

[manuals.plus](#) /› [Sony](#) /› [Sony RF400 Wireless Home Theater Headphones Instruction Manual](#)

Sony WHRF400

Sony RF400 Wireless Home Theater Headphones Instruction Manual

Model: WHRF400

INTRODUCTION

The Sony RF400 Wireless Home Theater Headphones are designed to provide a high-quality audio experience for television viewing. These headphones feature a wireless connection, noise reduction, and comfortable design, allowing for extended listening sessions without disturbing others.

Important Note:

These headphones are designed for older televisions equipped with Stereo Audio (RCA) connectors or a headphone jack. For newer televisions with HDMI or Digital Optical audio outputs, consider headphone model WH-L600.

PACKAGE CONTENTS

Verify that all items are included in your package:

- WHRF400R Headphones
- TMRRF400 Transmitter
- AC Adaptor
- Stereo Mini Cable
- RCA Plugs Adaptor
- Rechargeable Battery



The Sony RF400 Wireless Headphones and the transmitter charging dock, along with included cables and accessories.

SETUP

1. Initial Charging

1. Insert the rechargeable battery into the headphones.
2. Connect the AC Adaptor to the TMRRF400 Transmitter and plug it into a power outlet.
3. Place the headphones onto the transmitter dock. Ensure the charging indicator light on the

transmitter illuminates (typically red) to confirm charging.

4. Allow approximately 7 hours for a full charge, providing up to 20 hours of listening time. The indicator light will change (e.g., to green or off) when fully charged.





The Sony RF400 headphones resting on their charging dock, indicating the charging process.

2. Connecting to Your Television

The transmitter connects to your TV's audio output. Choose the appropriate connection method based on your TV's available ports:

Option A: RCA Audio Out

1. Connect one end of the Stereo Mini Cable to the "AUDIO IN" jack on the TMRRF400 Transmitter.
2. Attach the RCA Plugs Adaptor to the other end of the Stereo Mini Cable.
3. Connect the red and white RCA plugs to the corresponding "AUDIO OUT" jacks on your television.
4. Ensure your TV's audio output settings are configured to send audio through the RCA jacks.

Option B: Headphone Jack

1. Connect one end of the Stereo Mini Cable to the "AUDIO IN" jack on the TMRRF400 Transmitter.
2. Plug the other end of the Stereo Mini Cable directly into your television's headphone jack.
3. Adjust the TV's volume as needed, as it may affect the headphone volume.



Close-up view of the transmitter's audio input ports and the included RCA and stereo mini cables for connecting to a television.

Official product video providing an overview of the Sony RF400 Wireless Home Theater Headphones.

OPERATING INSTRUCTIONS

1. Powering On/Off

To power on the headphones, slide the power switch located on the headphone earcup to the "ON" position. To power off, slide the switch to "OFF".

2. Adjusting Volume

Use the volume control dial on the headphone earcup to increase or decrease the audio volume to your preferred level.

3. Voice Mode

Activate the Voice Mode feature for enhanced clarity of dialogue in movies and TV shows. This mode

optimizes audio frequencies to make voices stand out.



Close-up of the right earcup of the Sony RF400 headphones, showing the volume control dial, power switch, and voice mode button.

MAINTENANCE

1. Charging

Always return the headphones to the transmitter dock when not in use to ensure they are charged for your next listening session. The charging indicator will confirm the status.

2. Cleaning

Wipe the headphones and transmitter with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials.

3. Battery Care

For optimal battery life, avoid fully discharging the headphones frequently. If storing for an extended period, charge them periodically.

TROUBLESHOOTING

No Sound

- Ensure the headphones are powered on and fully charged.
- Verify the transmitter is powered on and connected correctly to the TV's audio output.

- Check the TV's audio output settings and volume level.
- Confirm the Stereo Mini Cable and RCA Adaptor (if used) are securely connected.

Poor Sound Quality/Static

- Ensure the headphones are within the 150 ft range of the transmitter.
- Check for potential interference from other wireless devices.
- Adjust the TV's audio output level.

Headphones Not Charging

- Ensure the AC Adaptor is securely connected to the transmitter and a working power outlet.
- Verify the headphones are correctly seated on the charging contacts of the transmitter dock, and the charging indicator light is on.
- Check the rechargeable battery for proper insertion.

SPECIFICATIONS

Feature	Specification
Driver Unit	1.57"
Connectivity Technology	RF (Radio Frequency)
Wireless Range	Up to 150 ft
Battery Life	Up to 20 hours
Charging Time	Approximately 7 hours
Noise Control	Noise reduction system
Impedance	32 Ohms
Sensitivity	100 dB
Headphones Jack	3.5 mm Jack (for cable connection)
Item Weight	2.9 pounds
Product Dimensions	9.81 x 7.25 x 13.5 inches

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official Sony support website.

Online resources may include FAQs, video guides, and contact information for technical assistance.