

Use this manual if you encounter any problems, or have any questions when using “Sony | Headphones Connect”.

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[Setting DSEE \(High range compensation\)](#)

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List of compatible devices

(As of October 2023)

Update the software of your headphones to the latest version.

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

Status icons on Dashboard

	Power off	DSEE Extreme™	DSEE HX	DSEE	Codec
MDR-XB950B1	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—
WF-1000X	—	—	—	—	✓
WF-1000XM3	✓	—	✓	—	✓
WF-1000XM4	✓	✓	—	—	✓
WF-1000XM5	✓	✓	—	—	✓
WF-C500	✓	—	—	✓	✓
WF-C700N	✓	—	—	✓	✓
WF-H800	✓	—	✓	—	✓
WF-SP700N	—	—	—	—	✓
WF-SP800N	✓	—	—	—	✓
WF-SP900	—	—	—	—	✓
WH-1000XM2	—	—	✓	—	✓
WH-1000XM3	—	—	✓	—	✓
WH-1000XM4	✓	✓	—	—	✓
WH-1000XM5	✓	✓	—	—	✓
WH-CH520	✓	—	—	✓	✓
WH-CH700N	—	—	—	✓	✓
WH-CH720N	✓	—	—	✓	✓
WH-H800	—	—	✓	—	✓
WH-H810	✓	—	✓	—	✓
WH-H900N	—	—	✓	—	✓
WH-H910N	✓	—	✓	—	✓
WH-XB700	—	—	—	✓	✓

	Power off	DSEE Extreme™	DSEE HX	DSEE	Codec
WH-XB900N	—	—	—	✓	✓
WH-XB910N	✓	—	—	✓	✓
WI-1000X	—	—	✓	—	✓
WI-1000XM2	✓	—	✓	—	✓
WI-C100	✓	—	—	✓	✓
WI-C600N	—	—	—	✓	✓
WI-H700	—	—	✓	—	✓
WI-SP600N	—	—	—	—	✓
LinkBuds	✓	—	—	✓	✓
LinkBuds S	✓	✓	—	—	✓
LinkBuds UC	✓	—	—	✓	✓

Functions displayed on the [Status] tab

	Adaptive Sound Control	Connected Device(s)	Changing the music playback device when connected in a multipoint connection	Now Playing	Current sound pressure
MDR-XB950B1	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—
WF-1000X	✓	—	—	✓	—
WF-1000XM3	✓	—	—	✓	—
WF-1000XM4	✓	✓	✓	✓	—
WF-1000XM5	✓	✓	✓	✓	✓
WF-C500	—	—	—	✓	—
WF-C700N	✓	✓	✓	✓	—
WF-H800	—	—	—	✓	—
WF-SP700N	—	—	—	✓	—
WF-SP800N	✓	—	—	✓	—
WF-SP900	—	—	—	—	—

	Adaptive Sound Control	Connected Device(s)	Changing the music playback device when connected in a multipoint connection	Now Playing	Current sound pressure
WH-1000XM2	✓	—	—	✓	—
WH-1000XM3	✓	—	—	✓	—
WH-1000XM4	✓	✓	—	✓	—
WH-1000XM5	✓	✓	✓	✓	✓
WH-CH520	—	✓	✓	✓	—
WH-CH700N	—	—	—	✓	—
WH-CH720N	✓	✓	✓	✓	—
WH-H800	—	—	—	✓	—
WH-H810	—	—	—	✓	—
WH-H900N	—	—	—	✓	—
WH-H910N	✓	—	—	✓	—
WH-XB700	—	—	—	✓	—
WH-XB900N	✓	—	—	✓	—
WH-XB910N	✓	✓	—	✓	—
WI-1000X	✓	—	—	✓	—
WI-1000XM2	✓	—	—	✓	—
WI-C100	—	—	—	✓	—
WI-C600N	—	—	—	✓	—
WI-H700	—	—	—	✓	—
WI-SP600N	—	—	—	✓	—
LinkBuds	—	✓	✓	✓	—
LinkBuds S	✓	✓	✓	✓	✓
LinkBuds UC	—	—	—	✓	—

Functions displayed on the [Sound] tab (Noise Canceling-related functions)

	Ambient Sound Control (seamless control)	Ambient Sound Control (mode switching)	Speak-to-Chat	Noise Canceling Optimizer (Personal Optimizing/Atmospheric Pressure Optimizing)	Noise Canceling Optimizer (Atmospheric Pressure Optimizing)	Noise Canceling
MDR-XB950B1	—	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—	✓
WF-1000X	—	✓	—	—	—	—
WF-1000XM3	✓	—	—	—	—	—
WF-1000XM4	✓	—	✓	—	—	—
WF-1000XM5	✓	—	✓	—	—	—
WF-C500	—	—	—	—	—	—
WF-C700N	—	✓	—	—	—	—
WF-H800	—	—	—	—	—	—
WF-SP700N	—	✓	—	—	—	—
WF-SP800N	✓	—	—	—	—	—
WF-SP900	—	✓	—	—	—	—
WH-1000XM2	✓	—	—	✓	—	—
WH-1000XM3	✓	—	—	✓	—	—
WH-1000XM4	✓	—	✓	✓	—	—
WH-1000XM5	✓	—	✓	—	—	—
WH-CH520	—	—	—	—	—	—
WH-CH700N	—	—	—	—	—	✓
WH-CH720N	—	✓	—	—	—	—

	Ambient Sound Control (seamless control)	Ambient Sound Control (mode switching)	Speak-to-Chat	Noise Canceling Optimizer (Personal Optimizing/Atmospheric Pressure Optimizing)	Noise Canceling Optimizer (Atmospheric Pressure Optimizing)	Noise Canceling
WH-H800	—	—	—	—	—	—
WH-H810	—	—	—	—	—	—
WH-H900N	—	✓	—	—	—	—
WH-H910N	✓	—	—	—	—	—
WH-XB700	—	—	—	—	—	—
WH-XB900N	✓	—	—	—	—	—
WH-XB910N	✓	—	—	—	—	—
WI-1000X	✓	—	—	—	✓	—
WI-1000XM2	✓	—	—	—	✓	—
WI-C100	—	—	—	—	—	—
WI-C600N	—	✓	—	—	—	—
WI-H700	—	—	—	—	—	—
WI-SP600N	—	✓	—	—	—	—
LinkBuds	—	—	✓	—	—	—
LinkBuds S	✓	—	✓	—	—	—
LinkBuds UC	—	—	✓	—	—	—

Functions displayed on the [Sound] tab (Except for Noise Canceling-related functions)

	Quick Sound Settings	Sound Position Control	Surround (VPT)	Equalizer	Find Your Equalizer	CLEAR BASS (Electro Bass Booster)	360 Reality Audio Setup
MDR-XB950B1	—	—	✓	—	—	✓	✓
MDR-XB950N1	—	—	✓	—	—	✓	✓

	Quick Sound Settings	Sound Position Control	Surround (VPT)	Equalizer	Find Your Equalizer	CLEAR BASS (Electro Bass Booster)	360 Reality Audio Setup
WF-1000X	—	—	—	✓ ^{*1}	—	—	✓
WF-1000XM3	—	—	—	✓	✓	—	✓
WF-1000XM4	—	—	—	✓	✓	—	✓
WF-1000XM5	—	—	—	✓	✓	—	✓
WF-C500	—	—	—	✓	✓	—	✓
WF-C700N	—	—	—	✓	✓	—	✓
WF-H800	—	—	—	✓	✓	—	✓
WF-SP700N	✓	—	—	✓ ^{*1}	—	—	—
WF-SP800N	—	—	—	✓	✓	—	✓
WF-SP900	✓	—	—	✓	✓	—	—
WH-1000XM2	—	✓	✓	✓	✓	—	✓
WH-1000XM3	—	✓	✓	✓	✓	—	✓
WH-1000XM4	—	—	—	✓	✓	—	✓
WH-1000XM5	—	—	—	✓	✓	—	✓
WH-CH520	—	—	—	✓	✓	—	✓
WH-CH700N	—	—	✓	✓	✓	—	—
WH-CH720N	—	—	—	✓	✓	—	✓
WH-H800	—	—	✓	✓	✓	—	✓
WH-H810	—	—	—	✓	✓	—	✓
WH-H900N	—	—	✓	✓	✓	—	✓
WH-H910N	—	—	—	✓	✓	—	✓

	Quick Sound Settings	Sound Position Control	Surround (VPT)	Equalizer	Find Your Equalizer	CLEAR BASS (Electro Bass Booster)	360 Reality Audio Setup
WH-XB700	—	✓	✓	—	—	✓	✓
WH-XB900N	—	✓	✓	✓	✓	—	✓
WH-XB910N	—	—	—	✓	✓	—	✓
WI-1000X	—	✓	✓	✓	✓	—	✓
WI-1000XM2	—	—	—	✓	✓	—	✓
WI-C100	—	—	—	✓	✓	—	✓
WI-C600N	✓	—	—	✓	✓	—	—
WI-H700	—	—	✓	✓	✓	—	✓
WI-SP600N	✓	—	—	✓ ^{*1}	—	—	—
LinkBuds	—	—	—	✓	✓	—	✓
LinkBuds S	—	—	—	✓	✓	—	✓
LinkBuds UC	—	—	—	✓	✓	—	✓

^{*1} Selecting presets only.

