



MOMENTUM 4

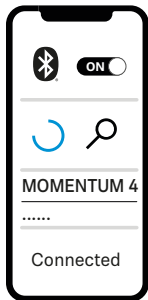
Model: M4AEBT

SENNHEISER

1.



2.



3.













Smart Control



page 12

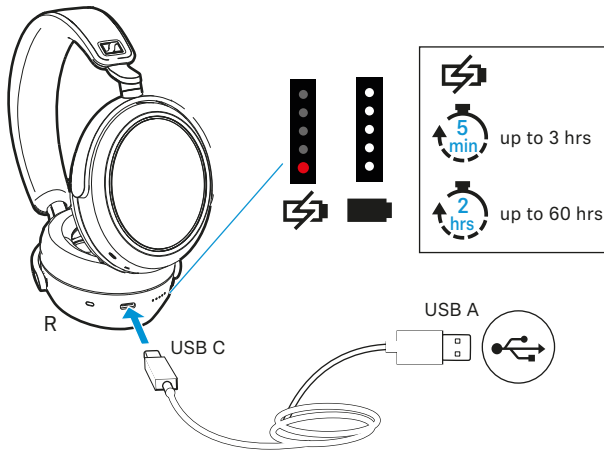
EN	Quick Guide
DE	Kurzanleitung
FR	Guide rapide
ES	Instrucciones resumidas
PT	Guida rápidos
NL	Beknopte handleiding
IT	Guida rapida
DA	Kort vejledning
SV	Snabbguide
FI	Pikaohje
EL	Σύντομες οδηγίες
PL	Krótką instrukcja obsługi
TR	Kısa Kılavuz
RU	Краткая инструкция
JA	クイックガイド
ZH-HANS	快速指南
ZH-HANT	快速指南
KO	빠른 안내서
ID	Panduan ringkas

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Charging

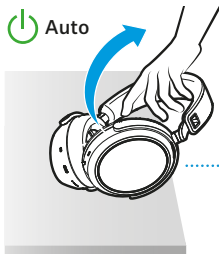
DE	Laden
FR	Charger
ES	Cargar
PT	Carregar
NL	Opladen
IT	Caricare
DA	Opladning
SV	Laddning
FI	Lataaminen
EL	Φόρτιση
PL	Ładowanie
TR	Şarj etme
RU	Зарядка
JA	充電
ZH-HANS	充电
ZH-HANT	充電
KO	충전
ID	Mengisi daya



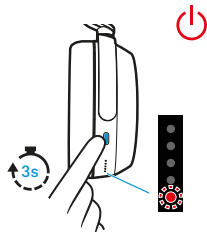
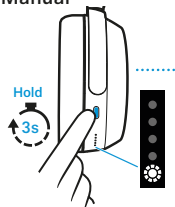


Power on / Power off

DE	Einschalten/Ausschalten
FR	Allumer / éteindre
ES	Encender / Apagar
PT	Ligar/desligar
NL	Inschakelen/uitschakelen
IT	Accendere/Spegnere
DA	Tænd/sluk
SV	Sätta på/stänga av
FI	Virran kytkeminen ja katkaiseminen
EL	Ενεργοποίηση / απενεργοποίηση
PL	Włączanie / wyłączenie
TR	Açma/Kapatma
RU	Включение/выключение
JA	スイッチのオン/オフ
ZH-HANS	接通/关闭
ZH-HANT	接通 / 關閉
KO	켜기/끄기
ID	Mengaktifkan/menonaktifkan



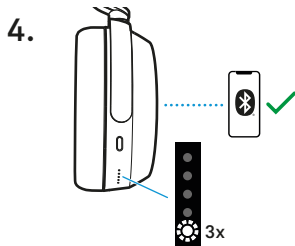
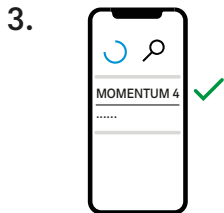
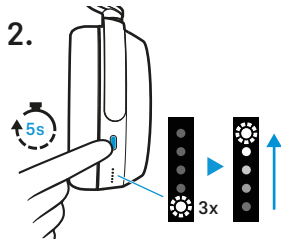
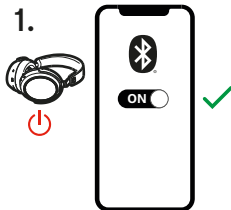
Manual





Pairing

DE	Koppeln
FR	Appairer
ES	Sincronizar
PT	Emparelhar
NL	Koppelen
IT	Accoppiare
DA	Parring
SV	Parakoppla
FI	Pariliitoksen muodostaminen
EL	Ζεύξη
PL	Parowanie
TR	Eşleştirme
RU	Сопряжение
JA	連結
ZH-HANS	配对
ZH-HANT	配對
KO	페어링
ID	Menyandingkan





Music control

DE	Musiksteuerung
FR	Contrôle de la musique
ES	Control de música
PT	Controlo/Controle da música
NL	Muziekbediening
IT	Gestione della musica
DA	Musikstyring
SV	Musikstyrning
FI	Musiikin toiston ohjaus
EL	Χειρισμός αναπαραγωγής μουσικής
PL	Sterowanie muzyką
TR	Müzik kumandası
RU	Управление воспроизведением музыки
JA	音楽制御
ZH-HANS	音乐控制器
ZH-HANT	音樂控制器
KO	음악 제어
ID	Pengaturan musik



1x



1x



2x



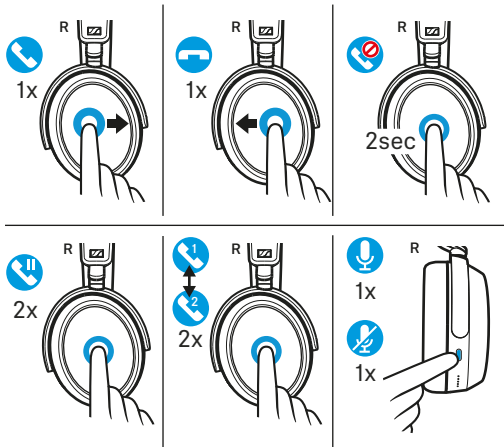
2x





Call control

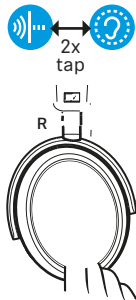
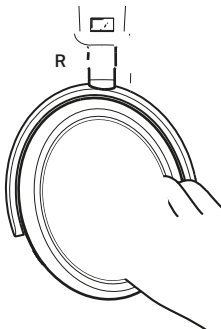
DE	Anrufsteuerung
FR	Contrôle des appels
ES	Control de llamadas
PT	Controlo/Controle de chamadas
NL	Belbesturing
IT	Gestione delle chiamate
DA	Opkaldsstyring
SV	Samtalsstyrning
FI	Puhelujen ohjaus
EL	Χειρισμό κλήσεων
PL	Sterowanie rozmowami telefonicznymi
TR	Çağrı kontrolü
RU	Управление вызовами
JA	電話制御
ZH-HANS	来电控制器
ZH-HANT	來電控制器
KO	통화 제어
ID	Pengaturan panggilan





Adaptive Noise Cancellation

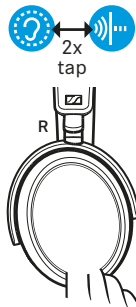
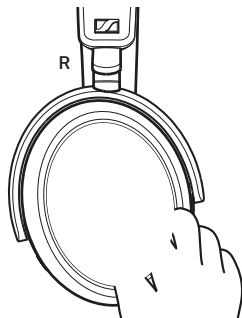
DE	Aktive Geräuschunterdrückung
FR	Annulation active du bruit
ES	Atenuación activa del ruido
PT	Controlo/Controle ativo de ruído
NL	Actieve ruisonderdrukking
IT	Soppressione attiva dei rumori
DA	Aktiv støjundertrykkelse
SV	Aktiv brusreducering
FI	Aktiivinen melunvaimennus
EL	Ενεργή καταστολή θορύβου
PL	Aktywne tłumienie hałasu
TR	Etkin Gürültü Bastırma
RU	Система активного шумоподавления
JA	アクティブノイズキャンセリング
ZH-HANS	主动降噪
ZH-HANT	主動降噪
KO	능동 소음 억제
ID	Peredaman kebisingan aktif





Transparency Mode

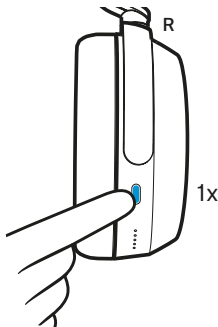
- DE Hören von Umgebungsgeräuschen
FR Écouter les bruits ambiants
ES Escuchar el ruido ambiental
PT Escutar ruídos externos
NL Horen van omgevingsgeluiden
IT Ascolto di rumori ambientali
DA Lyd fra omgivelserstøj
SV Lyssna på bakgrundsljud
FI Ympäristön äänien kuulumuus
EL Ακρόαση θορύβων περιβάλλοντος
PL Słyszanie dźwięków z otoczenia
TR Çevre seslerini dinleyin
RU Пропускание шумов окружающей среды
JA 周辺ノイズを聞きます
ZH-HANS 环境噪音控制
ZH-HANT 控制環境噪音
KO 주변 소리 듣기
ID Mendengarkan suara di sekitar





Voice assistant

DE	Sprachassistent
FR	Assistant vocal
ES	Asistente personal
PT	Assistente de voz
NL	Spraakassistent
IT	Assistente vocale
DA	Taleassistent
SV	Röstassistent
FI	Puheavustaja
EL	Φωνητικός βοηθός
PL	Asystent głosowy
TR	Sesli asistan
RU	Голосовой помощник
JA	言語アシスト
ZH-HANS	语音助手
ZH-HANT	語音助手
KO	음성 어시스턴트
ID	Bantuan bahasa

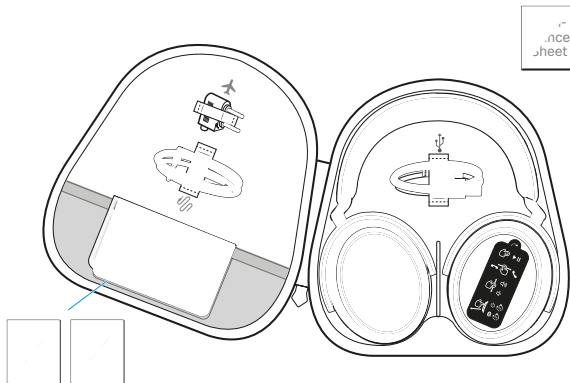


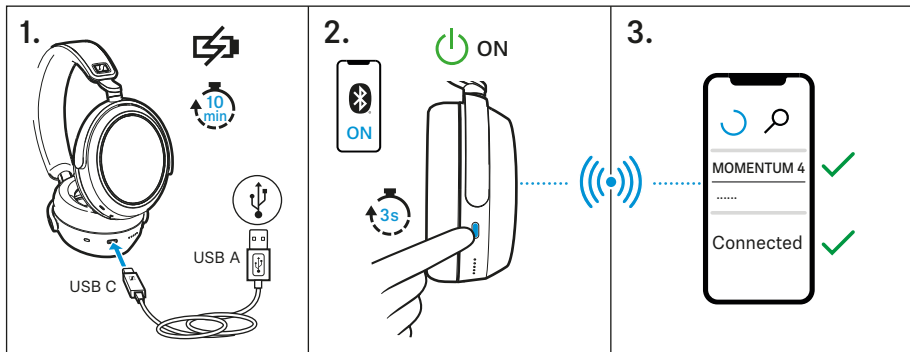
Siri, Google Assistant, ...



