect” app screen.
- 2 The **[Headphones Connect Help]** screen appears and support information is displayed.
- 3 Select the desired item.

Wireless Noise Canceling Stereo Headset
WF-1000XM4

How to keep the software up-to-date (for comfortable use of the headset)

Install the latest headset software using the “Sony | Headphones Connect” app to enjoy new functions or to resolve a certain number of issues with the headset.

Always use the headset with the latest software installed.

For details on the latest headset software and how to update the software, refer to the information on the support website.

When the [Automatic download of software] setting is enabled (default setting) on the “Sony | Headphones Connect” app, the download and transfer of the software will start automatically.

You can also update the headset software in the following way.

- 1 Download the update software from the server to the smartphone on which the “Sony | Headphones Connect” app is installed.**
- 2 Transfer the update software from the smartphone to the headset.**
- 3 Update the headset software following the on-screen instructions.**

Note

- It is recommended to disable the automatic power off function of the headset before the update.
In the factory settings, when the headset is not worn for about 15 minutes, the headset turns off automatically. This setting can be changed using the “Sony | Headphones Connect” app.
- When the mobile device used for the update has any other Bluetooth devices connected to it, turn off all the Bluetooth devices until the update is complete.
Software cannot be updated when the mobile device is connected with other devices compatible with Bluetooth Low Energy (such as wearable devices, smart watches, etc.).
- Note the following if the update cannot be completed.
 - Close all the apps installed on the mobile device except the “Sony | Headphones Connect” app.
 - Fully charge the headset and the mobile device.
 - Put the headset and the mobile device being used for the update as close to each other as possible before starting the update.
 - Do not start the update if there are wireless LAN devices or other Bluetooth devices nearby.
 - Turn off the power saving mode (*) of your smartphone before updating the software.
Depending on the OS version of your smartphone, the update may not be completed under the power saving mode.

* Names may vary according to the smartphone you are using.

Related Topic

- [What you can do with the “Sony | Headphones Connect” app](#)

Precautions

On Bluetooth communications

- Bluetooth wireless technology operates within a range of about 10 m (30 feet). The maximum communication distance may vary depending on the presence of obstacles (people, metal objects, walls, etc.) or the electromagnetic environment.
- Microwaves emitting from a Bluetooth device may affect the operation of electronic medical devices. Turn off the headset and other Bluetooth devices in the following locations, as it may cause an accident:
 - in hospitals, near priority seating in trains, locations where inflammable gas is present, near automatic doors, or near fire alarms.
- This product emits radio waves when used in wireless mode. When used in wireless mode on an airplane, follow flight crew directions regarding permissible use of products in wireless mode.
- The audio playback on the headset may be delayed from that on the transmitting device, due to the characteristics of Bluetooth wireless technology. As a result, the sound may not be in sync with the image when viewing movies or playing games.
- The headset supports security functions that comply with the Bluetooth standard as a means of ensuring security during communication using Bluetooth wireless technology. However, depending on the configured settings and other factors, this security may not be sufficient. Be careful when communicating using Bluetooth wireless technology.
- Sony shall assume no responsibility for any damages or loss resulting from information leaks that occur when using Bluetooth communications.
- Bluetooth connections with all Bluetooth devices cannot be guaranteed.
 - Bluetooth devices connected with the headset must comply with the Bluetooth standard prescribed by Bluetooth SIG, Inc., and must be certified as compliant.
 - Even when a connected device complies with the Bluetooth standard, there may be cases where the characteristics or specifications of the Bluetooth device make it unable to connect, or result in different control methods, display, or operation.
 - When using the headset to perform hands-free talking on the phone, noise may occur depending on the connected device or the communication environment.
- Depending on the device to be connected, it may require some time to start communications.
- The headset does not support multipoint connection.

If the headset supports the multipoint function, the headset can connect to a music playback device (A2DP profile, Walkman, etc.) and a communication device (HFP or HSP profile, smartphone, etc.) at the same time, and you can listen to music while waiting for an incoming call or making a call.

Note on static electricity

- Static electricity accumulated in the body may cause mild tingling in your ears. To reduce the effect, wear clothes made from natural materials, which suppress the generation of static electricity.

Notes on wearing the headset

- After use, remove the headset from your ears slowly.
- Because the earbud tips achieve a tight seal in the ears, forcibly pressing them in or quickly pulling them out can result in eardrum damage. When putting on the headset, the speaker diaphragm may produce a click sound. This is not a malfunction.

Other notes

- Do not subject the headset to excessive shock as it is a precision device.
- The touch sensors may not operate properly if you apply stickers or other adhesive items to the touch sensors.
- The Bluetooth function may not work with a mobile phone, depending on the signal conditions and the surrounding environment.