	Sound Quality Mode	Bluetooth Connection Quality	DSEE Extreme	DSEE HX	DSEE	Spatial Sound Optimization	Spatial Sound and Head Tracking
MDR-XB950B1	—	—	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—	—	—
WF-1000X	✓	—	—	—	—	—	—
WF-1000XM3	✓	—	—	✓	—	—	—
WF-1000XM4	—	✓	✓	—	—	—	—
WF-1000XM5	—	✓	✓	—	—	✓	✓
WF-C500	—	✓	—	—	✓	—	—
WF-C700N	—	✓	—	—	✓	—	—

	Sound Quality Mode	Bluetooth Connection Quality	DSEE Extreme	DSEE HX	DSEE	Spatial Sound Optimization	Spatial Sound and Head Tracking
WF-H800	✓	—	—	✓	—	—	—
WF-SP700N	✓	—	—	—	—	—	—
WF-SP800N	✓	—	—	—	—	—	—
WF-SP900	✓	—	—	—	—	—	—
WH-1000XM2	✓	—	—	✓	—	—	—
WH-1000XM3	✓	—	—	✓	—	—	—
WH-1000XM4	✓	—	✓	—	—	—	—
WH-1000XM5	—	✓	✓	—	—	—	✓
WH-CH520	—	✓	—	—	✓	—	—
WH-CH700N	✓	—	—	—	✓	—	—
WH-CH720N	—	✓	—	—	✓	—	—
WH-H800	✓	—	—	✓	—	—	—
WH-H810	✓	—	—	✓	—	—	—
WH-H900N	✓	—	—	✓	—	—	—
WH-H910N	✓	—	—	✓	—	—	—
WH-XB700	✓	—	—	—	✓	—	—
WH-XB900N	✓	—	—	—	✓	—	—
WH-XB910N	—	✓	—	—	✓	—	—
WI-1000X	✓	—	—	✓	—	—	—
WI-1000XM2	✓	—	—	✓	—	—	—
WI-C100	—	✓	—	—	✓	—	—
WI-C600N	✓	—	—	—	✓	—	—

	Sound Quality Mode	Bluetooth Connection Quality	DSEE Extreme	DSEE HX	DSEE	Spatial Sound Optimization	Spatial Sound and Head Tracking
WI-H700	✓	—	—	✓	—	—	—
WI-SP600N	✓	—	—	—	—	—	—
LinkBuds	—	✓	—	—	✓	✓	—
LinkBuds S	—	✓	✓	—	—	✓	—
LinkBuds UC	—	✓	—	—	✓	✓	—

Functions displayed on the [System] tab

	Connect to 2 devices simultaneously	Voice Assistant	Activate Voice Assistant with your Voice	Adaptive Volume Control	Change the function of the button or touch sensor	Change the tap operation function	Touch sensor control panel
MDR-XB950B1	—	—	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—	—	—
WF-1000X	—	—	—	—	✓	—	—
WF-1000XM3	—	—	—	—	✓	—	—
WF-1000XM4	✓	✓	✓	—	✓	—	—
WF-1000XM5	✓	✓	✓	—	✓	—	—
WF-C500	—	—	—	—	—	—	—
WF-C700N	✓	—	—	—	✓	—	—
WF-H800	—	—	—	—	✓	—	—
WF-SP700N	—	—	—	—	✓	—	—
WF-SP800N	—	—	—	—	✓	—	—
WF-SP900	—	—	—	—	—	—	—
WH-1000XM2	—	—	—	—	✓	—	—

	Connect to 2 devices simultaneously	Voice Assistant	Activate Voice Assistant with your Voice	Adaptive Volume Control	Change the function of the button or touch sensor	Change the tap operation function	Touch sensor control panel
WH-1000XM3	—	—	—	—	✓	—	✓
WH-1000XM4	✓	—	—	—	✓	—	✓
WH-1000XM5	✓	✓	✓	—	—	—	✓
WH-CH520	✓	—	—	—	—	—	—
WH-CH700N	—	—	—	—	✓	—	—
WH-CH720N	✓	✓	✓	—	—	—	—
WH-H800	—	—	—	—	—	—	—
WH-H810	—	—	—	—	✓	—	—
WH-H900N	—	—	—	—	✓	—	—
WH-H910N	—	—	—	—	✓	—	—
WH-XB700	—	—	—	—	✓	—	—
WH-XB900N	—	—	—	—	✓	—	—
WH-XB910N	✓	✓	✓	—	—	—	✓
WI-1000X	—	—	—	—	✓	—	—
WI-1000XM2	—	—	—	—	✓	—	—
WI-C100	—	—	—	—	—	—	—
WI-C600N	—	—	—	—	✓	—	—
WI-H700	—	—	—	—	—	—	—
WI-SP600N	—	—	—	—	✓	—	—
LinkBuds	✓	—	✓	✓	—	✓	—
LinkBuds S	✓	✓	✓	—	✓	—	—

	Connect to 2 devices simultaneously	Voice Assistant	Activate Voice Assistant with your Voice	Adaptive Volume Control	Change the function of the button or touch sensor	Change the tap operation function	Touch sensor control panel
LinkBuds UC	—	—	—	✓	—	✓	—

	Wide Area Tap (on/off)	Wide Area Tap (tap sensitivity adjustment)	Changing the Ambient Sound Control operation setting	Quick Access	Head Gesture	LE Audio connection setting for headphones	Determines Optimal Earbud Tips	Automatic Power Off
MDR-XB950B1	—	—	—	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—	—	—	—
WF-1000X	—	—	—	—	—	—	—	—
WF-1000XM3	—	—	—	—	—	—	—	✓
WF-1000XM4	—	—	✓	—	—	—	✓	✓
WF-1000XM5	—	—	✓	✓	✓	✓	✓	✓
WF-C500	—	—	—	—	—	—	—	—
WF-C700N	—	—	✓	—	—	—	—	✓
WF-H800	—	—	—	—	—	—	—	✓
WF-SP700N	—	—	—	—	—	—	—	—
WF-SP800N	—	—	—	—	—	—	—	✓
WF-SP900	—	—	—	—	—	—	—	—
WH-1000XM2	—	—	—	—	—	—	—	—
WH-1000XM3	—	—	—	—	—	—	—	✓
WH-1000XM4	—	—	—	—	—	—	—	✓

	Wide Area Tap (on/off)	Wide Area Tap (tap sensitivity adjustment)	Changing the Ambient Sound Control operation setting	Quick Access	Head Gesture	LE Audio connection setting for headphones	Determines Optimal Earbud Tips	Automatic Power Off
WH-1000XM5	—	—	✓	✓	—	—	—	✓
WH-CH520	—	—	—	—	—	—	—	—
WH-CH700N	—	—	—	—	—	—	—	—
WH-CH720N	—	—	✓	—	—	—	—	✓
WH-H800	—	—	—	—	—	—	—	—
WH-H810	—	—	—	—	—	—	—	—
WH-H900N	—	—	—	—	—	—	—	—
WH-H910N	—	—	—	—	—	—	—	✓
WH-XB700	—	—	—	—	—	—	—	—
WH-XB900N	—	—	—	—	—	—	—	✓
WH-XB910N	—	—	✓	—	—	—	—	✓
WI-1000X	—	—	—	—	—	—	—	—
WI-1000XM2	—	—	—	—	—	—	—	✓
WI-C100	—	—	—	—	—	—	—	—
WI-C600N	—	—	—	—	—	—	—	✓
WI-H700	—	—	—	—	—	—	—	—
WI-SP600N	—	—	—	—	—	—	—	—
LinkBuds	✓	—	—	✓	—	—	—	✓
LinkBuds S	—	—	✓	✓	—	✓	✓	✓

	Wide Area Tap (on/off)	Wide Area Tap (tap sensitivity adjustment)	Changing the Ambient Sound Control operation setting	Quick Access	Head Gesture	LE Audio connection setting for headphones	Determines Optimal Earbud Tips	Automatic Power Off
LinkBuds UC	—	✓	—	✓	—	—	—	✓

	Pause when headphones are removed	Standby with power saving	Vibration for incoming call	Capture Voice During a Phone Call	Notification & Voice Guide	Download software automatically	Update Software	Initialize Settings
MDR-XB950B1	—	—	—	—	—	—	—	—
MDR-XB950N1	—	—	—	—	—	—	—	—
WF-1000X	—	—	—	—	—	—	—	—
WF-1000XM3	✓	—	—	—	✓	✓	—	—
WF-1000XM4	✓	—	—	—	✓	✓	—	✓
WF-1000XM5	✓	—	—	✓	✓	—	✓	✓
WF-C500	—	—	—	—	✓	—	—	—
WF-C700N	—	—	—	—	✓	—	—	—
WF-H800	✓	—	—	—	✓	✓	—	—
WF-SP700N	—	—	—	—	—	—	—	—
WF-SP800N	✓	—	—	—	✓	✓	—	—
WF-SP900	—	—	—	—	—	—	—	—
WH-1000XM2	—	—	—	—	—	—	—	—
WH-1000XM3	—	—	—	—	✓	—	—	—
WH-1000XM4	✓	—	—	—	✓	✓	—	—

	Pause when headphones are removed	Standby with power saving	Vibration for incoming call	Capture Voice During a Phone Call	Notification & Voice Guide	Download software automatically	Update Software	Initialize Settings
WH-1000XM5	✓	—	—	—	✓	✓	—	✓
WH-CH520	—	—	—	—	✓	—	—	—
WH-CH700N	—	—	—	—	—	—	—	—
WH-CH720N	—	—	—	—	✓	✓	—	✓
WH-H800	—	—	—	—	—	—	—	—
WH-H810	—	—	—	—	✓	✓	—	—
WH-H900N	—	—	—	—	—	—	—	—
WH-H910N	—	—	—	—	✓	✓	—	—
WH-XB700	—	—	—	—	✓	—	—	—
WH-XB900N	—	—	—	—	✓	—	—	—
WH-XB910N	—	—	—	—	✓	✓	—	✓
WI-1000X	—	✓	✓	—	—	—	—	—
WI-1000XM2	—	—	—	—	✓	✓	—	—
WI-C100	—	—	—	—	✓	—	—	—
WI-C600N	—	—	—	—	✓	—	—	—
WI-H700	—	—	✓	—	—	—	—	—
WI-SP600N	—	—	—	—	—	—	—	—
LinkBuds	✓	—	—	—	✓	✓	—	✓
LinkBuds S	✓	—	—	—	✓	✓	—	✓
LinkBuds UC	✓	—	—	—	✓	—	—	✓

Functions displayed on the [Services] tab^{*2}

	Spotify Tap	Amazon Music Play Now	Endel Quick Access	Auto Play (Beta)	Ingress Prime	Service Link
WF-1000XM5	✓	✓	✓	✓	✓	✓
WH-1000XM5	✓	✓	✓	✓	—	✓
LinkBuds	✓	✓	✓	✓	✓	✓
LinkBuds S	✓	✓	✓	✓	✓	✓
LinkBuds UC	✓	—	✓	✓	✓	✓

^{*2} The services supported differ depending on the country or region.

Safe Listening

	Safe Listening
WF-1000XM5	✓
WH-1000XM5	✓
LinkBuds S	✓

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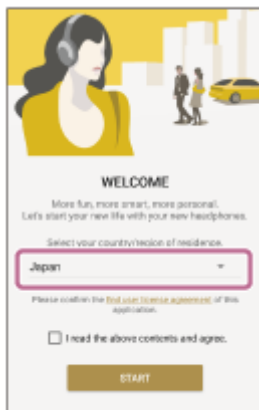
Installing “Sony | Headphones Connect”

Install “Sony | Headphones Connect” to your smartphone/iPhone to operate your Sony headphones.