Package includes

DE	Lieferumfang
FR	Contenu
ES	Volumen de suministro
PT	Material fornecido
NL	Omvang levering
IT	In dotazione
DA	Leveringsomfang
SV	Leveransomfattning
FI	Toimitussisältö
EL	Περιεχόμενα συσκευασίας
PL	Zakres dostawy
TR	Teslimat kapsamı
RU	Комплект поставки
JA	同梱されているもの
ZH-HANS	包装内含
ZH-HANT	包裝包括
KO	구성품
ID	Isi kemasan





Sonova Consumer Hearing GmbH
Am Labor 1, 30900 Wedemark, Germany
www.sennheiser-hearing.com
07/25, 595515/A02



Manual and support

www.sennheiser-hearing.com/download



MOMENTUM 4

Wireless around-ear headphones

Model: M4AEBT



Instruction manual

Use the search function, the navigation (left) or the following links:

Start

“Product overview”

“Getting started”

“Using the headphones”

“FAQ/If a problem occurs ...”

“Specifications”

Sonova Consumer Hearing GmbH

Am Labor 1

30900 Wedemark

Germany

www.sennheiser-hearing.com



Version: 10/24 A04

Important safety instructions



- ▷ Read this instruction manual carefully and completely before using the product.
- ▷ Always include this instruction manual when passing the product on to third parties.
- ▷ Do not use the product if it is obviously defective or makes loud, unusual (whistling or beeping) noise.
- ▷ Only use the product in environments where **Bluetooth** wireless transmission is permitted.

Preventing damage to health and accidents

- ▷ Protect your hearing from high volume levels. Permanent hearing damage may occur when headphones are used at high volume levels for long periods of time. Headphones of the Sennheiser brand sound exceptionally good even at low and medium volume levels. 
- ▷ The product generates stronger permanent magnetic fields that could cause interference with cardiac pacemakers, implanted defibrillators (ICDs) and other implants. Always maintain a distance of at least 3.94"/10 cm between the product component containing the magnet and the cardiac pacemaker, implanted defibrillator, or other implant. 
- ▷ Keep the product, accessories and packaging parts out of reach of children and pets to prevent accidents. Swallowing and choking hazard.
- ▷ Do not use the product in an environment that requires your special attention (e.g. in traffic). Especially the product's active noise cancellation can make ambient sounds inaudible or drastically change the perception of acoustic warning signals.

Preventing damage to the product and malfunctions

- ▷ Always keep the product dry and do not expose it to extreme temperatures (hairdryer, heater, extended exposure to sunlight, etc.) to avoid corrosion or deformation. The normal operating temperature is from 0 °C to 40 °C/32 °F to 104 °F.
- ▷ Do not use if immersed into liquid.
- ▷ To avoid loud, unusual (whistling or beeping) noise and to ensure proper noise cancellation, do not cover the microphone openings of the active noise cancellation circuitry located on the outside of the ear cups.
- ▷ Use only attachments/accessories/spare parts supplied or recommended by Sonova Consumer Hearing.
- ▷ Clean the product only with a soft, dry cloth.










Safety instructions for Lithium rechargeable batteries



WARNING

If abused or misused, rechargeable batteries may leak. In extreme cases, they may even present a risk of:

- explosion
- heat and fire development
- smoke and/or gas development
- damage to health and/or the environment

	Only use the rechargeable batteries recommended by Sonova Consumer Hearing and the appropriate chargers and (certified) charging cables.
	Do not leave the product/rechargeable batteries unattended while charging.
	Only charge the product/rechargeable batteries at ambient temperatures between 10 °C and 40 °C/50 °F and 104 °F and do not charge them near easily flammable objects.
	Do not charge the product/rechargeable batteries in a damp environment. Make sure that the charging socket is free from moisture and contamination.
	Do not heat the product/rechargeable batteries above 60°C/140 °F. Avoid exposure to sunlight and do not throw the product/rechargeable batteries into fire.
	Switch rechargeable battery-powered products off after use.
	When not using the product/rechargeable batteries for extended periods of time, charge them regularly (about every three months).
	Avoid prolonged skin contact with the product, rechargeable battery, charger or charging cable when connected to a power source. These components can heat up during charging and cause skin irritation.
	Dispose of defective products with built-in rechargeable batteries at special collection points or return them to your specialist dealer to facilitate recycling.

Notes on data collection and processing and on firmware updates

This product stores individual settings such as the volume, the sound profiles and the Bluetooth connection data of paired devices. This data is required for the operation of the product and is not transferred to Sonova Consumer Hearing GmbH or companies commissioned by Sonova Consumer Hearing GmbH and is not processed.

Using the “Sennheiser Smart Control” app, you can update the firmware of the product for free via an Internet connection. If the device on which the app is installed is connected to the Internet, the following data is automatically transferred to and processed by Sonova Consumer Hearing servers in order to provide and transfer suitable firmware updates: hardware identifier, hardware revision number, firmware version of the product, operating system type (Android, iOS) and version, version of the app. The data will only be used as specified and will not be stored permanently.

If you do not want this data to be transferred and processed, do not connect to the Internet.

Notes on the use of headphones in damp environments

Headphones are an everyday companion. When using the headphones on the go, they may be exposed to moisture. For example, rain, air humidity or even sweat may come into contact with the headphones.

Important safety instructions

To ensure proper, safe and long-lasting performance:

- ▷ Avoid contact with moisture and always keep headphones dry.
- ▷ Do not use headphones in the rain/snow or in the shower.
- ▷ Do not use headphones in swimming pool, sauna or during other activities with water/high air humidity (e.g. washing dishes).
- ▷ Do not store headphones in airtight containers/bags together with damp objects (e.g. damp laundry) or objects that can cause condensation moisture (e.g. cold water bottles).
- ▷ Never charge damp headphones. Make sure that the charging socket is free from moisture and contamination.
- ▷ Only use high-quality USB charging cables with USB-IF certification.

If your headphones have become damp or wet:

- ▷ Dry headphones completely with a dry cloth.
- ▷ Allow headphones to dry at room temperature for at least 24 hours before using and charging them again.
- ▷ Do not continue to use the product if it is obviously defective.

Intended use/Liability

These headphones have been designed as an accessory for Bluetooth compliant devices. They are intended for wireless audio communication such as music playback and phone calls via Bluetooth wireless technology.

It is considered improper use when the product is used for any application not named in the corresponding product documentation.

Sonova Consumer Hearing GmbH does not accept liability for damage arising from misuse or improper use of this product and its attachments/accessories.

Sonova Consumer Hearing GmbH is not liable for damages to USB devices that are not consistent with the USB specifications.

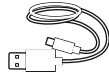
Sonova Consumer Hearing GmbH is not liable for damages resulting from the loss of connection due to flat or overaged rechargeable batteries or exceeding the Bluetooth transmission range.

Before putting into operation, please observe the respective country-specific regulations.

Package contents



MOMENTUM 4 around-ear headphones
Model: M4AEBT



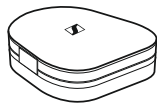
USB cable with USB-C and USB-A connector,
length approx. 1.2 m



Analog audio cable with 3.5 mm jack plug and
2.5 mm jack plug, length approx. 1.2 m



In-flight adapter



Carry case



Quick guide



Safety guide

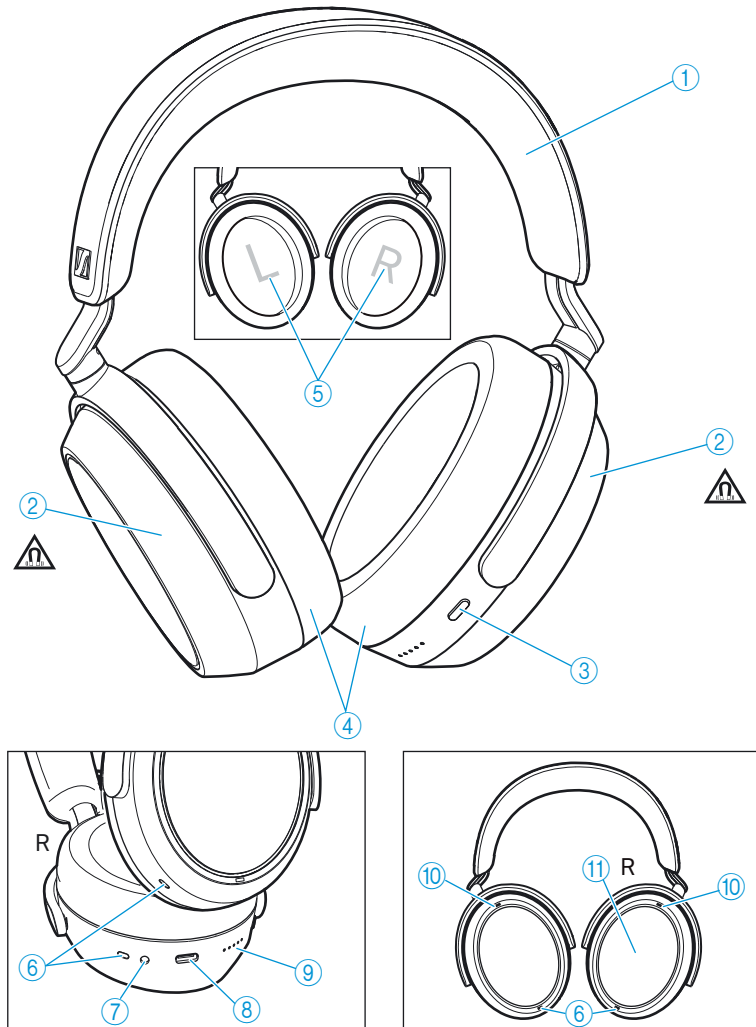
Online you can find:

- this detailed instruction manual and additional information (www.sennheiser-hearing.com/download)
- the Sennheiser Smart Control app for configuring the headphones and for additional functions (www.sennheiser-hearing.com/smartcontrol)
- a list of accessories on the MOMENTUM 4 product page at www.sennheiser-hearing.com/momentum-4-wireless (to purchase online or contact your local Sonova Consumer Hearing partner: www.sennheiser-hearing.com/service-support)

Product overview

MOMENTUM 4

Model: M4AEBT



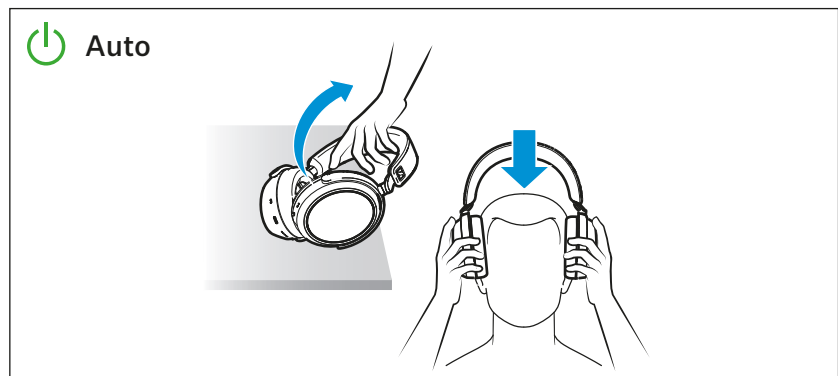
- ① Headband, steplessly adjustable
- ② Ear cups
- ③ Multi-function button of the headphones:
 - On/off button
 - Voice assistant button
 - Pairing button: pressing for 5 seconds activates the Bluetooth pairing mode
- ④ Ear pads
- ⑤ Marking for the right ear (R) and for the left ear (L) (inside the ear cups)
- ⑥ Speech microphones (4 pcs.) for phone calls
- ⑦ Input for analog audio cable, 2.5 mm; when a cable is connected, flight mode is activated/Bluetooth is deactivated

- ⑧ USB-C socket for charging, calling, streaming via PC/Mac
- ⑨ LED display
- ⑩ Microphones for active noise cancellation ANC; 2x directed outward, 2x directed inward (not visible)
- ⑪ Touch pad (outside of the right ear cup)

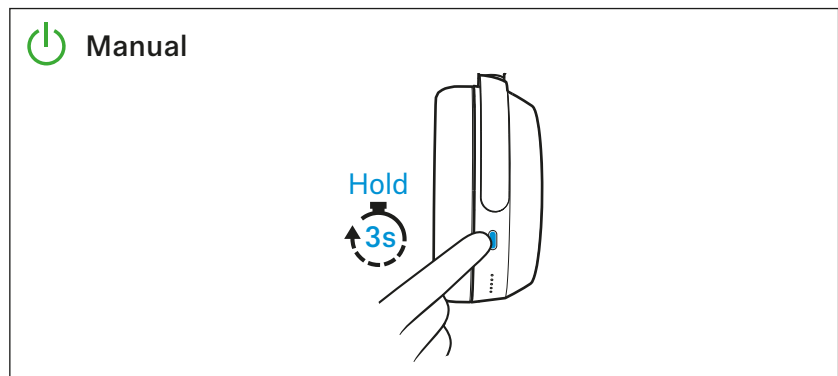
Overview of the smart control

Switch-on of the headphones

- Automatic switch-on: by lifting and putting on

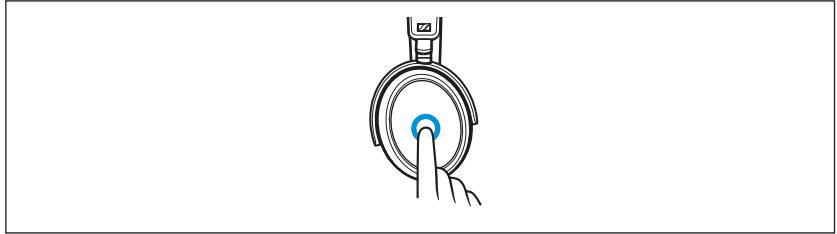


- Manual switch-on: by pressing the multi-function button for 3 seconds

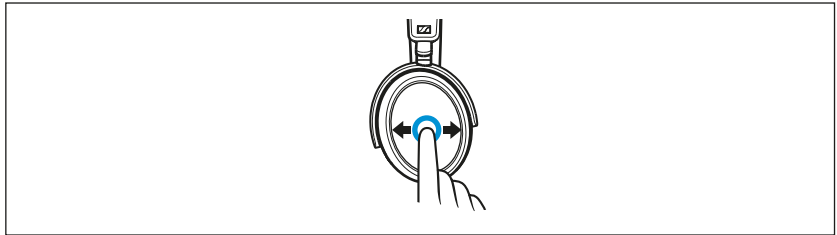


Gesture control via the touch pad

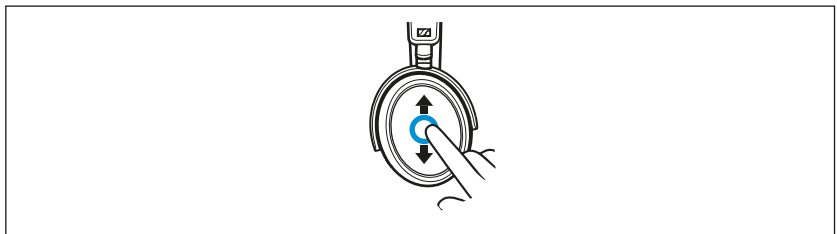
- Tapping



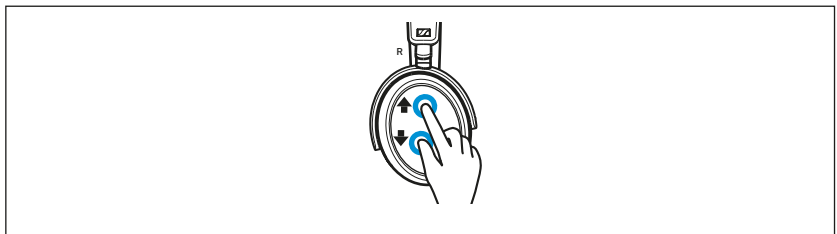
- Horizontal swipe



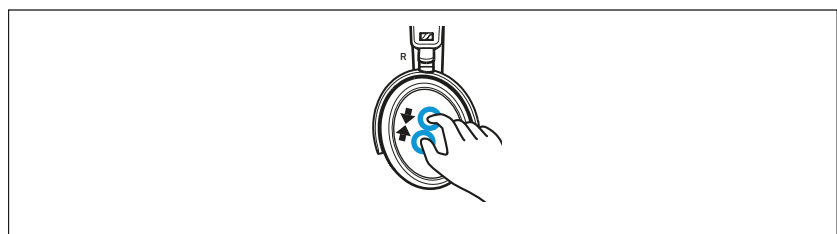
- Vertical swipe



- Stretch



- Pinch






i You can also deactivate the touch pad function, see: > 33.



i The headphones are equipped with a sensor that automatically detects whether the headphones are worn or taken off from your ears (Smart Pause function). You can find more information here: > 32.

Overview of the LED display


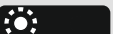





During operation

LED		Meaning/headphones...
 3x	white flashes 3x	... switch on.
		... are connected to a device via Bluetooth.
	white continuous sequence	... are in Bluetooth pairing mode.
 3x	red flashes 3x	... switch off.

During phone calls

LED		Meaning
 3x	white flashes 3x repeatedly	Incoming call
 3x	red flashes 3x repeatedly	Incoming call with an almost empty battery

During charging

LED		Meaning
	1 red	Rechargeable battery is almost empty (less than 2% charged)
	1 white	Rechargeable battery is approx. 2-20% charged (>1 hour of playback time)
	2 white	Rechargeable battery is approx. 20-40% charged (>12 hours of playback time)
	3 white	Rechargeable battery is approx. 40-60% charged (>24 hours of playback time)
	4 white	Rechargeable battery is approx 60-80% charged (>36 hours of playback time)
	5 white	Rechargeable battery is approx. 80-100% charged (>48 hours of playback time)
	5 white	Rechargeable battery is 100% charged (up to 60 hours of playback time)



If the LED display does not light up:

- Clean the charging socket (> 37).
- Charge the rechargeable battery until the LED display lights up again (at least 30 minutes) (> 13). If the rechargeable battery is completely discharged, it may take several minutes for the LED display to indicate the charging process.

Overview of sound signals and voice prompts

The headphones output voice prompts and sound signals in case of various events.



Via the Smart Control app, you can adjust settings for the voice prompts and sound signals (> 33).

Voice prompt	Meaning/headphones...
Establishing a Bluetooth connection	
“Connected”	...are connected via Bluetooth.
“No connection”	... have lost the Bluetooth connection to a paired device.
“Pairing successful”	... have successfully completed Bluetooth pairing.
“Pairing failed”	... have not successfully completed Bluetooth pairing.
Information on battery status and volume	
“Recharge headset”	... have an empty rechargeable battery. Charge the rechargeable battery (> 13).
“More than xx % battery left”	... indicate the remaining battery charge in percent.
“Volume min”	... have reached the minimum volume setting.
“Volume max”	... have reached the maximum volume setting.
“Mute on”	... mute the microphone.
“Mute off”	... activate the microphone again.