- If you experience discomfort while using the headset, stop using it immediately.
- The earbud tips may be damaged or deteriorate with long-term use and storage.
- If water or foreign objects enter the headset, it may result in fire or electric shock. If water or a foreign object enters the headset, stop use immediately and consult your nearest Sony dealer. In particular, be careful in the following cases.
 - When using the headset around a sink, etc.
Be careful that the headset does not fall into a sink or container filled with water.
 - When using the headset in the rain or snow, or in locations with high humidity

Cleaning the headset

- When the outside of the headset is dirty, clean it by wiping with a soft dry cloth. If the headset is particularly dirty, soak a cloth in a dilute solution of neutral detergent, and wring it well before wiping. Do not use solvents such as thinner, benzene, or alcohol, as they may damage the surface.

Do not use the headset near medical devices

- Radio waves can affect cardiac pacemakers and medical devices. Do not use the headset in crowded places such as crowded trains or inside a medical institution.
- The headset (including accessories) has magnet(s) which may interfere with pacemakers, programmable shunt valves for hydrocephalus treatment, or other medical devices. Do not place the headset close to persons who use such medical devices. Consult your doctor before using the headset if you use any such medical device.

Keep the headset away from the magnetic card

- The headset uses magnets. If you bring a magnetic card close to the headset, the card magnet may be affected and become unusable.

On water resistant performance of the headset

On water resistant performance of the headset

- The charging case is not water resistant.
- The water resistant specifications of this headset are equivalent to IPX4 in IEC 60529 “Degrees of protection against ingress of water (IP Code)”, which specifies the degree of protection provided against the entry of water. The headset cannot be used in water.

Unless the headset is used correctly, water may get into the headset and cause fire, electrocution, or malfunctions.

Note the following cautions carefully and use the headset correctly.

IPX4: Protected against water splashing from any direction.

- The sound conduits (sound output tubes), air holes, and microphone holes (in 2 locations) of the headset are not completely watertight.

If any water droplets are left in the sound conduits, air holes, or microphone holes (in 2 locations), the following symptoms may occur temporarily, but they are not malfunctions.

- Sounds become difficult to hear.
- The noise canceling effect is weakened.
- Unusual sounds are heard.
- Voices during phone calls become difficult to hear.

Liquids that the water resistant performance specifications apply to

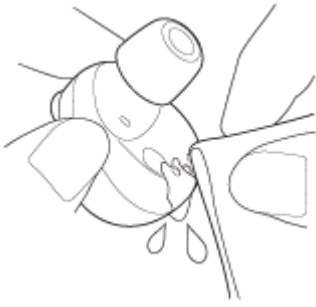
Applicable:	Fresh water, tap water, perspiration
Not applicable:	Liquids other than those above (examples: soapy water, detergent water, water with bath agents, shampoo, hot spring water, hot water, pool water, seawater, etc.)

The water resistant performance of the headset is based on measurements performed by Sony under the conditions described above. Note that malfunctions resulting from water immersion caused by customer misuse are not covered by the warranty.

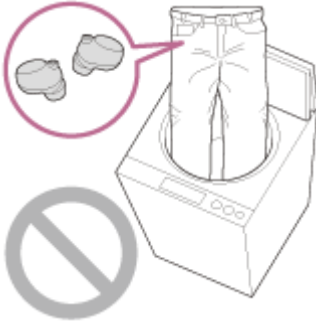
To maintain water resistant performance

Carefully note the precautions below to ensure proper use of the headset.

- Do not splash water forcibly into the sound output holes.
- Do not drop the headset into water, and do not use underwater.
- Do not allow the headset to remain wet in a cold environment, as the water may freeze. To prevent malfunction, make sure to wipe off any water after use.
- Do not place the headset in water or use it in a humid place such as a bathroom.
- Do not drop the headset or expose it to mechanical shock. Doing so may deform or damage the headset, resulting in deterioration of water resistance performance.
- If the headset gets wet,
 1. Use a soft dry cloth to wipe off any water that gets on the headset.
 2. Remove the earbud tips, position the sound conduits and the air holes downward, and shake several times to get the water out.
 3. Turn the microphone holes (in 2 locations) downward and gently tap them about 5 times on a dry cloth, etc. to remove any water collected inside.
 4. After completing these steps, leave the headset to dry in room temperature.
- If the headset units are charged while they are wet with sweat, etc., the charging ports will corrode. Before charging, wipe off any moisture with a soft dry cloth and leave to dry in room temperature.



- When the charging ports of the headset or charging case get dirty, wipe them clean with a soft dry cloth.
- Do not wash pants or shirts with the headset units left in the pockets.



- If the headset is cracked or deformed, refrain from using the headset near water, or contact your nearest Sony dealer.

Wireless Noise Canceling Stereo Headset
WF-1000XM4

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Access the following URL for the contents of the license.