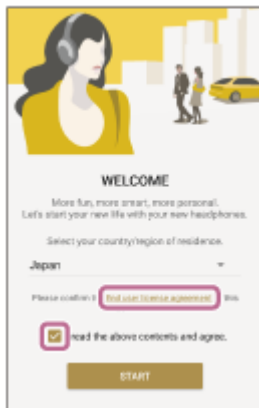
1 Search for [Sony Headphones Connect] on Google Play or App Store.

2 Launch the app.

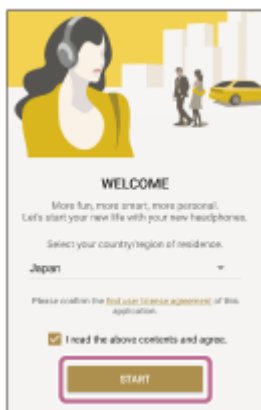
3 Select your country/region of residence.



4 Confirm the [End user license agreement], and check the [I read the above contents and agree.] box.



5 Tap [Start].



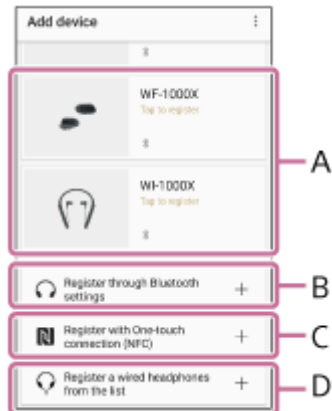
Related Topic

- [Registering Sony headphones](#)
- [Setting up your Sony headphones](#)

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Registering Sony headphones

Launch the “Sony | Headphones Connect” app on your smartphone/iPhone, then register your Sony headphones by following the on-screen instructions. If your headphones are wireless headphones, use method A, B or C below to register the headphones. If your headphones are wired headphones, use method D to register the headphones.



A: Turn on the wireless headphones, then move the headphones close to your smartphone/iPhone. You can select the headphones to pair (register) with via BLUETOOTH connection.

If the headphones do not appear on the screen, try the following method B or C.

B: When using a smartphone/iPhone not compatible with one-touch connection (NFC), connect and pair (register) with the wireless headphones via BLUETOOTH connection using the setting menu of your smartphone/iPhone. The BLUETOOTH connection method depends on the headphones.

C: When using a smartphone compatible with one-touch connection (NFC), connect and pair (register) with the wireless headphones via BLUETOOTH connection by touching the headphones with your smartphone.

Refer to the operating instructions of your headphones to check whether they support the NFC functions.

D: If your headphones are wired headphones, select your headphones from the list and register the headphones. Only 360 Reality Audio compatible headphones are displayed on the list.

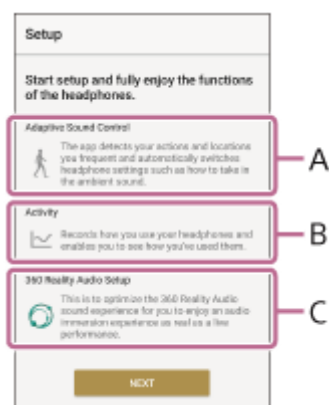
Related Topic

- [Installing “Sony | Headphones Connect”](#)
- [Setting up your Sony headphones](#)

Setting up your Sony headphones

When the registration with your Sony headphones is completed, the [Setup] screen will be displayed. Perform the settings by following the on-screen instructions.

Depending on the headphones, country or region, the [Setup] screen may not be displayed, or the items displayed on the screen may be different.



A: [Adaptive Sound Control] setting

Sets the function to automatically switch the noise canceling function and ambient sound mode by detecting 4 types of action patterns (Staying/Walking/Running/Riding a vehicle) and frequently visited locations (Home/Workplace/School/Station/Bus Stop/Gym/Other).

B: [Activity] setting

Sets the function that records how you use your headphones and enables you to see how you have used them.

C: [360 Reality Audio Setup]

Sets to optimize the sound fields according to the shape of the ears of the person using the headphones.

360 Reality Audio is a new music experience using Sony's object based spatial audio technology.

Listeners can be immersed in a field of sound exactly as intended by artists and creators.

For details on 360 Reality Audio, refer to the following website:

<https://www.sony.net/360RA/>

Related Topic

- [Installing "Sony | Headphones Connect"](#)
- [Registering Sony headphones](#)

About the “Sony | Headphones Connect” Dashboard

“Sony | Headphones Connect” Dashboard is explained.



A: Displays headphones connected to “Sony | Headphones Connect”.

B: You can turn off the headphones.



This icon is displayed only for headphones that support the power off function.

C: Tap to display the following menu.



Menu items	Descriptions
XXXX Tutorial	You can check how to operate the headphones. Headphones connected to “Sony Headphones Connect” are shown in “XXXX”.
XXXX Version	You can check the software version of the headphones. Headphones connected to “Sony Headphones Connect” are shown in “XXXX”.
Backup and restoration of settings and data	You can save settings such as [Adaptive Sound Control] associated with your account. The account that can be used differs depending on the country or region.
Launch Music Center	Launches “Sony Music Center”.
About this app	You can check the version, license information, country or region, end user license agreement, and privacy policy of the app.
Help	You can check help and troubleshooting of the app as well as your headphones.

D: Displays the status of headphone settings.

Menu items	Descriptions
DSEE Extreme	DSEE Extreme function is available.
DSEE HX	DSEE HX function is available.

Menu items	Descriptions
DSEE	DSEE function is available.
	LDAC™ codec is selected.
AAC	AAC codec is selected.
aptX	Qualcomm® aptX™ audio codec is selected.
aptX HD	Qualcomm® aptX™ HD audio codec is selected.
SBC	SBC codec is selected.
	Currently connected via LE Audio connection.
LC3	LC3 codec is selected.

E: Displays the status of the BLUETOOTH connection and the remaining battery charge.

Menu items	Descriptions
	Currently connected via BLUETOOTH connection.
	The remaining battery charge is displayed. The remaining battery charge for the charging case indicates the battery charge when the headphones were last removed from the charging case.

F: It is divided into [Status]/[Sound]/[System]/[Services] tabs.

Depending on your headphones or country/region, these tabs may not be displayed.

G: Displays the features supported by the headphones on the Dashboard.

The function name or the items displayed on the screen may be different depending on the headphones used.

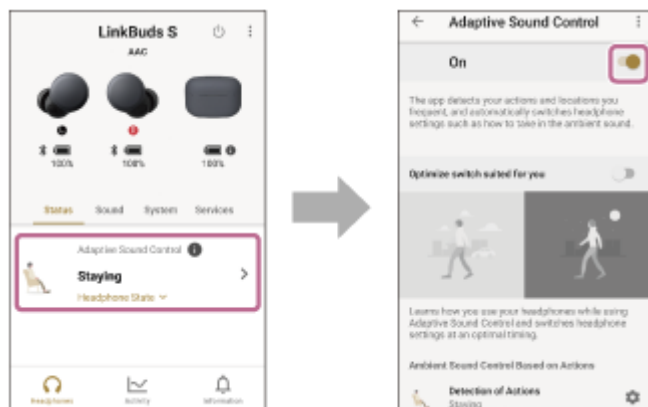
H: Tap to display the following pages.

Menu items	Descriptions
Headphones	Displays the “Sony Headphones Connect” Dashboard.
Activity	<ul style="list-style-type: none"> ● Listening History You can check the Listening History of your headphones per scene, etc. ● Log You can see the usage time, locations, etc. you used the headphones. ● Safe Listening You can check the sound dose. It may not be displayed depending on the headphones used. ● Badge You can check the acquired badges.
Information	<ul style="list-style-type: none"> ● Information You can check the information on the app and compatible headphones as well as answer a questionnaire on the product. The questionnaire is available only if you have agreed to the privacy policy of the app. ● Tips You can find tips on how to make “Sony Headphones Connect” more useful for your situation.

Detecting actions or locations, and adjusting the noise canceling function automatically (Adaptive Sound Control)

The action patterns (Staying/Walking/Running/Riding a vehicle) or the frequently visited locations (Home/Workplace/School/Station/Bus Stop/Gym/Other) are detected, and then the preset is automatically selected. You can edit the preset to your desired settings.

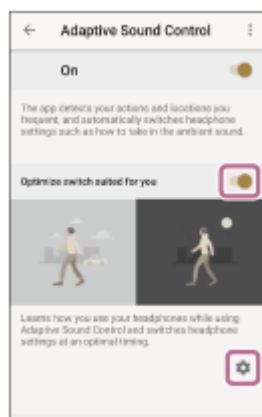
When you select [Adaptive Sound Control] from the Dashboard, you can switch between [On] and [Off].



Learning how you use your headphones and switching headphone settings at an optimal timing

When you set [Optimize switching for you] to [On], the app learns how you use your headphones while using Adaptive Sound Control and switches headphone settings at an optimal timing.

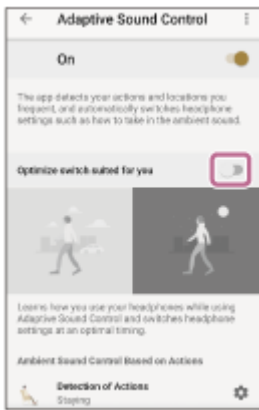
When you select the ⚙️ (settings) icon, you can edit the presets of your action patterns and locations you frequent to your desired settings.



Registering your action patterns and locations you frequent, and switching headphone settings automatically

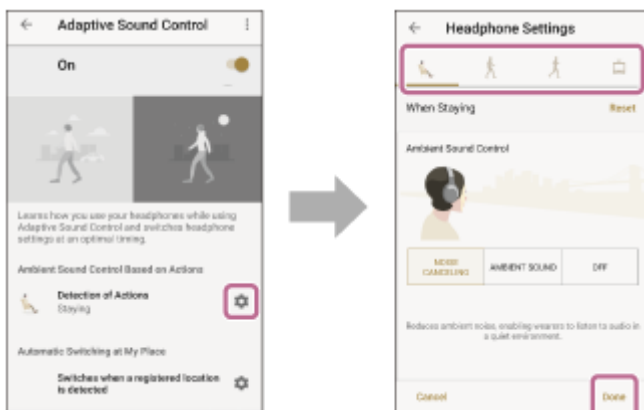
When you set [Optimize switching for you] to [Off], you can register the presets of your action patterns and locations you frequent as you like.

The app automatically switches headphone settings based on the registered contents.