You hear short sound signals when the headphones

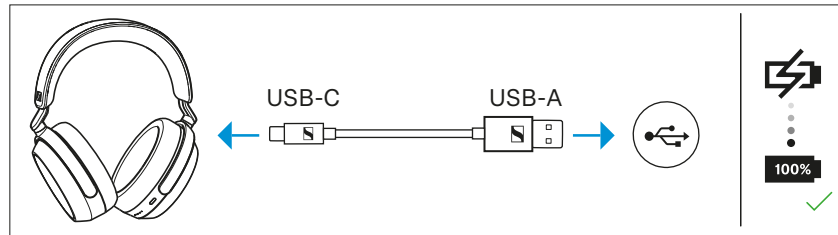
- are switched on or off,
- are put on or taken off,
- are in pairing mode (melody),
- detect devices in the pairing list,
- cancel the pairing process,
- receive a gesture via the touch pad (increasing the volume, starting/pausing music playback, accepting/holding/rejecting calls, adjusting the ANC function or the Transparency Mode).
- receive an incoming call (ring tone),
- are connected to a device via the audio cable or USB cable,
- are disconnected from the connection via the audio cable or USB cable.

Getting started

1. Charging the rechargeable battery

The headphones' rechargeable battery is not fully charged upon delivery.

- ▷ Before using the headphones for the first time, charge the rechargeable battery for a complete charging cycle without interruption (> 13).



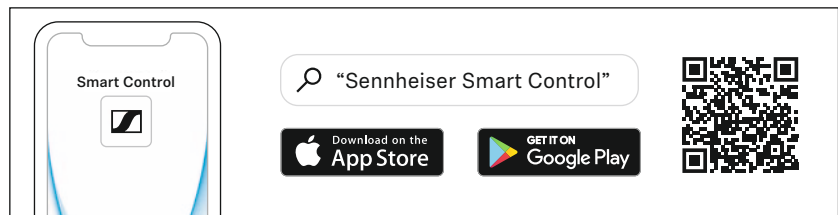
2. Connecting the headphones to a Bluetooth device

- ▷ Connect the headphones to your smartphone via Bluetooth (> 14).



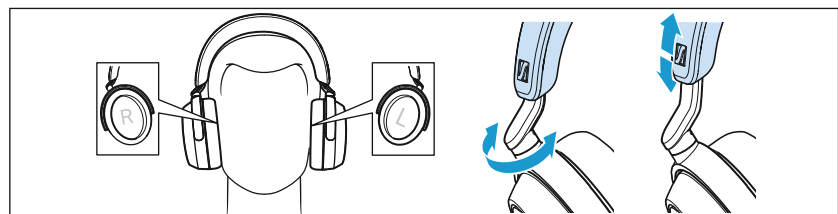
3. Smart Control app for your smartphone

The **Sennheiser Smart Control** app allows you to use all functions and settings of the headphones and to e.g. adjust the sound to your liking using the equalizer (> 18).



4. Putting the headphones on and adjusting the headband

For good sound quality and best possible wearing comfort, the headband can be adjusted to properly fit your head (> 20).



Using the headphones

Information on the rechargeable battery and the charging process

The headphones have a built-in rechargeable battery. A complete charging cycle takes approx. 2 hours. The charging time can vary depending on the power source used and the ambient temperature. Before using the headphones for the first time, charge the rechargeable battery for a complete charging cycle without interruption.

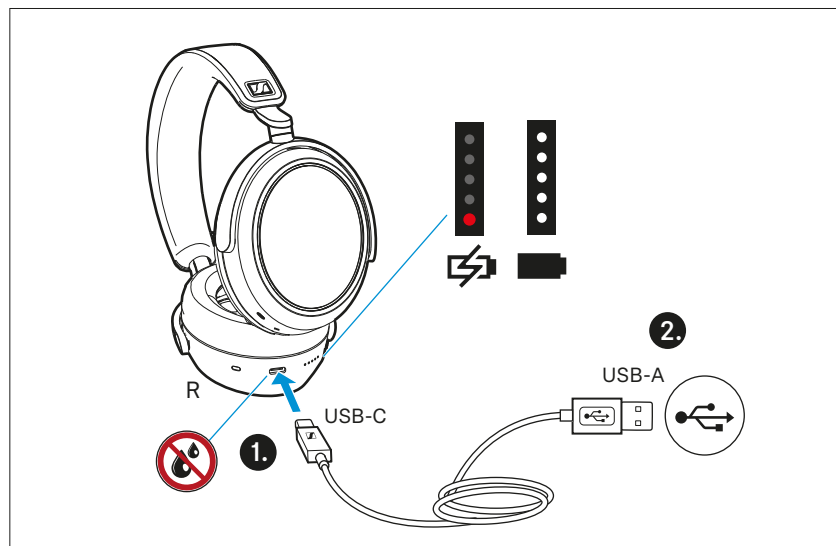
When the headphones are being charged, the LED display lights up (> 10). Once the headphones are fully charged, the LEDs flash white for approx. 5 minutes and then go off. When the battery charge drops to a low level, the voice prompt “Recharge headset” asks you to recharge the headphones. If the headphones are not charged, the voice prompt will be repeated every 10 minutes until the headphones switch off.

Sonova Consumer Hearing recommends using the supplied USB cable and a compatible standard USB power supply for charging the headphones. Only use high-quality USB charging cables with USB-IF certification.

While the headphones are being charged, you can still listen to music or make phone calls. In this case, however, the charging time may be longer.







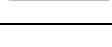
At the end of its operational lifetime, this product with its built-in rechargeable battery must be disposed of separately from normal household waste. You can find more information here: > 42.

Charging the headphones' rechargeable battery



1. Make sure that the charging socket is free from moisture and contamination. Connect the USB-C connector of the charging cable to the USB socket of the headphones.

2. Connect the USB-A connector to a corresponding socket of a USB power source (to be ordered separately). Make sure that the USB power source is connected to the power supply system. The charging process of the headphones begins. The LED display indicates the charge status.

LED		Meaning
	1 red	Rechargeable battery is almost empty (less than 2% charged)
	1 white	Rechargeable battery is approx. 2-20% charged (>1 hour of playback time)
	2 white	Rechargeable battery is approx. 20-40% charged (>12 hours of playback time)
	3 white	Rechargeable battery is approx. 40-60% charged (>24 hours of playback time)
	4 white	Rechargeable battery is approx. 60-80% charged (>36 hours of playback time)
	5 white	Rechargeable battery is approx. 80-100% charged (>48 hours of playback time)
	5 white	Rechargeable battery is 100% charged (up to 60 hours of playback time)

If the LED display does not light up:

- ▷ Clean the charging socket (> 37).
- ▷ Charge the rechargeable battery until the LED display lights up again (at least 30 minutes) (> 13). If the rechargeable battery is completely discharged, it may take several minutes for the LED display to indicate the charging process.

i You can speed up the charging process by charging the headphones when they are switched off.

i If you disconnect the USB connection during or after charging, you will hear a voice prompt informing you of the remaining battery life.

Connecting the headphones to a Bluetooth device

To be able to use the Bluetooth connection, you must register both devices (headphones and e.g. smartphone) once. This process is called pairing.

If operation differs from the steps mentioned, also refer to the instruction manual of the Bluetooth device you are using.

i If you switch on the headphones for the first time (the pairing list is empty), they automatically switch to pairing mode.

Information on the Bluetooth wireless connection

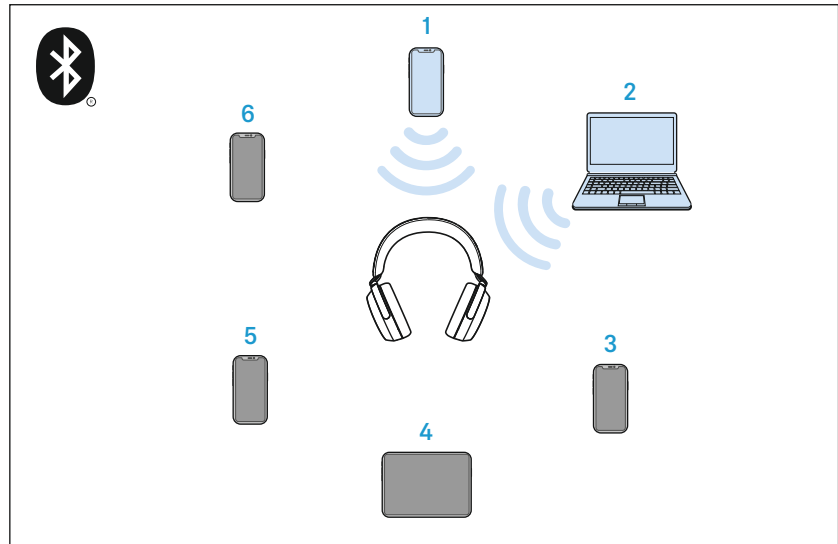
The headphones are compliant with Bluetooth 5.2.

If your audio source supports one of the following high-resolution audio encoding methods, music is automatically played in high audio quality: aptX™ Adaptive or AAC. Otherwise the headphones will play your music in normal audio quality (SBC).

Paired devices establish the Bluetooth wireless connection immediately after switch-on and are ready for use.

On switch-on, the headphones automatically try to connect to the last two connected Bluetooth devices. The headphones can save the connection profiles of up to six Bluetooth devices with which they have been paired. Audio playback is only possible from one device at a time.

If you pair the headphones with the seventh Bluetooth device, the saved connection profile of the least used Bluetooth device will be overwritten. If you want to re-establish a connection with the overwritten Bluetooth device, you have to pair the headphones again.