<https://rd1.sony.net/help/mdr/sl/21/>

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Wireless Noise Canceling Stereo Headset
WF-1000XM4

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Wireless Noise Canceling Stereo Headset
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Customer support websites

For customers in the U.S.A, Canada, and Latin America:

<https://www.sony.com/am/support>

For customers in European countries:

<https://www.sony.eu/support>

For customers in China:

<https://service.sony.com.cn>

For customers in other countries/regions:

<https://www.sony-asia.com/support>

Wireless Noise Canceling Stereo Headset
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What can I do to solve a problem?

If the headset does not function as expected, try the following steps to resolve the issue.

- Find the symptoms of the issue in this Help Guide, and try any corrective actions listed.
- Set the headset into the charging case and close the lid of the charging case.
You may be able to resolve some issues by setting the headset into the charging case.
- Charge the headset.
You may be able to resolve some issues by charging the headset battery.
- Restart the device that is being connected to the headset.
You may be able to resolve some issues by restarting the device being connected such as your computer or smartphone.
- Reset the headset.
- Initialize the headset.
This operation resets volume settings, etc. to the factory settings, and deletes all pairing information.
- Look up information on the issue on the customer support website.

If the operations above do not work, consult your nearest Sony dealer.

Related Topic

- [Charging](#)
- [Customer support websites](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Unable to turn on the headset.

- Make sure the battery is fully charged.
 - You cannot turn on the headset when the headset is placed and being charged in the charging case. Remove the headset from the charging case to turn it on.
 - Set the headset into the charging case and close the lid of the charging case.
You may be able to resolve some issues by setting the headset into the charging case.
 - The Google Assistant or Amazon Alexa feature can be assigned to the headset unit for which the touch sensor has the music playback function assigned. When you want to use the Google Assistant or Amazon Alexa feature on either unit of the headset, assign the music playback function to the headset unit you want to use, and then assign the Google Assistant or the Amazon Alexa feature.
On the headset unit to which the music playback function is not assigned, the Google Assistant or Amazon Alexa feature cannot be used.
You can change the function assignments to the touch sensors of both the left and right units using the “Sony | Headphones Connect” app.
 - Reset the headset.
 - Initialize the headset, and pair the headset and the device again.
-

Related Topic

- [Charging](#)
- [Checking the remaining battery charge](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Charging cannot be done.

- Make sure that the headset is set into the charging case securely.
- Be sure to use the supplied USB Type-C cable.
- Check that the USB Type-C cable is firmly connected to the charging case and the USB AC adaptor or computer, or the USB AC adaptor is firmly connected to the AC outlet.
- Check that the computer is turned on. Wake the computer up if the computer is in standby (sleep) or hibernation mode.
- When using Windows 8.1, update using Windows Update.
- If the earbud tips are not properly attached to the headset, the headset may not charge with the supplied charging case. Check that the earbud tips are attached properly when you store the headset in the charging case.
- If earbud tips by other manufacturers are used, the headset may not charge with the supplied charging case. Be sure to use the supplied earbud tips when charging.
- When the charging ports of the headset or the charging case get dirty, the headset may not charge. Clean the charging ports with a soft dry cloth.
- It is recommended to charge in a place with an ambient temperature between 15 °C and 35 °C (59 °F - 95 °F). Efficient charging may not be possible beyond this range.
- While charging, be sure to keep the lid of the charging case closed to prevent the battery of the charging case from being wasted.
- When charging wirelessly, charging may slow down or stop if the charging case becomes misaligned with the wireless charging pad.
- When charging wirelessly, charging may slow down or stop at high or low temperatures depending on the wireless charging pad used.
- Reset the headset.
- Initialize the headset, and pair the headset and the device again.

Related Topic

- [Charging](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

The available operating time is short, the battery power does not last long.

-
- If you set the following functions, the available operating time of the battery may become short.
 - Automatic wind noise reduction
 - Speak-to-Chat
 - Equalizer
 - DSEE Extreme
 - Function to launch the voice assistant by your voice (wake word)
 - Sound quality mode during Bluetooth playback: Priority on sound quality
 - Depending on the settings of various functions and the conditions of use, the speed of the battery consumption may vary between the left and right units, but this is not a malfunction.
 - When you have finished using the headset, be sure to keep the headset in the charging case. If the headset is placed in the pockets, etc., the headset recognizes that the headset is worn, and it may turn on by mistake.
 - Be sure to close the lid of the charging case to prevent the battery of the charging case from being consumed.

Charging time is too long.

- Check that the charging case and the computer are directly connected, not via a USB hub.
 - Check that you are using the supplied USB Type-C cable.
 - Depending on the settings of various functions and the conditions of use, the speed of the battery consumption may vary between the left and right units.
As a result, the charging time of the batteries may differ between the left and right units, but this is not a malfunction.
 - It is recommended to charge in a place with an ambient temperature between 15 °C and 35 °C (59 °F - 95 °F). Efficient charging may not be possible beyond this range.
 - When charging wirelessly, charging may slow down or stop if the charging case becomes misaligned with the wireless charging pad.
 - When charging wirelessly, charging may slow down or stop at high or low temperatures depending on the wireless charging pad used.
 - Restart the computer and try the USB connection procedure again in cases other than those stated above.
-
-

Related Topic

- [Charging](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Charging cannot be done even if the charging case is connected to a computer.

