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> Sony WH-1000XM6 Wireless Noise Canceling Headphones User Manual

Sony WH-1000XM6

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Model: WH-1000XM6 (WH1000XM6B.UC)

Brand: Sony

INTRODUCTION

Welcome to the user manual for your Sony WH-1000XM6 Wireless Noise Canceling Headphones. These premium headphones are designed to deliver studio-quality sound and advanced noise cancellation, co-created with mastering audio engineers. Enjoy a pure, uninterrupted listening experience with crystal-clear call quality and pro-level audio. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your headphones to ensure optimal performance and longevity.

WHAT'S IN THE BOX

Upon opening your Sony WH-1000XM6 package, you should find the following items:

- Sony WH-1000XM6 Headphones
- Carrying Case
- Headphone Cable (approx. 1.2m)
- USB Type-C Charging Cable

TAILORED COMFORT

Wider headband with synthetic leather for all-day comfort.



Figure 1: Included accessories with the Sony WH-1000XM6 headphones.

SETUP

1. Initial Charging

Before first use, it is recommended to fully charge your headphones. Connect the supplied USB Type-C cable to the charging port on the headphones and to a USB power source. A full charge provides up to 30 hours of battery life. A quick 3-minute charge can provide up to 3 hours of playback with an optional USB-PD compatible AC adapter.

YOUR TRAVEL COMPANION

The new foldable design is compact, durable, and perfect for travel.

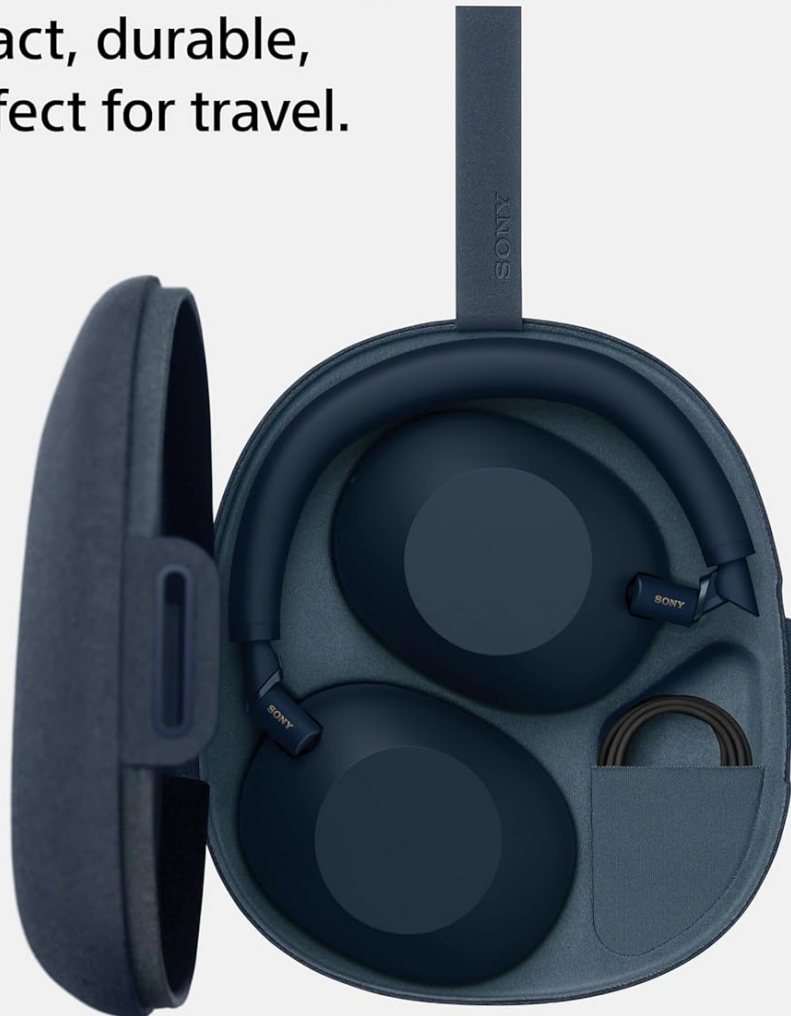


Figure 2: The headphones offer extended battery life and rapid charging capabilities.

2. Powering On/Off

To power on the headphones, press and hold the power button until the indicator light flashes. To power off, press and hold the power button again until the indicator light turns off.

3. 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 rapidly. This indicates pairing mode.
3. On your device (smartphone, tablet, laptop), enable Bluetooth and search for available devices.
4. Select "WH-1000XM6" from the list of found devices.
5. Once connected, the indicator light will flash slowly.