Paired and connected Bluetooth device



Paired Bluetooth device (currently not connected)

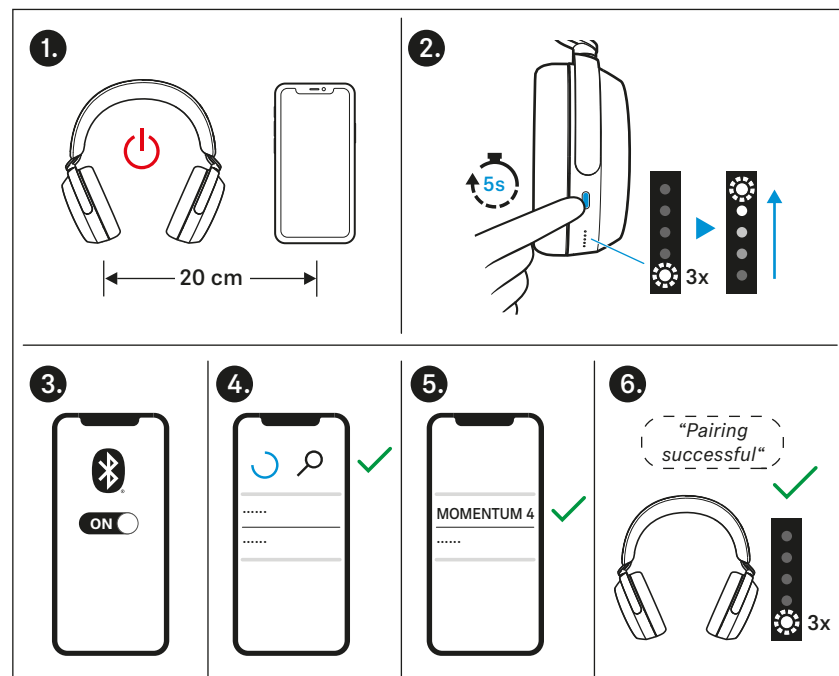
Pairing the headphones with a Bluetooth device

i If you switch on the headphones for the first time (the pairing list is empty), they automatically switch to pairing mode.

1. Switch the headphones off and place them close to the Bluetooth device (max. 20 cm).
2. Press the multi-function button for 5 seconds.
The headphones are switched on and you hear a sound signal.
The LEDs light up white 3x.
The headphones switch to pairing mode. The LEDs light up as a white continuous sequence and a melody can be heard.
3. Activate Bluetooth on your Bluetooth device.
4. Via the menu of your Bluetooth device, start the search for new Bluetooth devices.
All active Bluetooth devices in the proximity of your Bluetooth device are displayed.

i By default, the name of the headphones is “MOMENTUM 4”.
You can individually adjust the name in the Smart Control app (> 18).

5. From the list of found Bluetooth devices, select “MOMENTUM 4”.
If necessary, enter the default pin code “0000”.
6. If pairing was successful, you hear the voice prompts “Pairing successful” and “Connected” one after the other. The LED flashes white 3x.



i If no connection is established within 2 minutes, pairing mode is terminated and the headphones switch to standby mode. If necessary, repeat the steps described above.

Switching the connection to paired Bluetooth devices/“Connections”

To selectively switch the audio connection to paired Bluetooth devices using the “Connections” function, you require the Smart Control app (> 18).

- ▷ In the Smart Control app, tap “Connections”.
The list of Bluetooth devices paired with the headphones appears.
- ▷ From the list, select the paired device to which you want to connect the headphones. Make sure that the desired device is switched on and Bluetooth is activated.
The Bluetooth audio connection between the desired Bluetooth device and the headphones is established.
The app connection between the device with the Smart Control app installed and the headphones remains active (only Bluetooth Low Energy for communication between app and headphones, the device name is highlighted in bold).

i The “Connections” function also allows you to selectively delete pairing information of devices without resetting the headphones to the factory default settings.

Disconnecting the headphones from a Bluetooth device

- ▷ Via the menu of your Bluetooth device, disconnect the connection to the headphones.
The headphones are disconnected from the Bluetooth device. You hear the voice prompt “No connection”. The headphones switch to standby mode.

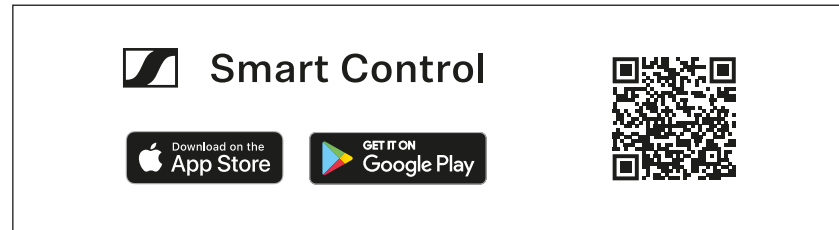
i To delete the Bluetooth pairing list of the headphones: > 40.

Installing the Smart Control app

To make full use of all the settings and functions of the headphones, you need to have the free Sennheiser Smart Control app installed on your smartphone.

Download the app from the Apple App Store or Google Play and install it on your smartphone. Alternatively, you can use your smartphone to scan the following QR code or to call up the following Internet site:

www.sennheiser-hearing.com/smartcontrol



- ▷ Connect your smartphone to the headphones via Bluetooth (> 14).
- ▷ Start the Smart Control app.
- ▷ Follow the instructions in the app.
The Smart Control app recognizes the headphones and activates all available settings and functions.

Switching the headphones on



WARNING

Danger due to high volume levels!

Listening at high volume levels can lead to permanent hearing defects.

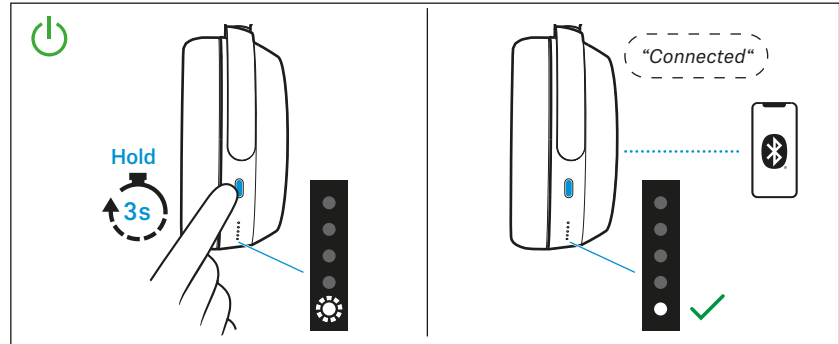
- ▷ Before putting the headphones on, adjust the volume to a low level (> 21).
- ▷ Do not continuously expose yourself to high volume levels.

Automatic switch-on

- ▷ When the headphones are in the supplied carry case: Take out the headphones from the carry case.
One LED flashes white 3x. The headphones automatically switch on.
- ▷ Put on the headphones.
You hear a sound signal. If Bluetooth is activated on the headphones and a paired device is available, you hear the voice prompt "Connected".
If Bluetooth is deactivated on the headphones (> 34), you only hear a sound signal. The active noise cancellation ANC may be activated (> 25).

Manual switch-on

- ▷ Press the multi-function button for 3 seconds.
One LED flashes white 3x. You hear a sound signal. If Bluetooth is activated on the headphones and a paired device is available, the LED lights up white and you hear the voice prompt “Connected”.
If Bluetooth is deactivated on the headphones (> 34), you only hear a sound signal. The active noise cancellation may be activated (> 25).



- i** Make sure that Bluetooth is already activated on your Bluetooth device when switching on the headphones.
- i** If Bluetooth is activated and the headphones cannot find a paired Bluetooth device within a few minutes, you hear the voice prompt “No connection”. The LED flashes red 3x. The headphones switch to standby mode.

Switching the headphones off

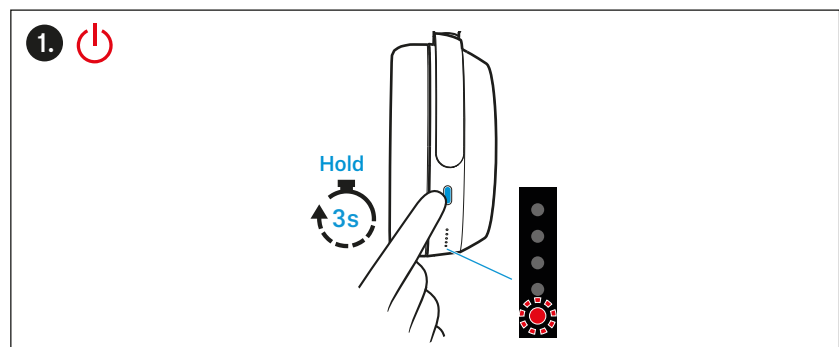
Automatic switch-off

After taking off the headphones, they automatically switch off after 15 minutes. You can adjust the time span using the Smart Control app (> 18).

After being placed in the supplied carry case, the headphones immediately switch off automatically.

Manual switch-off

- ▷ Press the multi-function button for 3 seconds.
You hear a sound signal. One LED flashes red 3x. The headphones switch off.

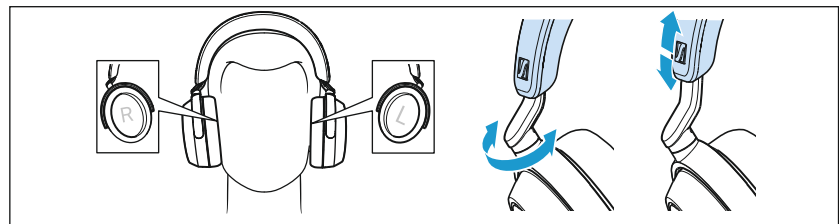


Putting the headphones on and adjusting the headband

For good sound quality, the best possible noise cancellation and the best possible wearing comfort, the headband can be adjusted to properly fit your head.

- ▷ Wear the headphones so that the headband runs over the top of your head. The markings for the right side (R) and for the left side (L) can be found on the inside of the ear cups.
- ▷ Move the ear cups up or down the headband slider until:
 - your ears are comfortably covered by the ear pads,
 - you feel even, gentle pressure around your ears,
 - a snug fit of the headband on the head is ensured.

For optimal sound quality, the ear pads must completely surround your ears.



Retrieving information on the battery charge status

When the headphones are connected to your Bluetooth device, the battery charge status can be displayed on the screen of your smart-phone (depending on the device and operating system used).

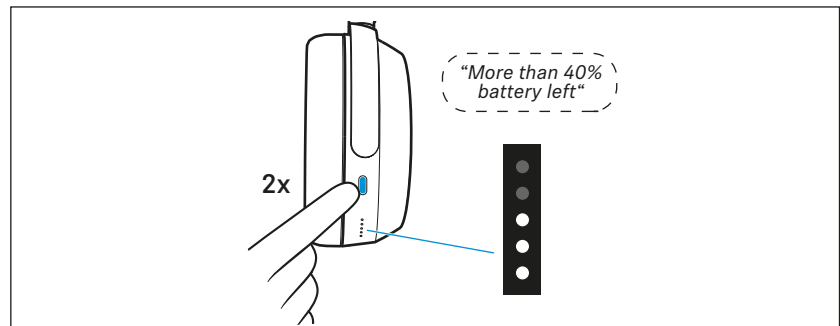
The Smart Control app also displays the battery charge status.