- Check that the supplied USB Type-C cable is properly connected to the USB port of the computer.
 - Check that the charging case and the computer are directly connected, not via a USB hub.
 - There may be a problem with the USB port of the connected computer. Try connecting to another USB port on the computer if one is available.
 - Restart the computer and try the USB connection procedure again in cases other than those stated above.
-

Related Topic

- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

The remaining battery charge of the headset is not displayed on the screen of smartphone.

- Only the iOS devices (including iPhone/iPod touch) which support HFP (Hands-free Profile), and Android smartphone (OS 8.1 or later) can display the remaining battery charge.
- Check that the smartphone is connected with HFP. If the smartphone is not connected with HFP, the remaining battery charge will not be correctly displayed.

Related Topic

- [Checking the remaining battery charge](#)

No sound

- Depending on the smartphone app or computer application (which requires HFP (Hands-free Profile)/HSP (Headset Profile)), you may hear a voice from only one unit.
 - If you are connecting a computer to the headset, make sure the audio output setting of the computer is set for a Bluetooth device.
 - Pair the headset and the Bluetooth device again.
 - When the Speak-to-Chat mode is activated, music playback will pause. If music has been paused, use touch sensor of the headset to exit the Speak-to-Chat mode.
 - The Google Assistant or Amazon Alexa feature can be assigned to the headset unit for which the touch sensor has the music playback function assigned. When you want to use the Google Assistant or Amazon Alexa feature on either unit of the headset, assign the music playback function to the headset unit you want to use, and then assign the Google Assistant or the Amazon Alexa feature.
On the headset unit to which the music playback function is not assigned, the Google Assistant or Amazon Alexa feature cannot be used.
You can change the function assignments to the touch sensors of both the left and right units using the “Sony | Headphones Connect” app.
 - Set the headset into the charging case and close the lid of the charging case.
You may be able to resolve some issues by setting the headset into the charging case.
 - Restart the smartphone or the computer you use.
 - Reset the headset.
 - Initialize the headset, and pair the headset and the device again.
-

Related Topic

- [Using only one unit of the headset](#)
- [How to make a wireless connection to Bluetooth devices](#)
- [Listening to music from a device via Bluetooth connection](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Low sound level

- Turn up the volume of the connected device.
- When the volume adjustment function is assigned to the touch sensor with the “Sony | Headphones Connect” app, you can adjust the volume on the headset during music playback.
- Even when the volume adjustment function has been assigned to the touch sensor with the “Sony | Headphones Connect” app, you cannot adjust the volume on the headset during a call. Adjust the volume on the connected device. If you are unable to adjust the volume on the connected device, install the “Sony | Headphones Connect” smartphone app and adjust the volume on the “Sony | Headphones Connect” app.
- Connect the Bluetooth device to the headset once again.
- The sound conduits (sound output tubes), air holes, and microphone holes (in 2 locations) of the headset are not completely watertight. If any water droplets are left in the sound conduits, air holes, or microphone holes (in 2 locations), sound level becomes low temporarily, but this is not a malfunction. See [“When you have finished using the headset”](#) and dry the headset before use.
- Reset the headset.
- Initialize the headset, and pair the headset and the device again.

Note

- Depending on the connected device, the volume of the device and the headset may or may not be synced. If the volume on a device is not synced to the volume on the headset, it will not be possible to use the device to turn up the volume on the headset once the volume is turned down on the headset.

Related Topic

- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

There is a difference in volume between the left and right units, insufficient low-frequency sound.

- If the size of the earbud tips does not match the size of your ear canals or the headset is not properly worn on your ears, tap operations or the speech detection of Speak-to-Chat may not be successful, or you may not obtain proper sound qualities, noise canceling effects, or call performances.

If any of this is the case, try the following.

- Change the earbud tips to ones that fit more snugly in your ears. When changing the earbud tips, try the earbud tip sizes in order from the larger ones to the smaller ones. The size of the left and right earbud tips may be different.

The “Sony | Headphones Connect” app will help you to determine which earbud tips are most suitable for you to achieve the optimal noise cancellation effect.

- Check if the headset is properly worn on your ears. Wear the headset so that the earbud tip is comfortably situated as deep in the ear canal as possible.
-
-

Related Topic

- [Wearing the headset](#)
- [Replacing the earbud tips](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

Low sound quality

- If the size of the earbud tips does not match the size of your ear canals or the headset is not properly worn on your ears, tap operations or the speech detection of Speak-to-Chat may not be successful, or you may not obtain proper sound qualities, noise canceling effects, or call performances.

If any of this is the case, try the following.