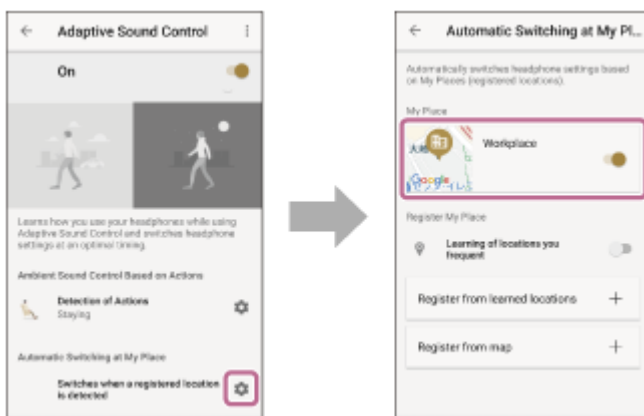
To edit the presets of your action patterns

When you select the ⚙️ (settings) icon on [Ambient Sound Control Based on Actions], the screen changes to the preset editing screen of action patterns. In this screen, you can edit the headphone settings.



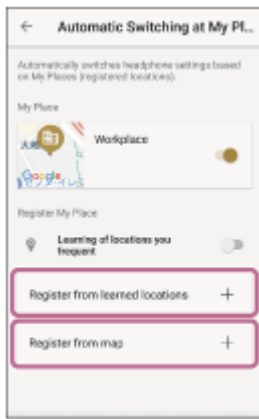
To edit the presets of locations you frequent

When you select the ⚙️ (settings) icon on [Automatic switching at My Places], the screen changes to the preset editing screen of locations you frequent. In this screen, you can edit the location settings, headphone settings, and switching method.



To register locations you frequent

When you select [Register from learned locations] or [Register from map], you can add a location you frequent.




Related Topic


- [The status on \[Adaptive Sound Control\] is not reflected correctly even if you are standing still](#)
- [The location you frequent is not detected correctly on \[Adaptive Sound Control\]](#)

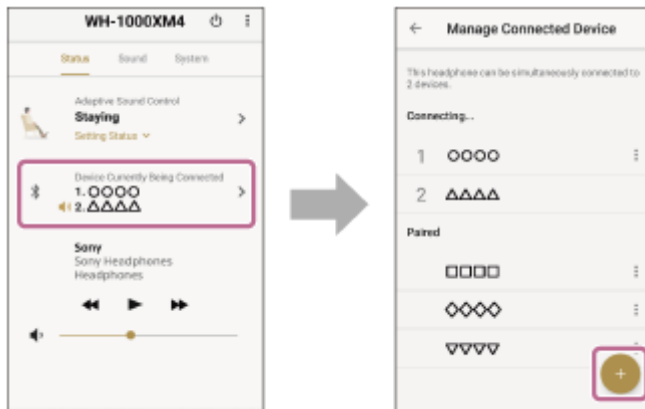
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Changing the device connected in a multipoint connection (Connected Device(s))

When you set [Connect to 2 devices simultaneously] to [On], [Connected Device(s)] is displayed on the Dashboard. The device with the  (speaker) icon is set as a music playback device.

When you select a paired device on the [Manage Connected Device] screen, you can reselect the device to make a multipoint connection.


When you select  (add), you can add a BLUETOOTH device.



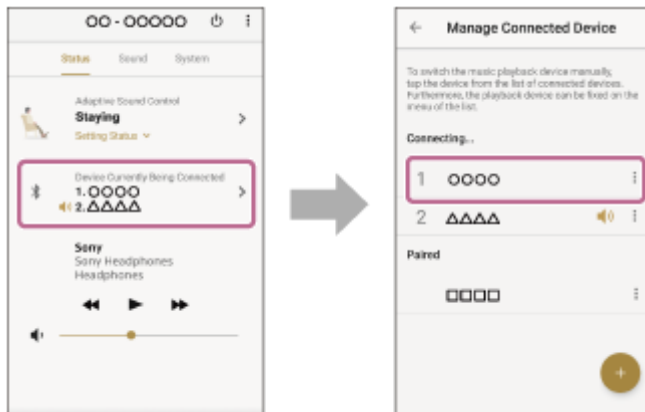
Related Topic

- [Enabling a multipoint connection \(Connect to 2 devices simultaneously\)](#)

Changing the music playback device when connected in a multipoint connection

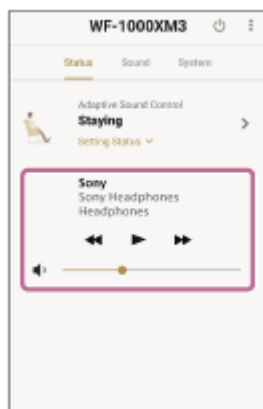
When you set [Connect to 2 devices simultaneously] to [On], [Connected Device(s)] is displayed on the Dashboard. The device with the  (speaker) icon is set as a music playback device.

When you select another connected device on the [Manage Connected Device] screen, you can change or fix the music playback device.



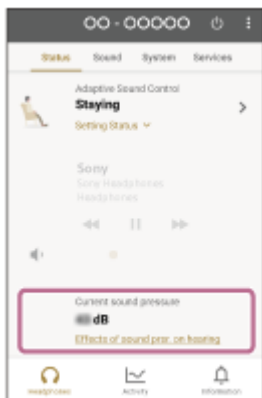
Controlling the song being played

You can control the song being played on the Dashboard.



Checking the current sound pressure

By enabling [Safe Listening], you can check the current sound pressure on the Dashboard.



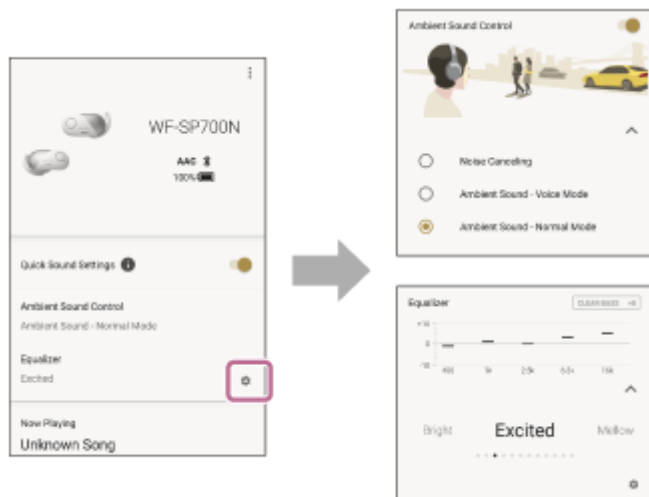
Related Topic

- [Seeing how you have used your headphones \(Activity\)](#)

Using Quick Sound Settings

[Quick Sound Settings] enables you to set [Ambient Sound Control] and [Equalizer] easily.

Set [Quick Sound Settings] to [On] or [Off] on the Dashboard.



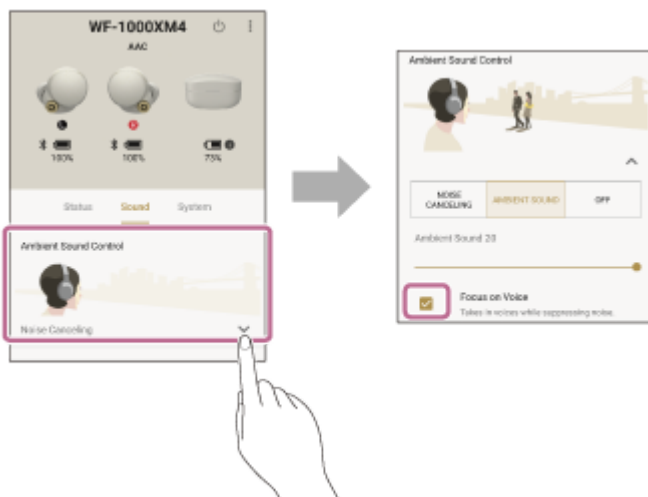
Adjusting the noise canceling function and ambient sound mode (Ambient Sound Control)

When you select [Ambient Sound Control] from the Dashboard, you can edit the volume or mode of the ambient sound.



For headphones compatible with Focus on Voice


When you check the [Voice passthrough] box, unwanted noise will be suppressed, taking in only announcements and people's voices, which can be played (heard) while listening to music.

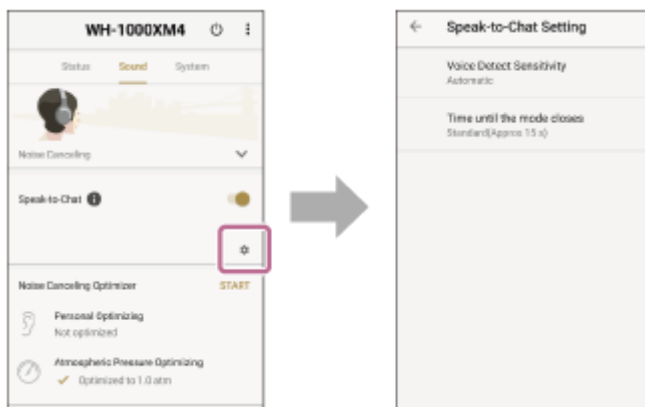


Speaking with someone while wearing the headphones (Speak-to-Chat)

With the Speak-to-Chat function, the headphones will pause music playback and capture ambient sounds just as you start speaking. You can speak while wearing the headphones.

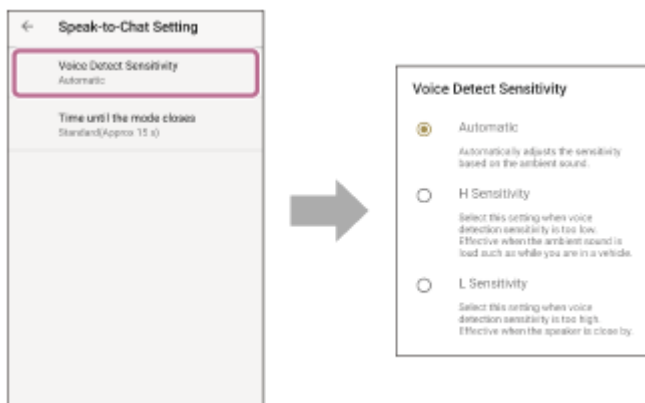
If your voice is not detected for the specified amount of time, the Speak-to-Chat mode closes and returns to the normal state. Also, the mode can be closed at any time by operating the headphones.

When you select the  (settings) icon on [Speak-to-Chat], you can set the voice detection sensitivity and the time until the Speak-to-Chat mode closes.