On the headphones, you can retrieve information on the battery charge level via the voice prompts (also possible while listening to music or talking on the phone, as long as you have the headphones on):

▷ Press the multi-function button 2x.

You hear a voice prompt informing you of the remaining battery life. Depending on the battery life of the headphones, the LEDs flash or light up.

Voice prompt	Meaning
"Recharge headset"	The rechargeable battery is empty. Charge the rechargeable battery (> 13).
"More than xx % battery left"	The remaining battery charge is displayed as a percentage.



Adjusting the volume



WARNING

Danger due to high volume levels!

Listening at high volume levels can lead to permanent hearing defects. Toggling between the audio sources may cause enormous volume jumps that can permanently damage your hearing.

- ▷ Before putting the headphones on and before toggling between audio sources, adjust the volume to a low level.
- ▷ Do not continuously expose yourself to high volume levels.

You can adjust the playback volume for music and for phone calls.

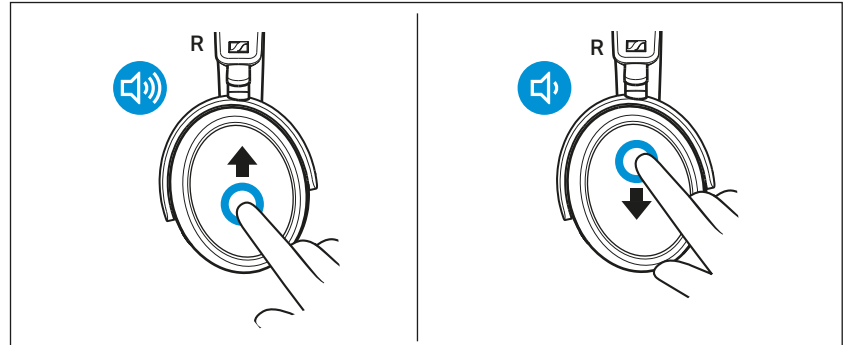
- ▷ If you are playing music, are on a call or if the headphones are in idle mode (i.e. you are neither playing music nor are on a call):
Swipe vertically up or down on the touch pad to increase or reduce the volume for music, voice prompts and sound signals.

When the maximum or minimum volume is reached, you hear the voice prompt "Volume max" or "Volume min".

Using the headphones

Depending on the length of the swipe motion, you adjust the volume in smaller increments (short swipe motion) or larger increments (long swipe motion).

When switching the headphones off, very high volume levels are automatically reset to a moderate level to protect your hearing when you switch the headphones on again.



i You can also adjust the volume using the connected Bluetooth device.

i If you have activated the voice assistant (> 31) and then change the volume of the headphones, the volume of the voice assistant is adjusted accordingly and saved permanently.

Information on the active noise cancellation ANC

Due to their closed design, the headphones offer effective passive isolation from ambient noise.

In addition, the headphones have an active noise cancellation (ANC) function, which allows you to reduce ambient noise to a minimum.

Even when ANC is activated, your headphones' sound quality is always at its best.

You can activate or deactivate ANC when the headphones are connected to your audio source via Bluetooth or via the audio cable/USB cable (provided that the battery is sufficiently charged).

If you want to create a quiet space in a noisy environment, you can simply use the headphones – without connected cables and without Bluetooth devices – as noise protection by using ANC (> 25).

With the Smart Control app, you can select different ANC modes that provide the optimal settings for your application situation.

Notes on active noise cancellation

- Continuous and low-frequency noise, such as motor or fan noise, is particularly well suppressed.
- Speech or high-frequency noise is significantly reduced, but can remain perceptible.
- In very quiet environments, slight noise may occur. In this case, deactivate ANC.
- If unusual (whistling or beeping) noise occurs, take the headphones off and put them on again. Make sure that the ear cups properly fit around your ears.
- To avoid loud, unusual (whistling or beeping) noise and to ensure proper noise cancellation, do not cover the microphone openings of the active noise cancellation circuitry located on the outside of the ear cups.



Information on the Transparency Mode – Hearing ambient sounds or conversations

With the Transparency Mode activated, you can hear ambient sounds or communicate without having to remove the headphones (not possible when making phone calls). This allows you to hear e.g. announcements in the train or aircraft or to have short conversations.

The Transparency Mode optimally complements the active noise cancellation ANC. Via the adjustable intensity of the Transparency Mode and the active noise cancellation ANC, you can determine how much ambient noise reaches your ears or whether you want to listen exclusively to your music (ANC at full intensity).

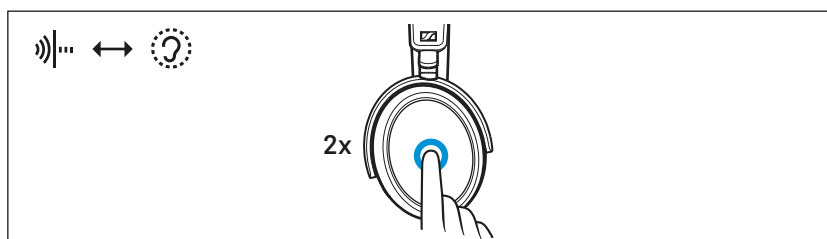
If you use the Transparency Mode at full intensity, disturbing sounds, e.g. low-frequency noise such as aircraft noise, are always suppressed so that you can stay relaxed and in touch with your surroundings.

Switching between the active noise cancellation ANC and the Transparency Mode

You can use the gesture control on the touch pad to switch between the active noise cancellation ANC and the Transparency Mode, e.g. if you want to transition from ambient awareness to idle mode as quickly as possible.

This function is not available during an active call: > 28.

▷ To switch between the modes, tap the touch pad 2x.



i The intensity of the Transparency Mode and the active noise cancellation remains incrementally adjustable (> 25).

Adjusting the playback pause in the Transparency Mode

You can select the behavior of the audio playback, i.e. how it behaves at maximum intensity of the Transparency Mode (tap the touch pad 2x). To be able to adjust this setting, you require the Smart Control app (> 18).

▷ In the Smart Control app, select the desired Transparency Mode function in the “Active Noise Cancellation” section:

“Pause on full transparency”	Description
activated*	Audio playback (e.g. music) is muted and you hear only ambient sounds.
deactivated	Audio playback (e.g. music) continues and is mixed with ambient sounds.

*default setting

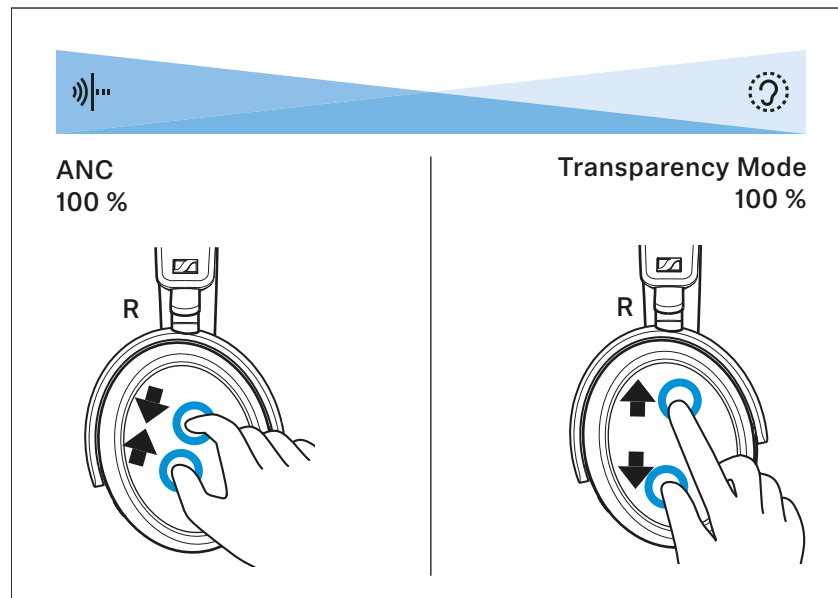
Increasing/decreasing the active noise cancellation ANC and the Transparency Mode

To increase the active noise cancellation ANC and decrease the Transparency Mode:

- ▷ On the touch pad, move your thumb and index finger towards each other.
You hear a sound signal. The intensity of the ANC is increased and ambient awareness is decreased.

To increase the Transparency Mode and decrease the active noise cancellation ANC:

- ▷ On the touch pad, move your thumb and index finger away from each other.
You hear a sound signal. The intensity of the ambient awareness is increased and the ANC is decreased.



i You can also adjust the intensity of the active noise cancellation ANC and the Transparency Mode via a slider in the Smart Control app.

Adjusting the active noise cancellation ANC

To be able to adjust settings for the active noise cancellation ANC, you require the Smart Control app (> 18).

- ▷ Select the desired setting in the “Active Noise Cancellation” section of the Smart Control app:

ANC setting	Reduction of low-frequency noise and background noise
“Adaptive”	
activated*	automatic reduction depending on the noise conditions

ANC setting	Reduction of low-frequency noise and background noise
deactivated	No automatic reduction
“Wind Noise Reduction”	
Off	Wind noise reduction off
Auto*	Automatically adjusted reduction to minimize disturbing wind or movement noise
Max	Maximum wind noise reduction

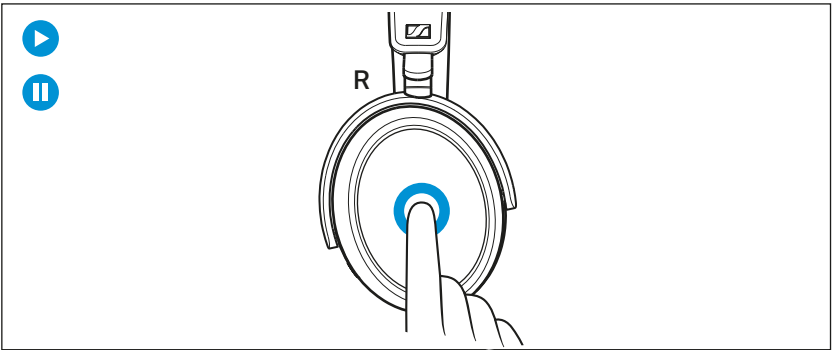
*default setting

Listening to music using the headphones



You can listen to music when the headphones and your audio source are connected via Bluetooth (> 14), the audio cable (> 35) or via USB (> 36).

