Sony WH1000XM3

Sony WH-1000XM3 Wireless Noise-Canceling Headphones Instruction Manual

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1. Introduction

Welcome to the instruction manual for your Sony WH-1000XM3 Wireless Noise-Canceling Headphones. These headphones feature industry-leading noise cancellation, powered by Sony's proprietary HD Noise Canceling Processor QN1, designed to immerse you fully in your audio. Enjoy up to 30 hours of battery life and quick charging capabilities for extended listening.



Figure 1: Sony WH-1000XM3 Wireless Noise-Canceling Headphones (Silver)

2. What's in the Box

Ensure all the following items are included with your Sony WH-1000XM3 headphones:

- Sony WH-1000XM3 Headphones
- Charging Cable (USB-C)
- User Manual (this document)
- Ear Cushions (pre-installed)
- Protective Case or Charging Case

3. Product Overview

3.1 Key Features

- **HD Noise Canceling Processor QN1:** Provides advanced noise reduction for an immersive listening experience.
- **Smart Listening by Adaptive Sound Control:** Automatically adjusts noise canceling levels based on your activity (e.g., traveling, walking, sitting).
- **Atmospheric Pressure Optimizing:** Maintains optimal sound quality during air travel.
- **32-bit Audio Signal Processing:** Enhances sound quality with a best-in-class signal-to-noise ratio.
- **Wireless Freedom:** Bluetooth and NFC pairing for hassle-free connections.
- **Integrated Voice Assistants:** Built-in support for Google Assistant and Amazon Alexa.

3.2 Design and Controls

The WH-1000XM3 headphones are designed for comfort and portability, weighing approximately 1 pound with compact dimensions. They feature intuitive touch controls on the earcups and physical buttons for essential functions.



Figure 2: Side view of the Sony WH-1000XM3 headphones.



Figure 3: The headphones can be folded for compact storage in their protective case.

4. Setup

4.1 Powering On/Off

- To power on: Press and hold the power button (labeled with a power icon) until the indicator light flashes.
- To power off: Press and hold the power button until the indicator light turns off.

4.2 Bluetooth Pairing

1. Ensure the headphones are powered off.
2. Press and hold the power button for approximately 7 seconds until the indicator light flashes blue and red alternately, indicating pairing mode.
3. On your device (smartphone, tablet, etc.), enable Bluetooth and search for available devices.
4. Select "WH-1000XM3" from the list of devices.
5. Once connected, the indicator light will flash blue slowly.

NFC Pairing

For NFC-compatible devices, simply touch the NFC-enabled device to the N-Mark on the left earcup of the headphones to initiate pairing.

4.3 Sony | Headphones Connect App

Download the Sony | Headphones Connect app from your smartphone's app store (Android/iOS) to customize settings such as:

- Smart Listening by Smart Auto-settings
- Ambient Sound Control levels
- Equalizer settings

5. Operating Instructions

5.1 Noise Cancellation and Ambient Sound

The WH-1000XM3 features advanced noise cancellation. Use the "NC/AMBIENT" button on the left earcup to cycle through noise cancellation modes:

- **Noise Canceling:** Blocks out ambient sound.
- **Ambient Sound Mode:** Allows you to hear your surroundings while listening to music.
- **Off:** Disables noise cancellation and ambient sound.

The Adaptive Sound Control feature, managed via the app, automatically adjusts these settings based on your activity.

5.2 Touch Controls

The right earcup features a touch-sensitive panel for controlling playback and calls:



Figure 4: Touch control gestures on the right earcup.

- **Volume Up/Down:** Swipe up/down on the panel.

- **Next/Previous Track:** Swipe forward/backward on the panel.
- **Play/Pause:** Double-tap the center of the panel.
- **Answer/End Call:** Double-tap the center of the panel.
- **Quick Attention Mode:** Place your hand over the entire right earcup to temporarily lower music volume and allow ambient sound.

5.3 Voice Assistant Integration

The headphones support Google Assistant and Amazon Alexa. To activate, simply touch and hold the NC/AMBIENT button. Follow the setup instructions in the Sony | Headphones Connect app and the respective voice assistant app on your smartphone.

6. Charging and Battery Life

The WH-1000XM3 headphones offer impressive battery performance:

- **Battery Life:** Up to 30 hours of playback on a full charge.
- **Quick Charging:** A 10-minute charge provides approximately 5 hours of playback.
- **Charging Port:** USB-C port located on the left earcup.

Note: The headphones cannot be used while they are charging.

7. Device Compatibility

The Sony WH-1000XM3 headphones are compatible with a wide range of devices:

- Devices with Bluetooth capabilities (smartphones, tablets, laptops).
- Devices with NFC capabilities for one-touch pairing.
- Supports both iOS and Android operating systems.
- Can be connected via a standard audio cable (3.5mm input) if battery runs out or for wired connections.

8. Specifications

Feature	Detail
Model Name	WH1000XM3
Noise Control	Active Noise Cancellation, Adaptive Noise Control
Connectivity Technology	Wireless (Bluetooth, NFC)
Bluetooth Version	4.0
Bluetooth Range	10 Meters
Battery Life	30 Hours
Quick Charging	10 minutes charge for 5 hours playback
Audio Driver Type	Dynamic Driver
Frequency Response	40000 Hz

Control Method	Touch
Item Weight	1 Pound (approximately 454g)
Product Dimensions	7.31 x 2.94 x 10.44 inches
Material	Plastic
Water Resistance Level	Not Water Resistant

9. Maintenance

To ensure the longevity and optimal performance of your headphones, follow these maintenance guidelines:

- **Cleaning:** Wipe the headphones with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Ear Cushions:** Periodically check ear cushions for wear and tear. Replace if necessary to maintain comfort and sound isolation.
- **Storage:** When not in use, store the headphones in their protective case to prevent damage from dust, scratches, and impacts.
- **Avoid Moisture:** These headphones are not water-resistant. Avoid exposure to water, rain, or excessive humidity.

10. Troubleshooting

If you encounter issues with your headphones, try the following steps:

- **No Power:** Ensure the headphones are charged. Connect them to a power source using the provided USB-C cable.
- **Cannot Pair:** Ensure Bluetooth is enabled on your device and the headphones are in pairing mode (flashing blue and red). Try unpairing and re-pairing.
- **No Sound:** Check the volume levels on both the headphones and your connected device. Ensure the headphones are properly paired.
- **Noise Cancellation Not Working:** Press the NC/AMBIENT button to ensure noise cancellation is active. Check settings in the Sony | Headphones Connect app.
- **Intermittent Connection:** Ensure your device is within the Bluetooth range (10 meters) and there are no significant obstructions.
- **App Issues:** Ensure the Sony | Headphones Connect app is updated to the latest version. Restart the app or your smartphone.

11. Warranty and Support

This Certified Refurbished product includes a 90-day limited hardware warranty. For further support, please refer to the official Sony support website or contact your retailer.

Your browser does not support the video tag.

Video 1: Official overview of the Sony WH-1000XM3 Wireless Noise-Canceling Headphones, highlighting key features and design.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question