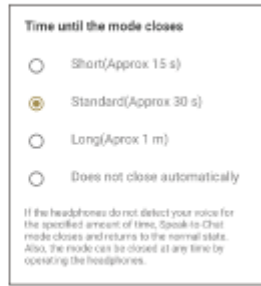
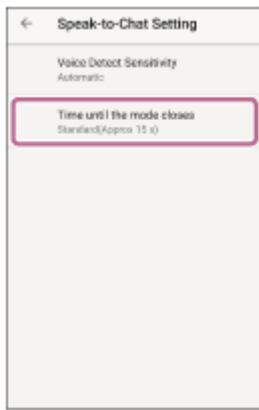
Changing the voice detect sensitivity

When you select [Voice Detect Sensitivity], you can change the sensitivity setting according to the usage conditions or the surrounding circumstances.



Changing the time until the Speak-to-Chat mode closes

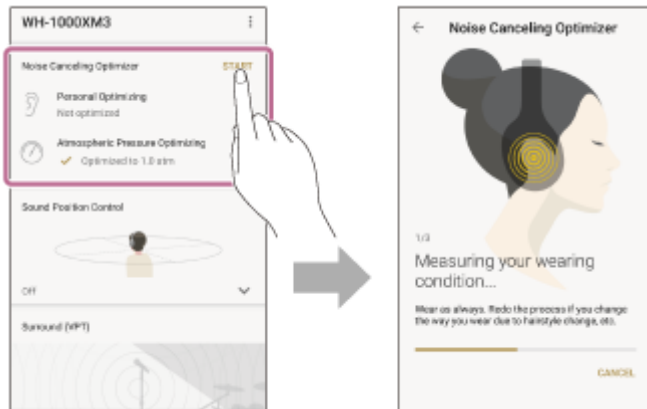
When you select [Time until the mode closes], you can change the time until the Speak-to-Chat mode closes after the headphones detect no voice.



Optimizing the noise canceling functions according to the wearing condition and the atmospheric pressure (Noise Canceling Optimizer)

Optimizing according to the wearing condition and the atmospheric pressure

Detects differences between individuals wearing the headphones and the surrounding atmospheric pressure to optimize the noise canceling to the user.

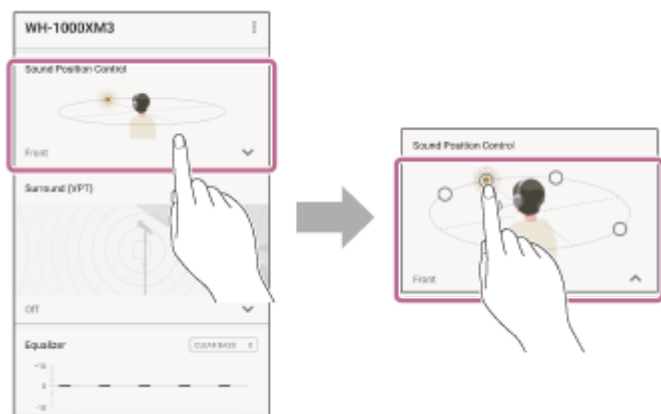


Optimizing according to the atmospheric pressure

Detects the surrounding atmospheric pressure to optimize the noise canceling to the user.

Controlling the Sound Position

When you select [Sound Position Control] from the Dashboard, you can select the position (Front/Front Right/Front Left/Rear Right/Rear Left) from which you hear sound artificially.

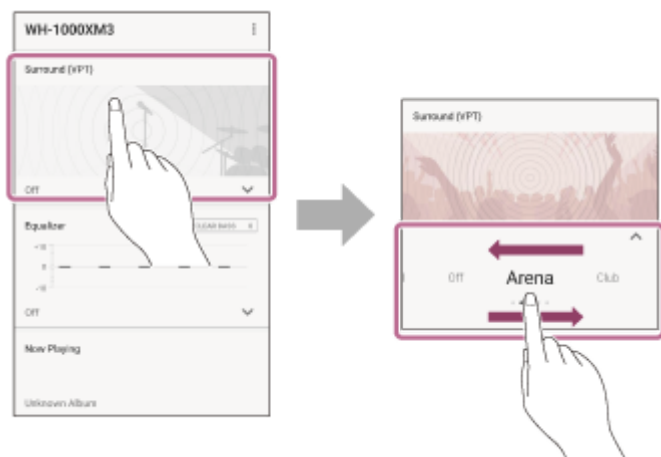


Setting the Surround effect (Surround (VPT))

Set the surround effect using the VPT^{*} function to give presence to the reproduced sound.

^{*} VPT: Virtualphones Technology is a special acoustic effect uniquely developed by Sony.

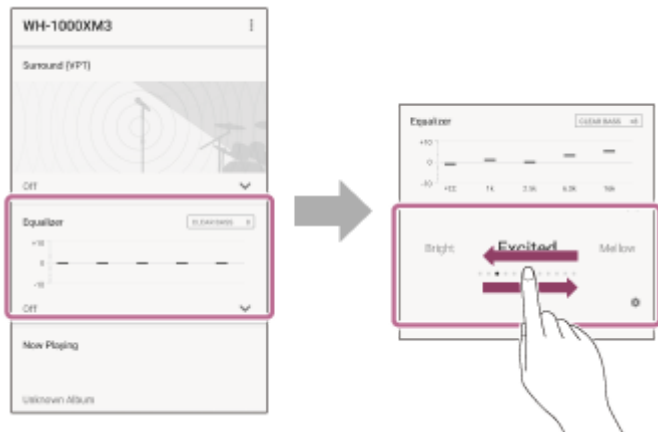
When you select [Surround (VPT)] from the Dashboard, you can select a sound effect.




Setting the sound quality using the equalizer (Equalizer)

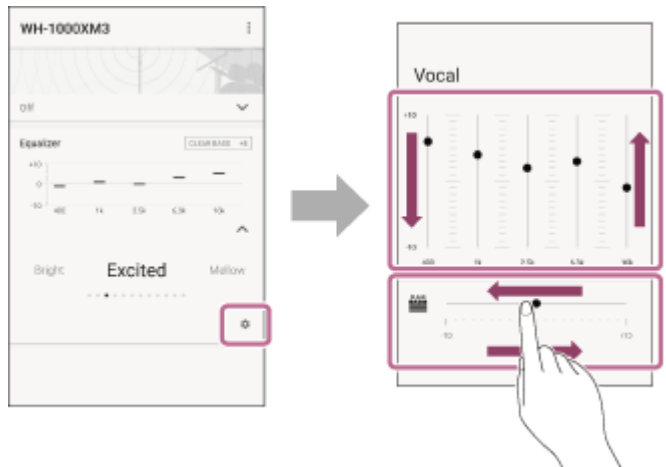
You can choose the sound quality that matches the genre of the song.

When you select [Equalizer] from the Dashboard, you can select the sound quality presets.



Editing presets

When you select the  (settings) icon on the [Equalizer] menu, the screen changes to the preset editing screen for sound quality.



Note

- Depending on the headphones, preset editing is not available. Refer to [“List of compatible devices”](#).

Related Topic

- [List of compatible devices](#)

Setting your preferred equalizer (Find Your Equalizer)

You can find your favorite sound balance by selecting sound while listening to music.

The configured values can be saved in [Custom 2] of the [Equalizer] menu.

You can configure it from [Find Your Equalizer] on the Dashboard.



Setting the bass level (CLEAR BASS)

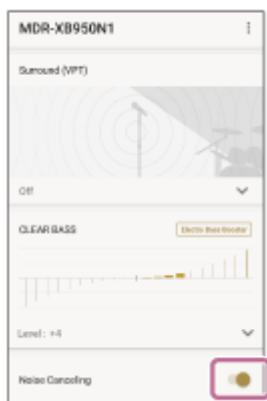
You can edit the volume of the CLEAR BASS. Increasing the CLEAR BASS setting value allows your headphones to reproduce dynamic deep bass without distortion, even at a high volume.



Setting the noise canceling function

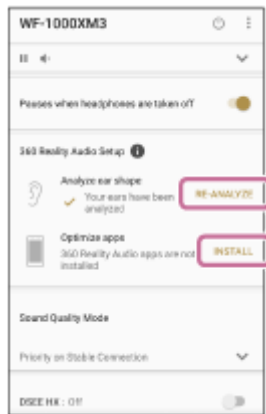
If you use the noise canceling function, you can enjoy music without being disturbed by ambient noise.

Tap the [Noise Canceling] switch on the Dashboard to switch the setting [On] and [Off].



Changing the 360 Reality Audio setup

When selecting [360 Reality Audio Setup] on the Dashboard, you can change the 360 Reality Audio settings.



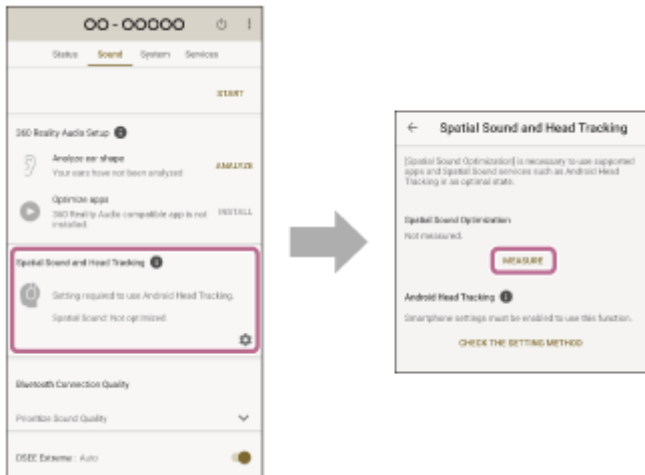
Related Topic

- [Setting up your Sony headphones](#)

Optimizing spatial sound by combining with Android Head Tracking (Spatial Sound and Head Tracking)

The app optimizes the spatial sound by measuring the angle at which your headphones are worn. When using Android Head Tracking and spatial sound compatible services, you can enjoy an accurate audio experience.

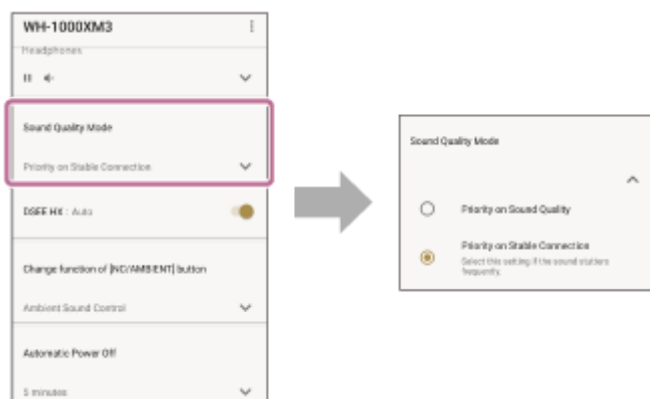
Select [Spatial Sound and Head Tracking] from the Dashboard to start the measurement.