Controlling music playback

The following music functions are only available when the headphones and the device are connected via Bluetooth or USB. Some smartphones or music players may not support all functions.



▷ Tap the touch pad.

Touch gesture		Function
	Tap 1x	Plays or pauses music
	Tap 2x	Pauses music and switches to idle mode (intensity of the Transparency Mode remains adjustable: > 25)







If music playback does not start:

- Check if the playback pause is activated in the Transparency Mode (> 24) and deactivate the function if necessary.
- Start the music playback app on your Bluetooth device.

Playing the next/previous track

▷ Swipe horizontally on the touch pad.

Touch gesture		Function
	Swipe forward	Plays the next track in the playlist
	Swipe forward and hold	*Fast-forwards a track
	Swipe backward	Plays the previous track in the playlist
	Swipe backward and hold	*Rewinds a track

* only for smartphones or music players that support this function

Making phone calls using the headphones

The following call functions are only available when the headphones, the smartphone or the PC/Mac are connected via Bluetooth (> 14). Some smartphones or communication apps may not support all functions. During a call, the active noise cancellation ANC is always activated to ensure the best possible speech intelligibility. The Transparency Mode cannot be used.

i If the headphones are switched off during an active call or if the rechargeable battery is empty, the call is put on hold and you can use your smartphone as an output device as usual.

Making a call

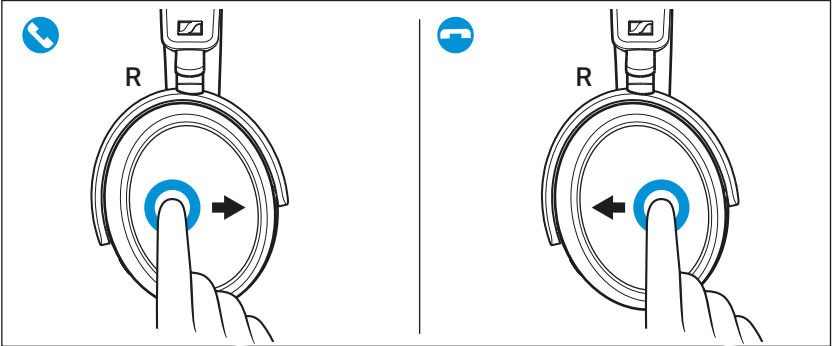
▷ Dial the desired number on your smartphone.

If your smartphone does not automatically transfer the call to the headphones, select “MOMENTUM 4” as the output device on your smartphone (see the instruction manual of your smartphone if necessary).

Accepting/rejecting/ending a call

If your headphones are connected to a smartphone and you receive a call, you hear a ring tone in the headphones.

If you are playing music when you receive a call, the music pauses until you end the call.



➤ Use the touch pad:

Touch gesture		Function
	Swipe for-ward	Accepts a call
		Accepts an incoming call and ends the active call
	Swipe back-ward	Ends a call
	Press for 2 sec	Rejects a call
		Rejects an incoming call and ends the active call
	Tap 2x	Puts an active call on hold
		Accepts an incoming call and puts the active call on hold
		Toggles between active call and call on hold

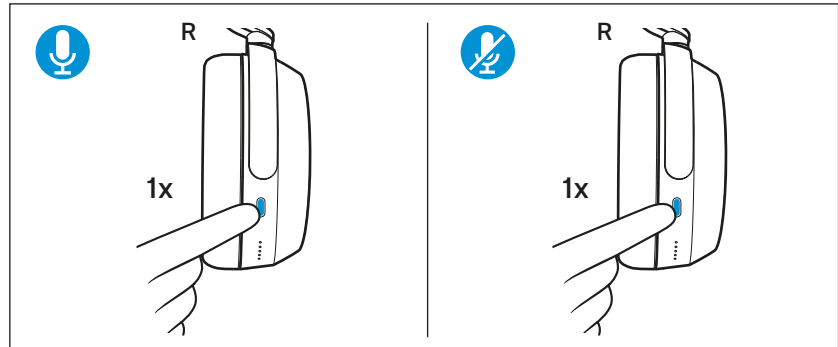
Muting the microphone

To mute the headphones' microphone during a call:

- Press the multi-function button 1x.
You hear the voice prompt "Mute on". The microphone is muted.

To activate the microphone again:

- Press the multi-function button 1x.
You hear the voice prompt "Mute off". The microphone is reactivated.



Using the Sidetone function

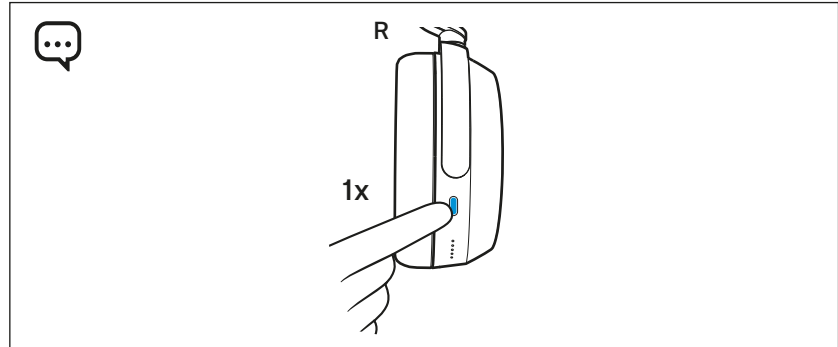
When using the headphones for phone calls, you may find it more comfortable if your own voice is audible in the headphones. With the Sidetone function activated, your own voice is played back through the headphones during a phone call.

Via the Smart Control app, you can activate the function (default setting) and adjust the intensity via a slider or deactivate the function.

Using the voice assistant/voice dialing

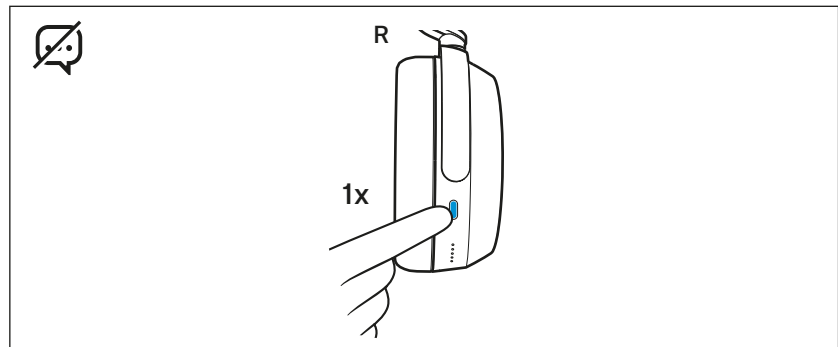
The voice assistant is only available when the headphones and the mobile device are connected via Bluetooth or USB. Some smart-phones or music players may not support all functions.

- ▷ Press the multi-function button 1x.
The available voice assistant of your mobile device is activated (depending on the system used or app installed on your mobile device: Siri, Google Assistant or others. If no voice assistant is available, voice dialing may be activated).
- ▷ Speak your request.



To cancel the voice assistant or voice dialing:

- ▷ Press the multi-function button 1x.

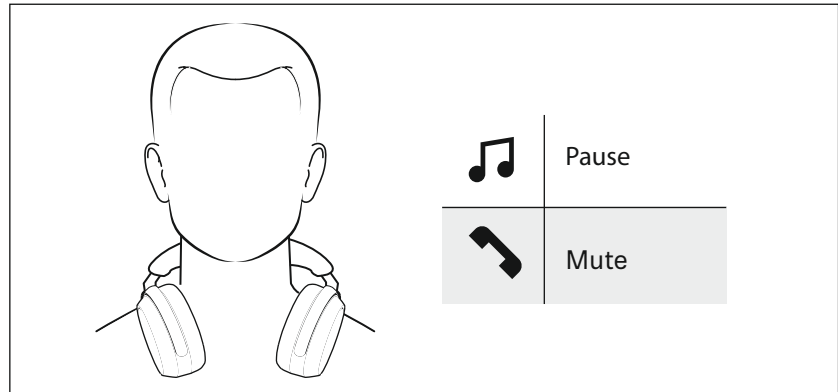


Using the Smart Pause function

The headphones are equipped with a sensor that automatically detects whether the headphones are worn or taken off from your ears.

You can use the following functions:

- Music playback pauses when you take off the headphones and continues when you put them on again.
- A phone call is accepted when you put on the headphones.
- A phone call is muted when you take off the headphones during the call and resumed when you put the headphones back on.



If you take off the headphones and transport them or put them down when they are switched on, the sensor will not detect that the headphones have already been taken off in certain situations, e.g.:

- If you place the insides of the ear cups facing down on a table.
- If you wear the headphones around your neck and your chin covers the area inside the ear cups.
- If the insides of the ear cups are covered by objects or by your hands.
- If you hang the headphones over the edge of a bag or carry them inside a bag.
- If you wear the headphones over a cap, scarf, or over your hair.

To avoid problems with the sensor:

- ▷ Store the headphones in the supplied carry case (> 36).
- ▷ Switch off the headphones manually when you store them outside the carry case (> 19).



You can deactivate the sensor function via the Smart Control app. The smart functions such as automatic switch-off of the headphones when placed in the carry case or muting when the headphones are taken off are then no longer available.

Adjusting sound effects/the equalizer

To be able to use the sound effects/the equalizer, you require the Smart Control app (> 18).

- ▷ In the Smart Control app, select the desired sound effects via the equalizer. You can use predefined presets, define sound modes (e.g. bass boost) or define your own settings. The sound effects are stored in the headphones. These sound settings are active even without using the Smart Control app, i.e. when you are using a different Bluetooth device.

i The Sound Check function of the Smart Control app allows you to create customized equalizer presets. Sound Check guides you step by step to the optimal results.

Setting the voice prompts/sound signals

To be able to set the voice prompts and sound signals, you require the Smart Control app (> 18).

In the app settings, you can activate voice prompts and sound signals (default setting) or deactivate them completely.