The headphones support multi-point connection, allowing simultaneous connection to two Bluetooth devices.

4. Wired Connection

For a wired connection, use the supplied headphone cable. Connect one end to the audio input jack on the headphones and the other end to your audio device's headphone output.

OPERATING INSTRUCTIONS

1. Noise Cancellation and Ambient Sound Control

The WH-1000XM6 features advanced noise cancellation and an Adaptive NC Optimizer that adjusts to your surroundings. You can switch between Noise Canceling and Ambient Sound modes using the custom button on the left earcup or via the Sony Headphones Connect app.

- **Noise Canceling:** Blocks out external noise for an immersive listening experience.
- **Ambient Sound Mode:** Allows you to hear surrounding sounds while still enjoying your audio, useful for announcements or conversations.

ULTRA-CLEAR CALLS WITH AI-BASED TECHNOLOGY

A 6-microphone AI beamforming system isolates your voice from background noise.



Figure 3: Experience superior noise cancellation with the WH-1000XM6.

2. Touch Control Panel

The right earcup features a touch control panel for various functions:

- **Play/Pause:** Double-tap the center of the panel.
- **Next Track:** Swipe forward.
- **Previous Track:** Swipe backward.
- **Volume Up:** Swipe up.
- **Volume Down:** Swipe down.
- **Answer/End Call:** Double-tap the center of the panel.
- **Activate Voice Assistant:** Press and hold the center of the panel.



Figure 4: The touch control panel on the right earcup provides intuitive control over your audio and calls.

3. Making and Receiving Calls

The headphones feature a six-microphone AI-based beamforming system for clear calls. Use the touch panel to manage calls as described above.

THE BEST NOISE CANCELLATION*

Next-gen processors and 12 adaptive microphones-our most advanced noise cancellation ever.

*As of March 1, 2025. Ambient noise reduction according to research by Sony Corporation, measured using IEC-compliant guidelines for the top 10 brands (by market share) of headband-style of wireless noise-canceling headphones market.

Figure 5: Enjoy ultra-clear calls even in noisy environments.

4. Sony Headphones Connect App

Download the Sony Headphones Connect app for advanced control and customization. The app allows you to:

- Adjust noise cancellation levels and ambient sound modes.
- Customize equalizer settings for personalized sound.
- Update firmware.
- Access other smart features.



Figure 6: The Sony Headphones Connect app provides comprehensive control over your headphones.

MAINTENANCE

Proper maintenance ensures the longevity and performance of your headphones:

- **Cleaning:** Wipe the headphones with a soft, dry cloth. Do not use alcohol, benzene, thinners, or other chemical cleaners.
- **Storage:** When not in use, store the headphones in their compact carrying case to protect them from dust and damage. The foldable design makes storage convenient.
- **Avoid Moisture:** Keep the headphones away from water and excessive humidity.
- **Temperature:** Avoid exposing the headphones to extreme temperatures.

PREMIUM SOUND, CO-CREATED WITH THE MASTERS

Developed with world-renowned mastering audio engineers, delivering studio-level precision.