Changing the priority setting of the BLUETOOTH connection (Sound Quality Mode)

You can set whether to prioritize sound quality or stable connection.

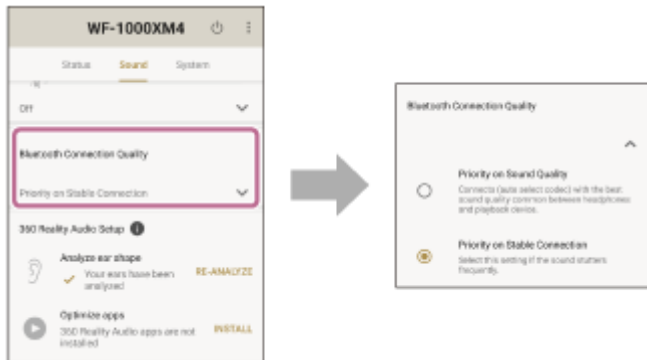
When you select [Sound Quality Mode] from the Dashboard, you can then select [Prioritize Sound Quality] which prioritizes the sound quality, or [Priority on Stable Connection] which prioritizes the connection stability.



Changing the priority setting of the BLUETOOTH connection (Bluetooth Connection Quality)

You can set whether to prioritize sound quality or stable connection.

When you select [Bluetooth Connection Quality] from the Dashboard, you can then select [Prioritize Sound Quality] which prioritizes the sound quality, or [Prioritize Stable Connection] which prioritizes the connection stability.



Setting DSEE Extreme (High range compensation)

DSEE Extreme is a technology for upscaling compressed sound sources by using artificial intelligence technology. By raising the sampling frequency and bit rate higher than the original value, you can enjoy a clear and lively sound even with highly compressed sound sources such as MP3. Furthermore, by using artificial intelligence technology to complement frequency characteristics, the high range sound of the original sound source can be reproduced with high accuracy.

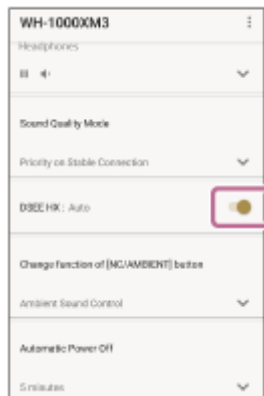
Tap [DSEE Extreme] on the Dashboard to change the setting.



Setting DSEE HX (High range compensation)

DSEE HX complements the high frequency range of compressed sound sources such as CD music source (44.1 kHz/16 bit) or MP3, and converts to high quality sound (maximum 96 kHz/24 bit) equivalent to high-resolution by raising the sampling frequency and the bit rate higher than the original value. It enables you to enjoy the clear and lively sound equivalent to high-resolution with smartphones and audio players that are not compatible with high-resolution.

Tap [DSEE HX] on the Dashboard to change the setting.

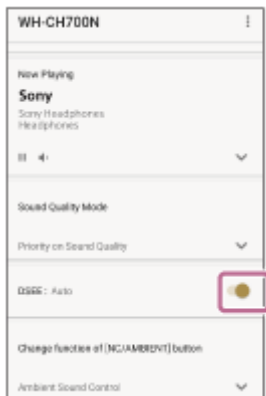


Setting DSEE (High range compensation)

DSEE stands for Digital Sound Enhancement Engine, a high range compensation and fine sound restoration technology developed independently by Sony.

DSEE complements the high frequency range of compressed sound sources such as CD music sources (44.1 kHz/16 bit) or MP3, and reproduces them with a spreading natural sound quality.

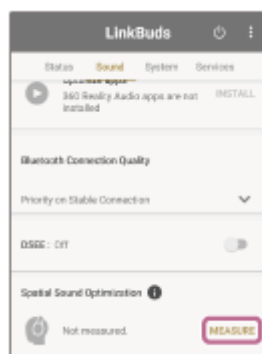
Tap [DSEE] on the Dashboard to change the setting.



Optimizing the spatial sound by measuring the wearing angle (Spatial Sound Optimization)

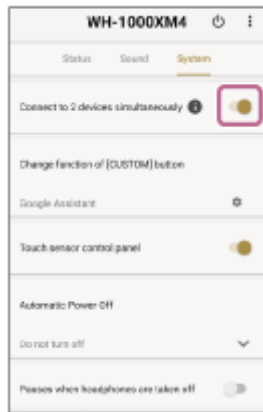
The app optimizes the spatial sound by measuring the headphone wearing angle. You can experience the precise spatial sound.

Select [Spatial Sound Optimization] from the Dashboard to start the measurement.



Enabling a multipoint connection (Connect to 2 devices simultaneously)

When you select [Connect to 2 devices simultaneously] from the Dashboard, the multipoint connection is enabled. You can wait for an incoming call for 2 devices or switch music playback devices by using your headphones.

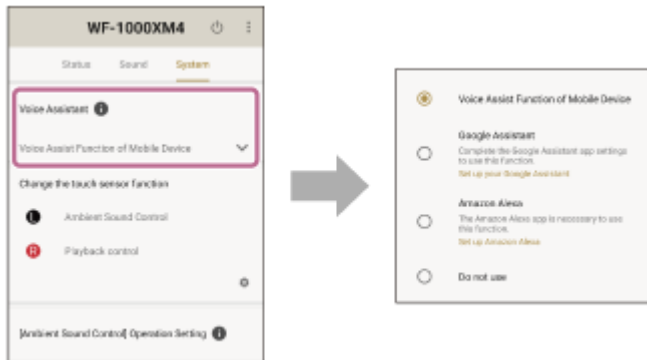


Related Topic

- [Changing the device connected in a multipoint connection \(Connected Device\(s\)\)](#)

Changing the Voice Assistant setting

When you select [Voice Assistant] from the Dashboard, you can change the Voice Assistant used on the headphones.



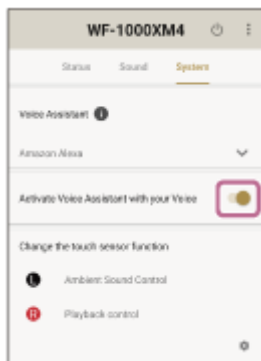
Hint

- When you use the Voice Assistant function other than [Voice Assist Function of Mobile Device], complete the settings on each Voice Assistant app.

Switching the on/off setting of activating Amazon Alexa with your voice (Activate Voice Assistant with your Voice)

When you set [Voice Assistant] to [Amazon Alexa], [Activate Voice Assistant with your Voice] is displayed on the Dashboard.

Tap the switch to change the setting between [On] and [Off].



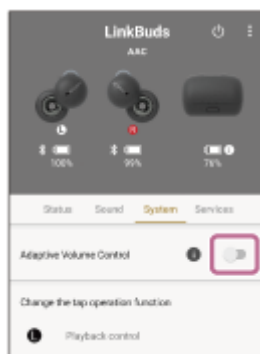
Related Topic

- [Changing the Voice Assistant setting](#)

Adjusting the volume automatically according to ambient sounds (Adaptive Volume Control)

When you enable the Adaptive Volume Control function, the volume of the headphones is adjusted automatically according to ambient sounds.

Tap the [Adaptive Volume Control] switch on the Dashboard to switch the setting [On] and [Off].



Changing the function of the button or touch sensor

Changing the function assigned to the button

Select one of the following functions on the Dashboard. You can operate the selected function simply by pressing the button on the headphones.

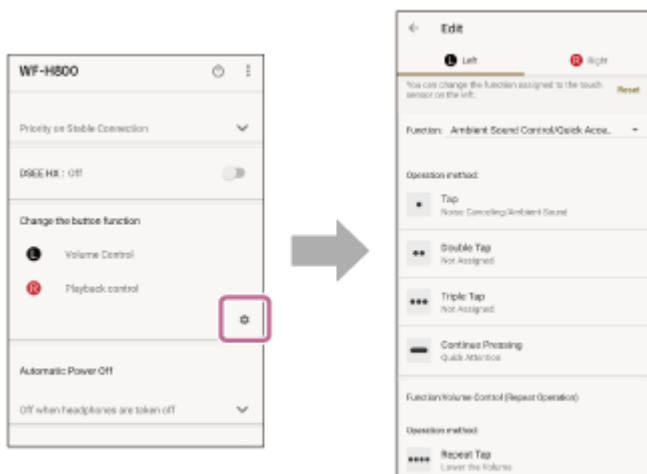
- Change function of left side button
- Change function of right side button
- Change function of [NC] button
- Change function of [NC/AMB] button
- Change function of [NC/AMBIENT] button
- Change function of [CUSTOM] button
- Change function of [C] button



Changing the function assigned to the button or touch sensor

If you select the ⚙️ (settings) icon of one of the following on the Dashboard, you can change the function assigned to the button or touch sensor on the headphones.

- Change the touch sensor function
- Change the button function
- Change function of [CUSTOM] button
- Change function of [C] button



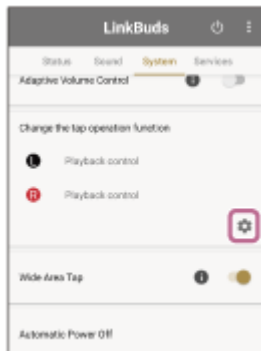
Hint

- The button name differs depending on the headphones.

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Changing the function of tapping operation

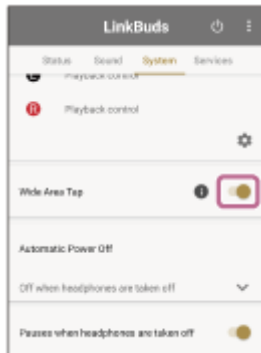
When you select the ⚙️ (settings) icon on [Change the tap operation function], you can change what you can do with the tapping operation.