- Change the earbud tips to ones that fit more snugly in your ears. When changing the earbud tips, try the earbud tip sizes in order from the larger ones to the smaller ones. The size of the left and right earbud tips may be different.

The “Sony | Headphones Connect” app will help you to determine which earbud tips are most suitable for you to achieve the optimal noise cancellation effect.

- Check if the headset is properly worn on your ears. Wear the headset so that the earbud tip is comfortably situated as deep in the ear canal as possible.

- Turn down the volume of the connected device if it is too loud.
- Switch the Bluetooth connection to A2DP with the connected device when the headset and the transmitting Bluetooth device are connected via an HFP or HSP Bluetooth connection.
- If the headset connects to the previously connected Bluetooth device, the headset may only establish the HFP/HSP Bluetooth connection when it is turned on. Use the connected device to connect via an A2DP Bluetooth connection.
- When listening to music from a computer on the headset, the sound quality may be poor (e.g., difficult to hear the singer’s voice, etc.) for the first few seconds after a connection is established. This is due to the computer specifications (priority on stable connection at the start of transmission and then switches to priority on sound quality several seconds later) and is not a headset malfunction.

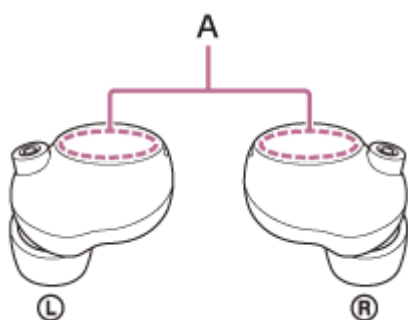
If the sound quality does not improve after a few seconds, use the computer to establish an A2DP connection. As for the operations on your computer, refer to the operating instructions supplied with the computer.

Related Topic

- [Wearing the headset](#)
- [Replacing the earbud tips](#)

Sound skips frequently.

- Set the headset to “Priority on stable connection” mode. For details, see [“About the sound quality mode”](#).
- The situation may be improved by changing the wireless playback quality settings on the transmitting device. For details, refer to the operating instructions supplied with the transmitting device.
- Remove any obstacles between the antenna of the connecting Bluetooth device and the antennas built into the left and right units of the headset. The antenna of each left or right unit of the headset is built into the part shown in the dotted line below.



A: Locations of the built-in antennas (left, right)

- Bluetooth communications may be disabled, or noise or audio dropout may occur under the following conditions.
 - When there is a human body between the headset and the Bluetooth device
In this case, put the Bluetooth device in the same direction as the antenna of the headset to improve the Bluetooth communications.
 - When there is an obstacle, such as metal or a wall, between the headset and the Bluetooth device.
 - In places with wireless LAN, where a microwave oven is used, electromagnetic waves are generated, etc.
 - Where there are other wireless communication audio devices or other people nearby, such as in train station premises or on a crowded train
- If you are enjoying music with your smartphone, the situation may be improved by closing unnecessary apps or restarting your smartphone. If you are enjoying music with your computer, close unnecessary applications or windows and restart the computer.
- Connect the headset and the Bluetooth device once again.
Set the headset into the charging case and close the lid of the charging case, and then remove the headset from the charging case to connect the headset to the Bluetooth device.
- When the Adaptive Sound Control is turned on, the headset detects the wearer's actions and adjusts the noise canceling function automatically. When this setting is changed, music may pause momentarily. This is not a malfunction.
- Reset the headset.
- Initialize the headset, and pair the headset and the device again.

Related Topic

- [About the sound quality mode](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Noise is heard during music playback.

- When you use the headset while you are walking or running, the sound of vibrations may be heard through your body, but this is due to the characteristics of the product and not a malfunction.
- When the noise canceling function or the Ambient Sound Mode is set to ON, wind noise may become louder depending on the surrounding environment.
On the “Sony | Headphones Connect” app, select [Ambient Sound Control] - [Noise Canceling] - [Automatic Wind Noise Reduction].
- The sound conduits (sound output tubes), air holes, and microphone holes (in 2 locations) of the headset are not completely watertight. If any water droplets are left in the sound conduits, air holes, or microphone holes (in 2 locations), a beeping sound (feedback) may be heard temporarily. This is not a malfunction. See [“When you have finished using the headset”](#) and dry the headset before use.
- When the Adaptive Sound Control function is turned on, the headset detects the wearer's actions and adjusts the noise canceling function automatically. When this setting is changed, music may pause momentarily and an alert sound may be heard. This sound notifies you that the setting has been changed.
If you want to deactivate this notification sound, use the “Sony | Headphones Connect” app to turn the setting off.
- If you cover the microphones of the left or right unit of the headset, or if you grasp the headset unit in your hand, a beeping sound (feedback) may be heard. This is not a malfunction. In that case, remove your hands, etc. from the left and right microphones.
- If the Ambient Sound Mode is enabled in a rather noisy environment, a noise may be heard. This is not a malfunction. In this case, set the noise canceling function to ON or set the noise canceling function and the Ambient Sound Mode to OFF.