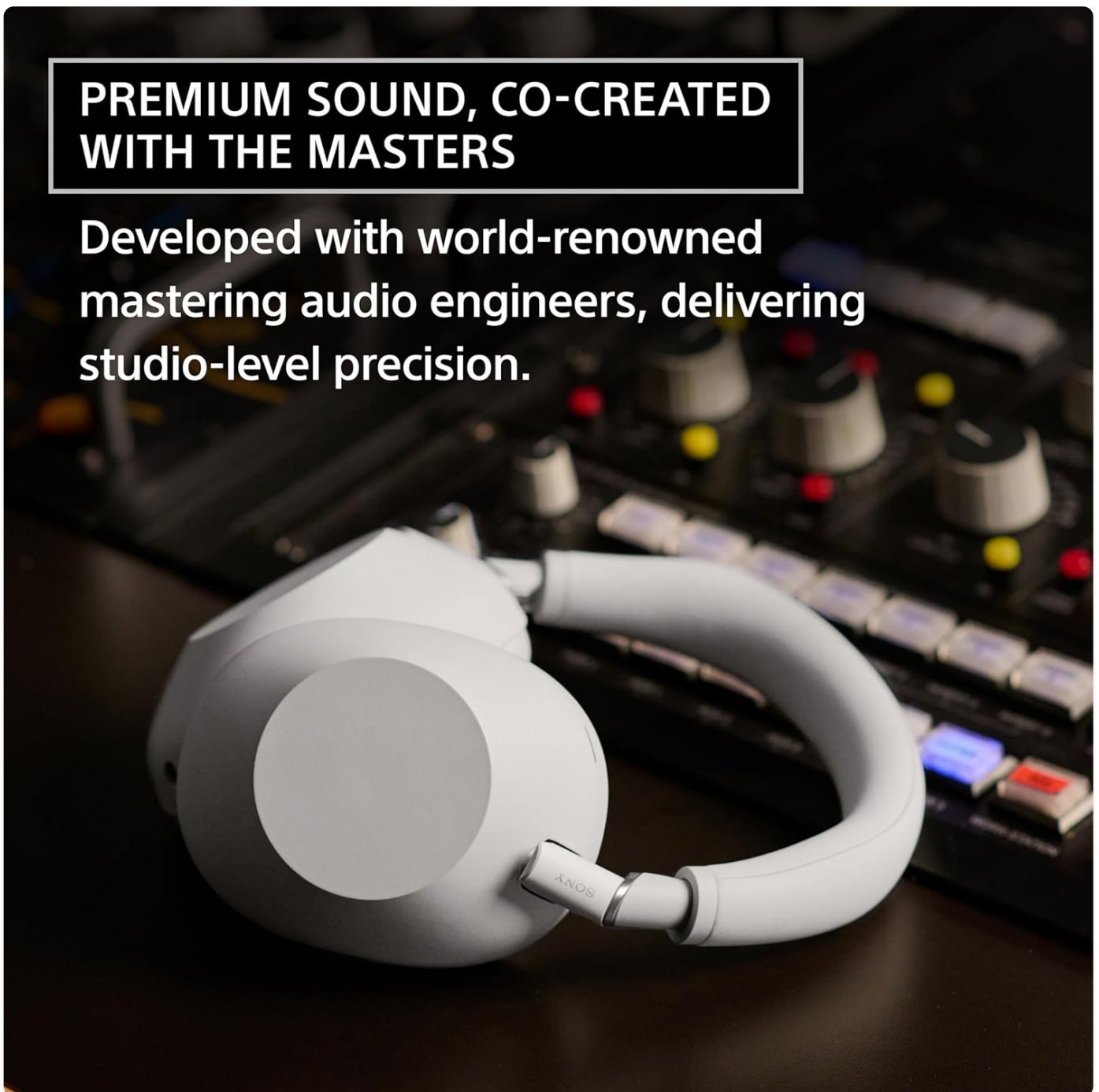


Figure 7: The compact carrying case protects your headphones during travel and storage.

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Video 1: Demonstration of how to fold the Sony WH-1000XM6 headphones for storage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No power	Battery is depleted.	Charge the headphones using the supplied USB Type-C cable.
Cannot pair via Bluetooth	Headphones are not in pairing mode; device Bluetooth is off; headphones are already connected to another device.	Ensure headphones are in pairing mode (rapid blue flashing light). Turn on Bluetooth on your device. Disconnect from other devices if necessary.

Problem	Possible Cause	Solution
No sound or low volume	Volume is too low; headphones not connected properly; audio source issue.	Increase volume on headphones and connected device. Re-pair Bluetooth or re-connect audio cable. Check audio source.
Noise cancellation not effective	Ambient Sound Mode is active; improper fit; external noise is too high.	Switch to Noise Canceling mode. Adjust headphone fit for a better seal. Note that extreme noises may not be fully canceled.

For more detailed troubleshooting, refer to the Sony Headphones Connect app or the official Sony support website.

SPECIFICATIONS

Model Name	WH-1000XM6
Noise Control	Active Noise Cancellation
Connectivity Technology	Wireless (Bluetooth)
Battery Life	Up to 30 Hours
Charging Time	3 minutes for 3 hours playback (with optional USB-PD compatible AC adapter)
Control Method	Touch
Item Weight	8.96 Ounces (approx. 254 grams)
Product Dimensions	8 x 3.13 x 9.1 inches
Included Components	Headphones, Carrying case, Headphone cable, USB Type-C cable

WARRANTY AND SUPPORT

Sony provides a limited warranty for its products. Please refer to the warranty card included in your product packaging for specific terms and conditions, or visit the official Sony support website for detailed warranty information and to register your product.

For technical support, product inquiries, or service, please visit the [Sony Support Website](#) or contact Sony customer service directly.