Changing the Wide Area Tap setting

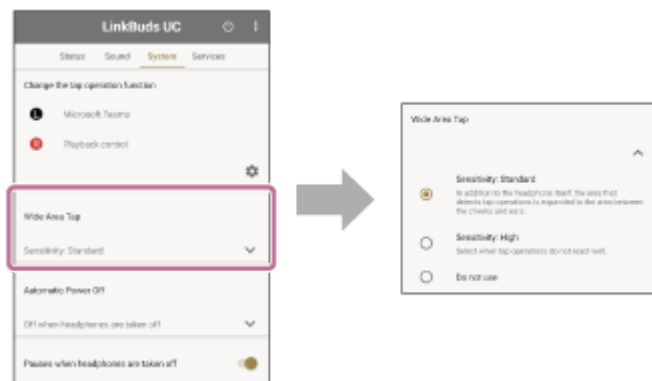
Turning on/off

Tap the [Wide Area Tap] switch on the Dashboard to switch the setting [On] and [Off].



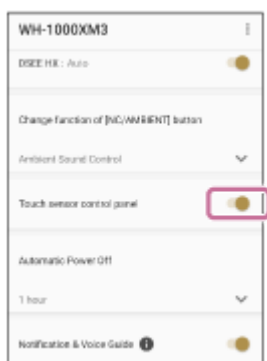
Changing the tap detection sensitivity

Select [Wide Area Tap] from the Dashboard to change the tap detection sensitivity.



Setting the touch sensor control panel

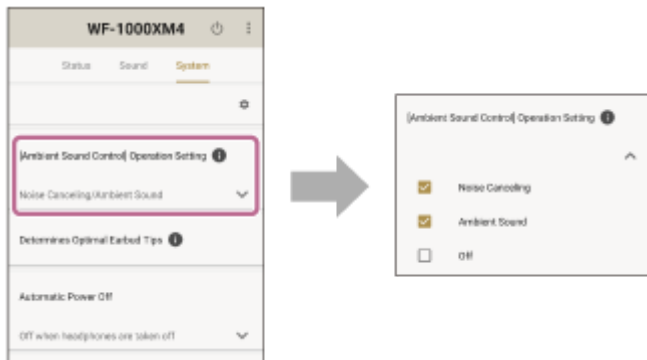
Tap the [Touch sensor control panel] switch on the Dashboard to switch the setting between [On] and [Off].



Changing the [Ambient Sound Control] Operation Setting

Select one of the following settings on the Dashboard. You can change the setting of [Ambient Sound Control] which is switched each time you operate the button or touch sensor.


- [Ambient Sound Control] Operation Setting
- [NC/AMB] Button Setting

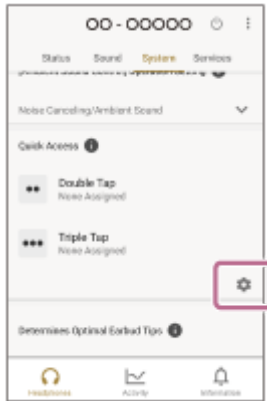


Related Topic

- [Adjusting the noise canceling function and ambient sound mode \(Ambient Sound Control\)](#)

Changing the service assigned to Quick Access

Quick Access is a feature that allows you to use a service by operating your headphones. Select the  (settings) icon to change the service assigned to Quick Access.



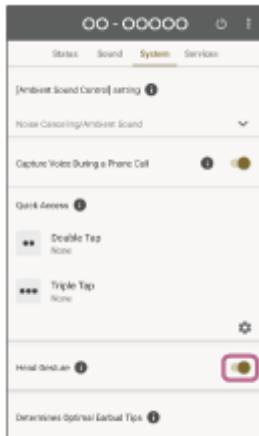
Hint

- Available services differ depending on your smartphone.
- The service is not available in certain countries and regions.

Enabling control of headphones through nodding and shaking head gestures (Head Gesture)

By selecting [Head Gesture] from the Dashboard, you can control your headphones simply by nodding or shaking your head during incoming calls or when using Auto Play (Beta).

Perform the gestures facing forward so that your nodding and the shaking of your head can be detected easily.



Hint

- You may not be able to accept incoming calls depending on the combination of the OS and certain apps.
- Auto Play (Beta) is not available in certain countries and regions.

Setting an LE Audio connection for headphones

When you select [LE Audio connection setting for headphones] - [LE Audio Priority] from the Dashboard, you can set up a connection with an LE Audio-compatible smartphone.



A: You can select from the following settings.

Settings	Descriptions
LE Audio Priority	Changes the headphone connection setting to [LE Audio Priority]. Perform the settings by following the on-screen instructions. Once the connection setting is complete, “ LE Audio ” is displayed on the Dashboard.
Classic Audio only (conventional connection method)	Changes the headphone connection setting to [Classic Audio only (conventional connection method)].

Hint

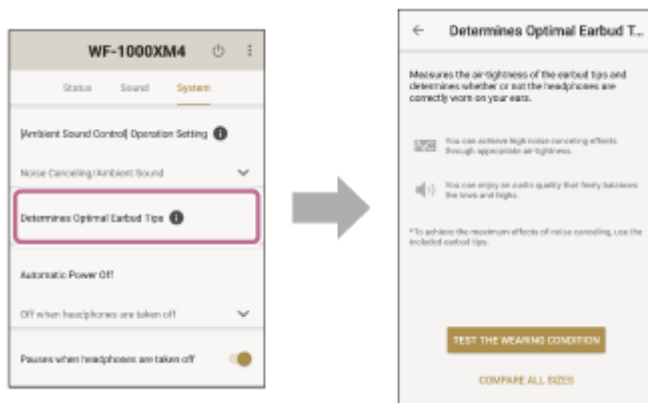
- To connect in LE Audio, both the headphones and the smartphone need to be compatible with LE Audio. Refer to the operating instructions of your headphones and smartphone to check whether they support LE Audio.

Related Topic

- [About the “Sony | Headphones Connect” Dashboard](#)

Determining your optimal earbud tip size

When you select [Determines Optimal Earbud Tips] from the Dashboard, the app measures how snugly the earbud tips attached to your headphones fit in your ears and automatically determines whether your headphones are fitting properly.



Assessing the earbud tips attached to your headphones

Select [Test the wearing condition] to assess whether the earbud tips attached to your headphones are the best fit for you.



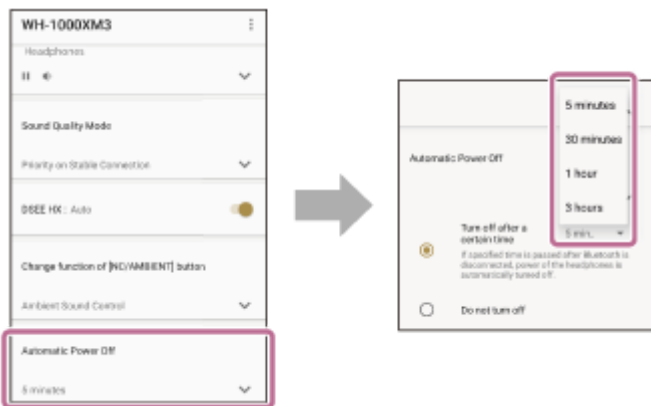
Finding your optimal earbud tip size

Select [Compare all sizes] to find your optimal earbud tip size out of a number of sizes. It is recommended to first try out different earbud tip sizes on your headphones to narrow down your choices before selecting the sizes you may find comfortable.



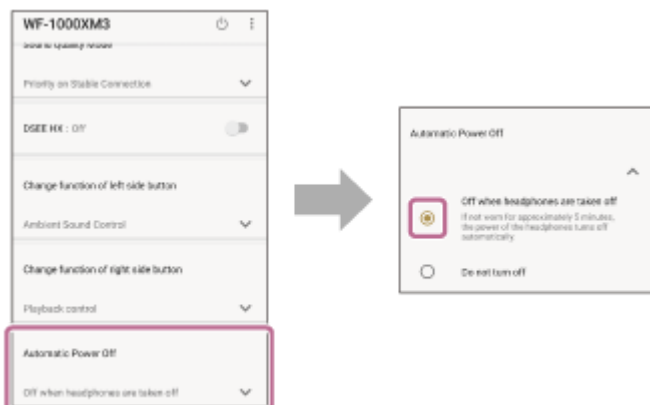
Setting the power to turn off automatically (Automatic Power Off)

Select [Automatic Power Off] from the Dashboard to set the time until the headphones turn off automatically. You can also set the power not to turn off automatically.



For headphones compatible with the wearing detection function

When you select [Off when headphones are removed], you can turn off the headphones automatically when a certain period of time passes after you take off the headphones.



Note

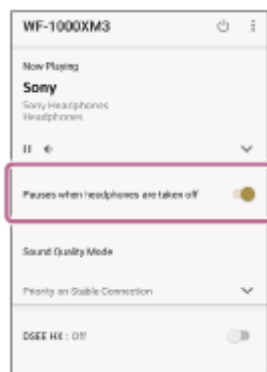
- Depending on the headphones, the [Automatic Power Off] setting is not available. Refer to "[List of compatible devices](#)".

Related Topic

- [List of compatible devices](#)

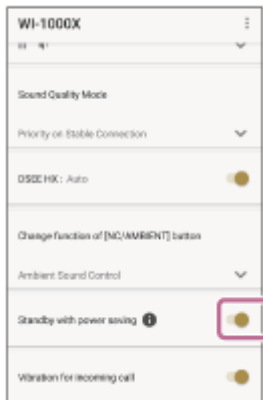
Pausing music playback when headphones are taken off (Pause when headphones are removed)

Select [Pause when headphones are removed] from the Dashboard to pause music playback when you take off the headphones.



Setting the power saving (Standby with power saving)

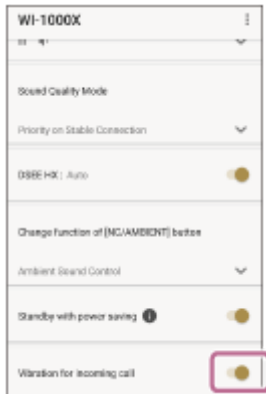
Select [Standby with power saving] from the Dashboard. When stopping the music playback, the [Ambient Sound Control] function sets to [Off] automatically, you can extend the standby time of the headphones.



Setting the Vibration for incoming call

You can set the vibration that announces the arrival of an incoming call.

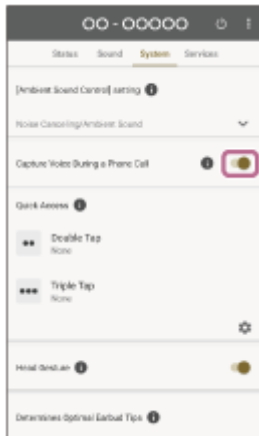
Tap the [Vibration for incoming call] switch on the Dashboard to switch the setting [On] and [Off].



Making your own voice easier to hear during a phone call (Capture Voice During a Phone Call)

By selecting [Capture Voice During a Phone Call] from the Dashboard, your own voice will be easier to hear during a phone call when using the noise canceling function.