The effect of noise canceling is not sufficient.

- Make sure that the noise canceling function is turned on.
- If the size of the earbud tips does not match the size of your ear canals or the headset is not properly worn on your ears, tap operations or the speech detection of Speak-to-Chat may not be successful, or you may not obtain proper sound qualities, noise canceling effects, or call performances.
If any of this is the case, try the following.
 - Change the earbud tips to ones that fit more snugly in your ears. When changing the earbud tips, try the earbud tip sizes in order from the larger ones to the smaller ones. The size of the left and right earbud tips may be different.
The “Sony | Headphones Connect” app will help you to determine which earbud tips are most suitable for you to achieve the optimal noise cancellation effect.
 - Check if the headset is properly worn on your ears. Wear the headset so that the earbud tip is comfortably situated as deep in the ear canal as possible.
- The noise canceling function is effective in low frequency ranges such as airplanes, trains, offices, near air-conditioning, and is not as effective for higher frequencies, such as human voices.
- When the Adaptive Sound Control on the “Sony | Headphones Connect” app is turned on, the wearer's actions, like walking or running, are detected. The noise canceling function is automatically adjusted and the Ambient Sound Mode may be activated according to these actions.
To make the most of the noise canceling function, turn off the Adaptive Sound Control, and try to turn on the noise canceling function manually when you need it.

Related Topic

- [Replacing the earbud tips](#)
- [Wearing the headset](#)
- [What is noise canceling?](#)
- [Using the noise canceling function](#)
- [What you can do with the “Sony | Headphones Connect” app](#)

Pairing cannot be done.

- Bring the headset and the Bluetooth device within 1 m (3 feet) from each other.
 - When pairing for the first time after purchasing, initializing, or repairing the headset, the headset enters pairing mode automatically if you remove the headset from the charging case. When you pair a second or subsequent device, put the headset units into both ears, then hold your fingers to the touch sensors on both the left and right units at the same time for about 5 seconds to enter pairing mode.
 - When pairing a device once again after initializing or repairing the headset, you may be unable to pair the device if it retains pairing information for the headset (iPhone or other device). In this case, delete the pairing information for the headset from the device and pair them again.
 - Restart the connected device such as a smartphone or a computer you use, and pair the headset and the device again.
 - Reset the headset.
 - Initialize the headset, and pair the headset and the device again.
-

Related Topic

- [How to make a wireless connection to Bluetooth devices](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Unable to make a Bluetooth connection.

- Check that the headset is turned on.
 - Check that the Bluetooth device is turned on and the Bluetooth function is on.
 - If the headset automatically connects to the last connected Bluetooth device, you may fail to connect the headset to other devices via Bluetooth connection. In that case, operate the last connected Bluetooth device and disconnect the Bluetooth connection.
 - Check if the Bluetooth device is in sleep mode. If the device is in sleep mode, cancel the sleep mode.
 - Check if the Bluetooth connection has been terminated. If terminated, make the Bluetooth connection again.
 - If the pairing information for the headset has been deleted on the Bluetooth device, pair the headset and the device again.
 - Reset the headset.
 - Initialize the headset, and pair the headset and the device again.
-

Related Topic

- [How to make a wireless connection to Bluetooth devices](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

The headset does not operate properly.

- You cannot operate the headset if it is not worn. Put the headset into your ears to operate.
 - To operate the headset, tap the touch sensor correctly. Hold the headset between your thumb and middle finger, then tap the touch sensor with your forefinger.
 - The headset cannot be operated when the touch sensor or your fingers are wet. Wipe off any perspiration or water with a soft dry cloth before operation.
 - The headset cannot be operated with gloved fingers. Operate the headset with bare hands.
 - The headset cannot be operated when the touch sensor is covered by your hair. Clear the touch sensor so that you can tap the touch sensor directly.
 - Be precise in tapping the very center of the touch sensor. If the rim of the touch sensor is touched, the headset may not operate.
 - Tap the touch sensor with the ball of your finger. If you tap with your nail or fingertip, the headset may not operate.
 - Tap the touch sensor while holding the headset between your thumb and middle finger. If the headset moves when you tap the touch sensor, the headset may not operate.
 - When you change the assignment of the functions to the touch sensors with the “Sony | Headphones Connect” app, confirm on the app that the correct function is assigned to the touch sensor.
 - Reset the headset. This operation does not delete pairing information.
 - If the headset does not operate properly even if you reset the headset, initialize the headset.
-

Related Topic

- [About the touch sensor](#)
- [What you can do with the “Sony | Headphones Connect” app](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Cannot hear a person during a call/low voice from callers, your voice does not reach the person during a call/your voice is low on the caller's side.

