Sony WH-1000XM6

Sony WH-1000XM6 Wireless Noise-Canceling Headphones Instruction Manual

Model: WH-1000XM6

1. Introduction

Thank you for choosing the Sony WH-1000XM6 Wireless Noise-Canceling Headphones. These headphones are engineered for industry-leading noise cancellation and studio-quality audio, powered by the QN3 Processor and 12 adaptive microphones. This manual provides essential information for setting up, operating, and maintaining your new headphones.



Figure 1: Sony WH-1000XM6 Wireless Noise-Canceling Headphones (Black)

2. What's in the Box

Ensure all items are present before proceeding with setup:

- Sony WH-1000XM6 Wireless Noise-Canceling Headphones (Black)
- Audio Connect Air In-Flight Wireless Audio Adapter (White)
- Protective Case
- Headphone cable (approx. 1.2m)
- USB charging cable



Figure 2: Headphones and included accessories within the protective case.

3. Setup

3.1 Initial Charging

Before first use, fully charge your headphones using the supplied USB charging cable. A full charge provides up to 30 hours of playback with Noise Cancellation enabled.

3.2 Powering On/Off

- To power on: Press and hold the Power button until the indicator light flashes.
- To power off: Press and hold the Power button until the indicator light turns off.

3.3 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. The headphones are now in pairing mode.
3. On your Bluetooth-enabled device (e.g., smartphone, tablet), go to Bluetooth settings and select "WH-1000XM6" from the list of available devices.
4. Once connected, the indicator light will flash slowly.

3.4 Sony Headphones Connect App

Download the Sony Headphones Connect app from your device's app store for full customization options, including sound adjustments, ambient sound control, and firmware updates.

4. Operating Instructions

4.1 Noise Cancellation & Ambient Sound Control

The WH-1000XM6 features advanced Noise Cancellation and Ambient Sound modes:

- **Noise Cancellation:** Blocks out ambient noise for an immersive listening experience.
- **Ambient Sound Mode:** Allows you to hear your surroundings while listening to music, ideal for staying aware in busy environments.
- **Adaptive Sound Control:** Automatically adjusts ambient sound settings based on your activity (e.g., walking, traveling, waiting).

Toggle between Noise Cancellation, Ambient Sound, and Off modes using the NC/AMB button on the headphones or via the Sony Headphones Connect app.

4.2 Touch Controls

The right earcup features intuitive touch controls:

- **Swipe Up/Down:** Adjust volume.
- **Swipe Forward/Backward:** Skip tracks.
- **Double-tap:** Play/Pause music, Answer/End calls.
- **Cover earcup with palm:** Activate Quick Attention Mode (lowers music volume and allows ambient sound).

4.3 Speak-to-Chat

When Speak-to-Chat is enabled (via the app), the headphones automatically pause music and let in ambient sound when you start speaking, allowing for quick conversations without removing your headphones.

4.4 Wired Connection

Connect the supplied 3.5mm audio cable to the headphone jack for a wired listening experience, especially useful for in-flight entertainment systems or when battery is low.


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Figure 3: Audio Connect Air In-Flight Wireless Audio Adapter.



Figure 4: The Audio Connect Air adapter can be used with various devices, including gaming consoles.

5. Key Features

- **Industry-Leading Noise Cancellation:** Powered by the HD Noise Canceling Processor QN3 and 12 adaptive microphones, offering real-time optimization.
- **Studio-Quality Audio:** Custom driver unit with a carbon fiber dome ensures crisp high frequencies and a balanced soundstage.
- **High-Resolution Audio:** Supports High-Resolution Audio and LDAC for exceptional clarity, even wirelessly.
- **360 Reality Audio & Spatial Sound:** Adapts to your ear shape and environment for a personalized, immersive experience with compatible devices and services.
- **Immersive Gaming with Head Tracking:** Delivers realistic directional sound that syncs with in-game action.

6. Connectivity

- **Bluetooth 4.0:** For wireless connection to compatible devices.
- **Multi-Device Connection:** Seamlessly switch between two paired Bluetooth devices.
- **3.5mm Audio Jack:** For wired listening.

7. Charging and Battery Life

The headphones offer impressive battery performance:

- **Playback Time:** Up to 30 hours with Noise Cancellation on, up to 40 hours with Noise Cancellation off.
- **Charging Time:** Approximately 3.5 hours for a full charge.
- **Quick Charge:** A 10-minute charge provides up to 5 hours of playback.
- **Charging Port:** USB Type-C.

8. Maintenance

- Clean ear pads and headband regularly with a soft, dry cloth.
- Avoid exposing headphones to extreme temperatures, humidity, or direct sunlight.
- Store in the protective case when not in use to prevent damage.

9. Troubleshooting

For common issues such as pairing problems, sound quality concerns, or battery drain, refer to the Sony Headphones Connect app's help section or visit the official Sony support website for detailed troubleshooting guides.

10. Specifications

Feature	Detail
Model Name	WH-1000XM6
Noise Control	Adaptive Noise Cancellation
Connectivity Technology	Bluetooth, 3.5 mm
Bluetooth Version	4.0
Charging Time	30 Hours (Playback)
Control Method	App, Touch
Audio Driver Type	Custom Driver
Earpiece Shape	Over Ear
Item Weight	2 pounds
Product Dimensions	9.1 x 9.1 x 9.1 inches

11. Product Comparison Video

Watch this video for a comparison of the Sony WH-1000XM6 with competitor headphones, highlighting key features and performance aspects.

Video 1: A detailed comparison between the Sony WH-1000XM6 and Bose QC Ultra 2nd Gen headphones, discussing features and user experience.

12. Warranty and Support

Sony provides a limited warranty for its products. For specific warranty terms, registration, and support, please visit the official Sony website or contact their customer service. You can also find additional resources and FAQs on the Sony Store on Amazon.

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

you@example.com

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