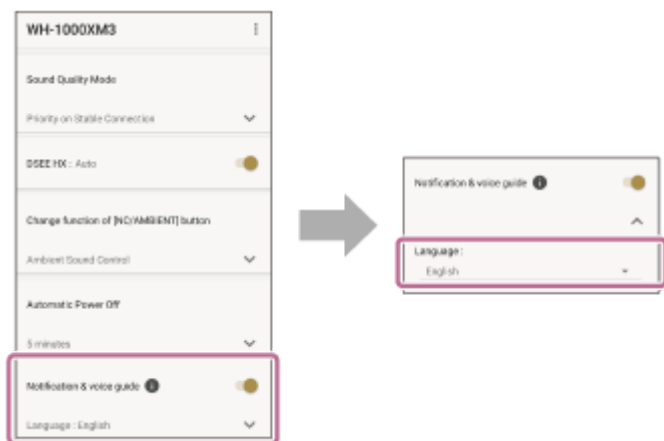
Turn it [Off] if you feel your voice sounds loud or if you feel bothered by ambient sounds.



Setting the Notification and Voice Guidance

You can disable the notification and voice guidance, and change the language of the voice guidance.

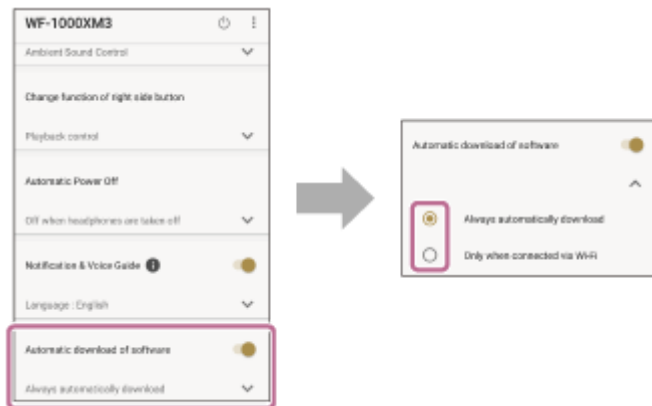
Select [Notification & Voice Guide] from the Dashboard to set the notification and voice guidance to be heard from the headphones.



Setting up the software download and update methods

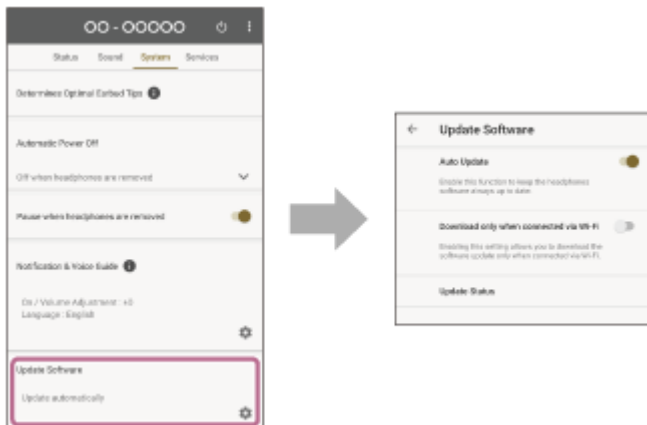
For headphones compatible with automatic downloading

When you select [Download software automatically] from the Dashboard, you can select the conditions for automatically downloading software for your headphones.



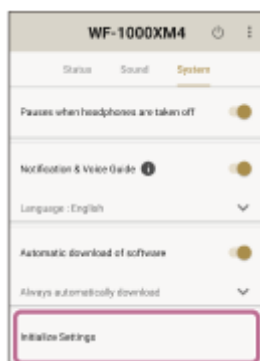
For headphones compatible with software updates

When you select [Update Software] from the Dashboard, you can select the method to update the software for your headphones.



Initializing the settings

When you select [Initialize Settings] from the Dashboard, you can initialize the “Sony | Headphones Connect” settings and the headphones settings.



Setting services

Checking services

You can check the details of the available services from [See here for details] of the service introduction.

Enabling the service link

You can use the following services by enabling [Service Link].

- Endel Quick Access
- Auto Play (Beta)
- Ingress Prime

When you set [Spatial Sound Optimization] on the [Sound] tab, the direction detecting sensor which is built into the headphones detects your head direction. You can experience the spatial sound suitable for your head direction.



Hint

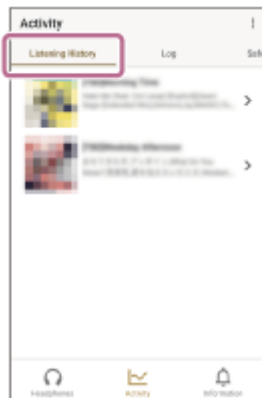
- Available services differ depending on your smartphone.
- The service is not available in certain countries and regions.

Seeing how you have used your headphones (Activity)

When you enable Activity, the usage of the connected headphones is recorded and you can see later how you have used your headphones.

Checking the Listening History of the headphones

On the [Listening History] tab, you can check the Listening History of your headphones per scene, etc.

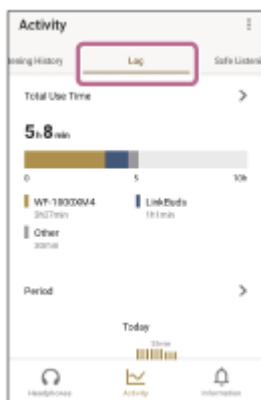


Note

- Depending on the environment in which the headphones are used, the contents you are listening to may not be reflected on the Listening History.

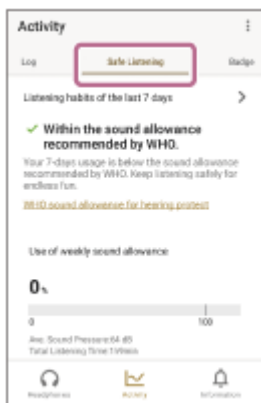
Checking the usage time

On the [Log] tab, you can check the usage time and the locations you used the headphones.



Checking the sound dose

On the [Safe Listening] tab, you can check the sound dose.



Checking the acquired badges

On the [Badge] tab, you can check the badges you acquired by using various functions.



Arranging a widget on your smartphone

When using an Android smartphone, you can arrange a widget on the home screen to check the status and change the settings of the headphones without launching the app.

The following is an example.



Hint

- For details on how to arrange the widget, refer to the operating instructions of the Android smartphone.

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The status on [Adaptive Sound Control] is not reflected correctly even if you are standing still

- When you are in a vehicle and stop temporarily due to braking, etc., the action status will not change to [Staying] immediately. It will change after you stand still for a while.

The location you frequent is not detected correctly on [Adaptive Sound Control]

- GPS is used for location detection. In locations with poor signal conditions, such as in subways and tunnels, detection may not be performed correctly.
 - You can set how wide the detection range is from [Registered Locations] or [Register from learned locations]. If you change the settings, the location you frequent can be easier to detect.
 - Learning a place you frequent requires a certain period of time. Keep going to the same location with [Learning of locations you frequent] set to [On].
 - When you use an iPhone, turn on the precise location of “Sony | Headphones Connect” from the setting menu.
 - The location may not be detected correctly depending on the smartphone. Open the “Sony | Headphones Connect” app once.
-

Related Topic

- [Detecting actions or locations, and adjusting the noise canceling function automatically \(Adaptive Sound Control\)](#)

What if the device name is not displayed on “Sony | Headphones Connect”?

When the device name is not displayed on “Sony | Headphones Connect”, try the following.

- Check that your Sony headphones are compatible with “Sony | Headphones Connect”.

List of compatible devices

- Disconnect the BLUETOOTH connection on your mobile device and re-connect it from “Sony | Headphones Connect”.

For details on how to connect to a device, see [here](#).

Cannot setup 360 Reality Audio

- 360 Reality Audio may not be available in all countries and regions.
- 360 Reality Audio cannot be used if the network communication of the device connected to the headphones is turned off.
- Personalization function is available only for selected headphones.
- Check if the device with “Sony | Headphones Connect” installed on it has a front camera. If the device does not have a front camera, 360 Reality Audio setup cannot be done because you cannot take the required photos of your ears.

Unable to make an LE Audio connection

- To connect in LE Audio, both the headphones and the smartphone need to be compatible with LE Audio. Refer to the operating instructions of your headphones and smartphone to check whether they support LE Audio.
-

Related Topic

- [Setting an LE Audio connection for headphones](#)

What if the voice guidance is not heard?

- Check that the [Notification & Voice Guide] setting is enabled.
If the voice guidance still cannot be heard from the headphones, you need to set the language of the voice guidance again.
Change the language of the voice guidance to a language different from the current language, then select your desired language again.
-
-

Related Topic

- [Setting the Notification and Voice Guidance](#)

Sony | Headphones Connect

TalkBack, VoiceOver

The “Sony | Headphones Connect” app supports the screen reader function (*) equipped with smartphones. For details on how to use the screen reader function, refer to the operating instructions supplied with your smartphone.

* TalkBack on the Android smartphone, VoiceOver on the iPhone

Adaptive Sound Control

[List of compatible devices](#)

Detecting actions or locations, and adjusting the noise canceling function automatically

The action patterns (Staying/Walking/Running/Riding a vehicle) or the frequently visited locations (Home/Workplace/School/Station/Bus Stop/Gym/Other) are detected, and then the preset is automatically selected. You can edit the preset to your desired settings.

When you select [Adaptive Sound Control] from the Dashboard, you can switch between [On] and [Off].

For more details, refer to “[Detecting actions or locations, and adjusting the noise canceling function automatically \(Adaptive Sound Control\)](#)”.

Speak-to-Chat

[List of compatible devices](#)

Speaking with someone while wearing the headphones

With the Speak-to-Chat function, the headphones will pause music playback and capture ambient sounds just as you start speaking. You can speak while wearing the headphones.

If your voice is not detected for the specified amount of time, the Speak-to-Chat mode closes and returns to the normal state. Also, the mode can be closed at any time by operating the headphones.

For more details, refer to “[Speaking with someone while wearing the headphones \(Speak-to-Chat\)](#)”.

Safe Listening

[List of compatible devices](#)

Checking the sound dose

By enabling the Activity, you can check the sound dose on the [Safe Listening] tab.

The sound pressure (level of volume) is recorded and accumulated while listening with your headphones, and you can check the results compared with the standards recommended by the World Health Organization (WHO). You can also receive notifications on the app when approaching or exceeding the recommended limits.