- Check that both the headset and the connected device are turned on.
- Turn up the volume of the connected device if it is too low.
- When you use the video calling application, open the settings (*) of the video calling application, and check that the speaker or microphone setting is specified as [Headset (WF-1000XM4 Hands-Free)](**). When the settings of the video calling application cannot be checked or calling connections [Headset (WF-1000XM4 Hands-Free)] cannot be selected, select [Headset (WF-1000XM4 Hands-Free)] on the settings of your computer to make connections.

* Depending on the video calling application you are using, this function may not be available.

** Names may vary according to the computer or the video calling application you are using.

- If the size of the earbud tips does not match the size of your ear canals or the headset is not properly worn on your ears, tap operations or the speech detection of Speak-to-Chat may not be successful, or you may not obtain proper sound qualities, noise canceling effects, or call performances.

If any of this is the case, try the following.

- Change the earbud tips to ones that fit more snugly in your ears. When changing the earbud tips, try the earbud tip sizes in order from the larger ones to the smaller ones. The size of the left and right earbud tips may be different.

The “Sony | Headphones Connect” app will help you to determine which earbud tips are most suitable for you to achieve the optimal noise cancellation effect.

- Check if the headset is properly worn on your ears. Wear the headset so that the earbud tip is comfortably situated as deep in the ear canal as possible.
- Put the headset into the charging case and close the lid. Then, take out the headset, and reconnect with the Bluetooth device.
- Restart the Bluetooth device such as your smartphone or computer, and reconnect with the headset.
- Reset the headset.
- Initialize the headset, and pair the headset and the device again.

Related Topic

- [How to make a wireless connection to Bluetooth devices](#)
- [Receiving a call](#)
- [Making a call](#)
- [Wearing the headset](#)
- [Replacing the earbud tips](#)
- [Resetting the headset](#)
- [Initializing the headset to restore factory settings](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Earbud tips are damaged or lost.

- To change the earbud tips with new ones, purchase the EP-NI1000S/EP-NI1000M/EP-NI1000L (*) sold separately.

* May not be supported in some countries or regions.

To protect the earbud tips from quick deterioration, follow the precautions below to continue using them.

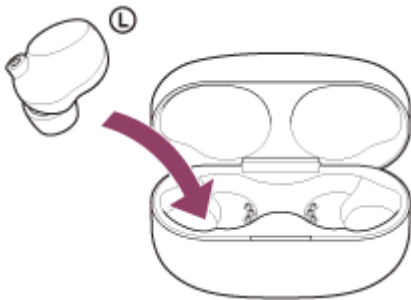
- When the earbud tips become dirty, do not wash them in water, but wipe off the dirt using a dry cloth. Do not use alcohol, etc. Doing so may quicken the deterioration.
- Do not pull on the polyurethane foam portion of the earbud tip. If it is separated from the earbud tip, it will not function.
- Do not subject the polyurethane foam portion of the earbud tip to pressure for over long periods of time. It may cause deformation and it may be difficult to return the earbud tip to the original shape.
- When the earbud tips get soaked, drain the liquid well, and make sure that the earbud tips are dried before use or storage.

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Resetting the headset

If the headset cannot be turned on or cannot be operated even when it is turned on, reset the headset. Reset one of the headset units at a time.

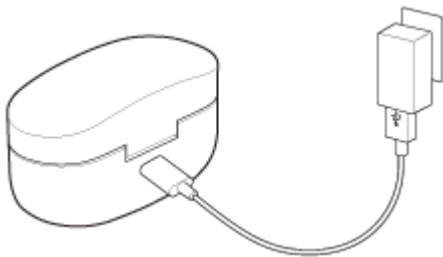
1 Set a headset unit into the charging case.



Close the lid of the charging case after setting the headset into the charging case.

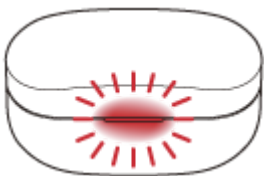
2 Connect the charging case to an AC outlet.

Use the supplied USB Type-C cable and a commercially available USB AC adaptor.

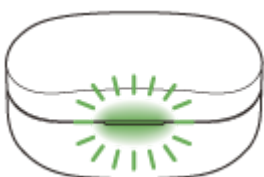


3 Open and close the lid of the charging case more than 5 times within 20 seconds.

The indicator (red) of the charging case starts flashing.



When the resetting is complete, the indicator (green) of the charging case flashes 4 times (● ● ● ●).



4 Remove the headset unit from the charging case, set the other headset unit to the charging case, and then start the operation again from step 1.

The device registration (pairing) information and other settings are retained.
If the headset does not operate correctly even after resetting, initialize the headset to restore factory settings.

About the instruction manual video

Watch the video to find out how to reset.

https://rd1.sony.net/help/mdr/mov0026/h_zz/

Related Topic

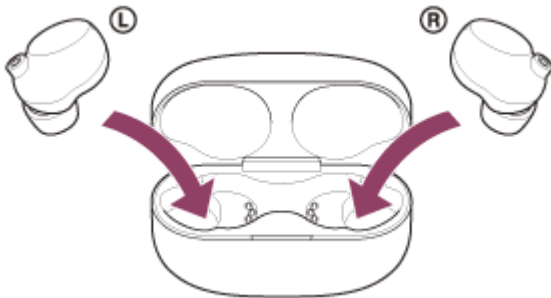
- [Initializing the headset to restore factory settings](#)

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Initializing the headset to restore factory settings

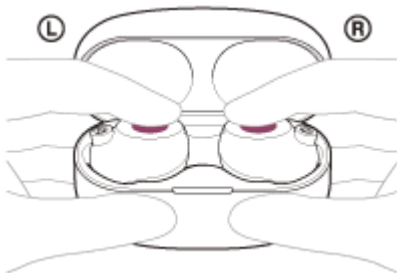
If the headset does not operate correctly even after resetting, initialize the headset.

1 Set the headset into the charging case.

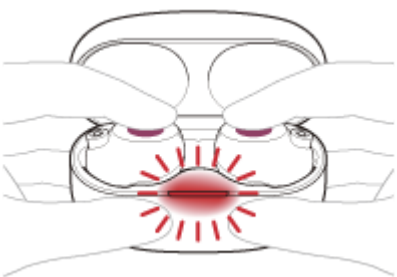


Leave the lid of the charging case open after setting the headset.

2 Hold your fingers to the touch sensors on both the left and right units for about 10 seconds.

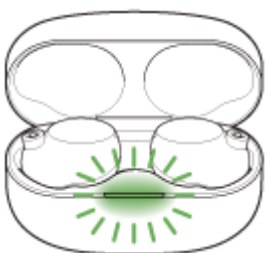


The indicator (red) of the charging case starts flashing.



3 Release your fingers within 5 seconds after the indicator starts flashing.

When the initializing is complete, the indicator (green) of the charging case flashes 4 times (● ● ● ●).



This operation resets volume settings, etc. to the factory settings, and deletes all pairing information. In this case, delete the pairing information for the headset from the connected device and then pair them again.

If the headset does not operate correctly even after initializing, consult your nearest Sony dealer.

About the instruction manual video

Watch the video to find out how to initialize.

https://rd1.sony.net/help/mdr/mov0027/h_zz/

Hint

- You can also initialize the headset with the “Sony | Headphones Connect” app.

Note

- When the remaining battery charge of the charging case is not sufficient, the headset will not start initializing. Charge the charging case.
- If you do not release your finger within 5 seconds after the indicator starts flashing in step 3, the headset will not be initialized. Try again from step 2.
- If you have updated the software after purchasing the headset, even if you initialize the headset, the software is retained updated.
- When you initialize the headset to restore the factory settings after you change the language of the voice guidance, the language will also return to the factory setting.

Related Topic

- [Turning on the headset](#)

Wireless Noise Canceling Stereo Headset
WF-1000XM4

Specifications

Headset

Power source:

DC 3.85 V: Built-in lithium-ion rechargeable battery
DC 5 V: When charged using USB

Operating temperature:

0 °C to 40 °C (32 °F to 104 °F)

Charging time:

Approx. 1.5 hours (headset)
Approx. 3 hours (charging case)

Mass:

Approx. 7.3 g × 2 (0.26 oz × 2) (headset only (including M size of earbud tips))
Approx. 41 g (1.45 oz) (charging case)

Communication specifications

Communication system:

BLUETOOTH Specification version 5.2

Output:

BLUETOOTH Specification Power Class 1

Maximum communication range:

Line of sight approx. 10 m (30 ft) (*1)

Radio frequency:

2.4 GHz band (2.4000 GHz to 2.4835 GHz)

Compatible BLUETOOTH profiles (*2):

A2DP/AVRCP/HFP/HSP

Supported codec (*3):

SBC
AAC
LDAC

Transmission bandwidth (A2DP):

20 Hz to 20,000 Hz (with 44.1 kHz for sampling)
20 Hz to 40,000 Hz (with LDAC 96 kHz for sampling, at 990 kbps)

*1 The communication range is a rough estimate. The communication range may differ depending on surrounding conditions.

*2 BLUETOOTH standard profiles indicate the purpose of BLUETOOTH communication between devices.

*3 Audio signal compression and conversion format

Design and specifications of the headset are subject to change without notice.

Compatible iPhone/iPod

iPhone SE (2nd generation), iPhone 11 Pro Max, iPhone 11 Pro, iPhone 11, iPhone XS Max, iPhone XS, iPhone XR, iPhone X, iPhone 8 Plus, iPhone 8, iPhone 7 Plus, iPhone 7, iPhone SE, iPhone 6s Plus, iPhone 6s, iPhone 6 Plus, iPhone 6, iPhone 5s, iPod touch (7th generation), iPod touch (6th generation)

* As of February 2021

Note

- The charging time may differ depending on the conditions of use.

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