Deactivating the touch pad function

To avoid unintentional entries via the touch pad of the headphones, e.g. when you have put the headphones on while lying down, you can deactivate the touch pad function. To do this, use the Smart Control app (> 18).

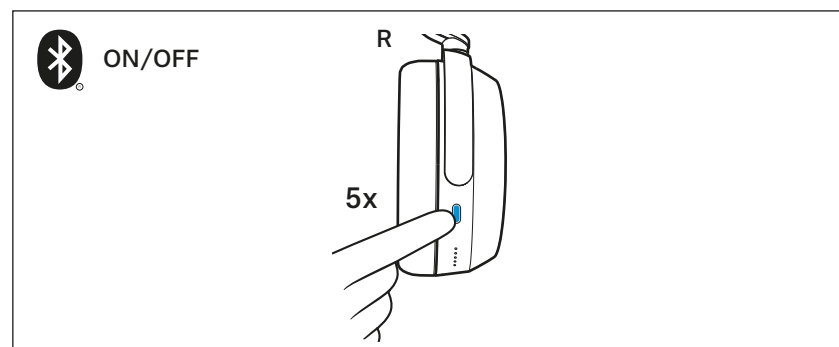
Deactivating Bluetooth/activating flight mode

Deactivate the Bluetooth wireless connection when wireless connections are not allowed, such as on an aircraft during take-off and landing.

The active noise cancellation ANC can be fully used provided that the rechargeable battery is charged (> 25).

To deactivate the Bluetooth wireless connection and activate flight mode:

- ▷ Press the multi-function button 5x.
You hear the voice prompt “No connection”. The Bluetooth wireless connection is deactivated.



To activate the Bluetooth wireless connection again:

- ▷ Press the multi-function button 5x.

You hear the voice prompt “Connected”. The Bluetooth wireless connection is activated.



If you connect the audio cable, the Bluetooth wireless connection is also deactivated (> 34).



If you only want to use the headphones for active noise cancellation ANC during a flight, you can deactivate the touch pad function to avoid unintentional entries (> 33).

Using the audio cable/activating flight mode

If you connect the audio cable, flight mode is activated and the Bluetooth wireless connection is deactivated.

Use the audio cable when

- wireless transmission is not allowed, e.g. during aircraft take-off and landing,
- the headphone’s rechargeable battery is empty,
- your audio source doesn’t offer a Bluetooth connection.

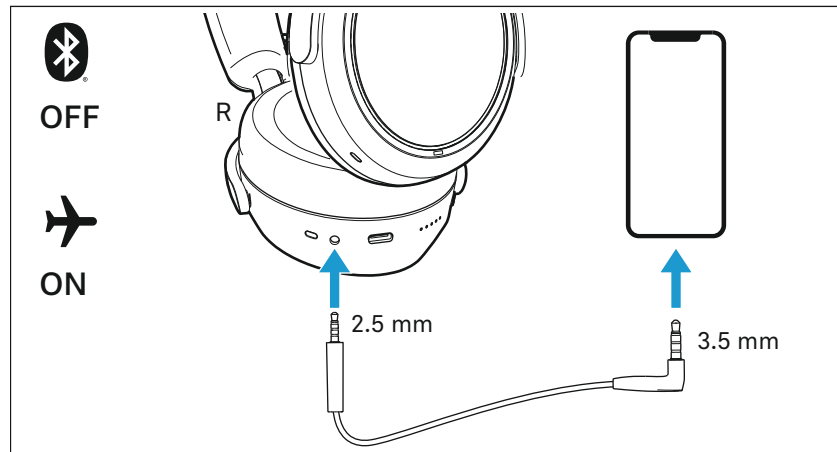
The functions for controlling music, phone calls or the voice assistant are not available. The active noise cancellation ANC can be fully used provided that the rechargeable battery is charged (> 25).

Connecting the headphones using the audio cable

- ▷ Connect the 2.5 mm jack plug of the audio cable to the headphones' audio socket.
Flight mode is activated and the Bluetooth wireless connection is deactivated.
- ▷ Connect the 3.5 mm jack plug to the audio output of your smartphone.

To disconnect the audio cable:

- ▷ Carefully disconnect the jack plug from the headphones.



Using the in-flight adapter

- ▷ Connect the 3.5 mm jack plug of the audio cable (> 35) to the in-flight adapter.
- ▷ Connect the in-flight adapter to the aircraft's in-flight entertainment system.

i If the volume of the headphones is too low, first increase the volume on the in-flight entertainment system.

i If you want to increase the volume on the headphones and the volume cannot be increased as usual, restart the headphones by switching them off and on again.

Connecting the headphones using the USB cable

When you connect the headphones to a Mac/PC/mobile device using the supplied USB cable, you can play audio content from your Mac/PC/mobile device directly through the headphones. Only use high-quality USB cables with USB-IF certification to ensure optimum data and power transfer.

i The headphones are automatically charged when you connect them to a Mac/PC/mobile device using the USB cable.

Setting up the headphones as the default audio output and audio input device for your Mac/PC/mobile device

- ▷ Make sure that possible Bluetooth connections are disconnected.
- ▷ Connect the headphones and the Mac/PC or mobile device via the USB cable.
The headphones are charged via the USB connection.
- ▷ From the Systems Preferences or Control Panel of your Mac/PC/mobile device, select “MOMENTUM 4” as the default audio output device and/or default audio input device.
- ▷ Start music playback from the Mac/PC/mobile device.
The music is played through the headphones and the microphone is used for recording.

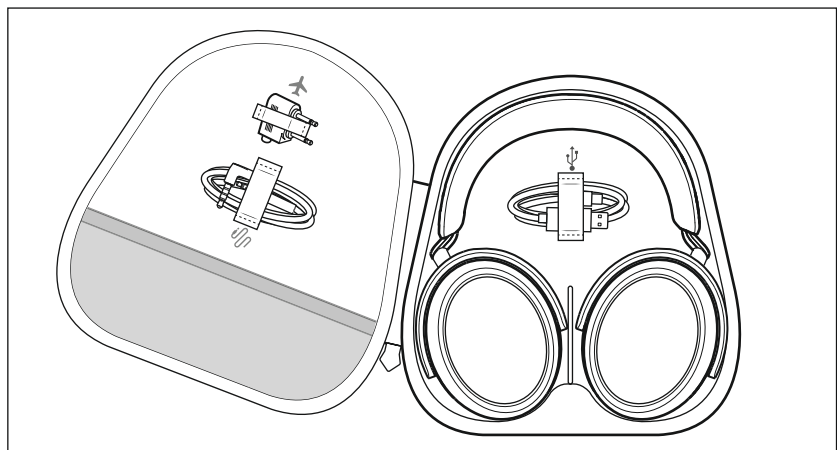
Storing and transporting the headphones

Store the headphones in the carry case to prevent damage to the headphones when you are not using or transporting them.

i If you store or transport the headphones when they are still switched on, the sensor will not detect that the headphones have already been taken off in certain situations, e.g. if you hang them over the edge of a bag or transport them inside a bag.

Information on how to avoid problems with the sensor can be found here: > 32.

- ▷ Fold up the headphones and place them in the carry case as shown in the illustration.
The headphones automatically switch off.



Care and maintenance

ATTENTION

Liquids can damage the electronics of the product!

Liquids entering the housing of the product can cause a short-circuit and damage the electronics.

- ▷ Keep all liquids far away from the product.
 - ▷ Do not use any solvents or cleansing agents.
-
- ▷ Clean the parts of the product only with a soft, dry cloth.

To clean the charging socket:

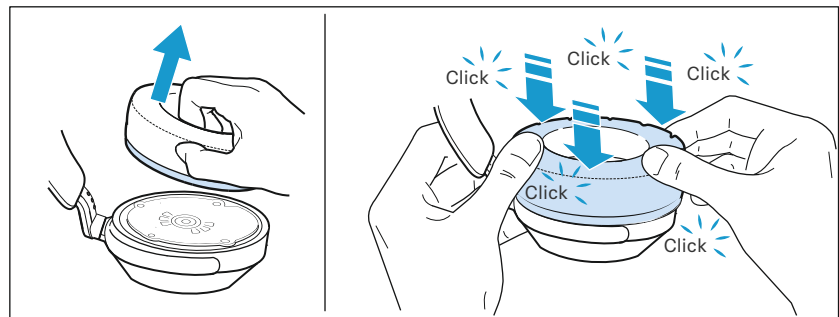
- ▷ Blow vigorously over the charging socket.
- ▷ If necessary, carefully remove any stuck dirt from the charging socket using a dry, soft brush or a dry interdental brush. Only apply gentle pressure when doing so.

Replacing the ear pads

For reasons of hygiene, you should replace your ear pads from time to time. Spare ear pads are available at

www.sennheiser-hearing.com/momentum-4-wireless (to purchase online or contact your local Sonova Consumer Hearing partner: www.sennheiser-hearing.com/service-support)

- ▷ Grab the ear pad and pull the ear pad including the fastening ring off the ear cup.
- ▷ Place the new ear pad onto the ear cup. An assignment to the right and left side is not necessary.
- ▷ Press the new ear pad firmly onto the ear cup all the way around so that it clicks audibly into place and is flush with the ear cup.



Information on the built-in rechargeable battery

Sonova Consumer Hearing GmbH ensures and guarantees that the rechargeable batteries perform at their optimum upon purchase of the product. If, upon purchase or within the warranty period, you suspect that a rechargeable battery is obviously defective or if a charging error/battery error is displayed (> 10), stop using the product, disconnect it from the power supply system and contact your Sonova Consumer Hearing partner. Your Sonova Consumer Hearing partner will coordinate the repair/replacement with you.

Do not return a product with a defective battery to your dealer or Sonova Consumer Hearing partner unless requested to do so. To find a partner in your country, search at www.sennheiser-hearing.com/service-support.

At the end of its operational lifetime, this product with its built-in rechargeable battery must be disposed of separately from normal household waste. You can find more information here: > 42.

Installing firmware updates

Firmware updates can be downloaded free of charge from the Internet using the Sennheiser Smart Control app. Sonova Consumer Hearing recommends to always install the latest firmware version to ensure the best performance of your product.

- ▷ Connect the headphones to your smartphone and start the Smart Control app (> 18).
- ▷ The app provides information on available firmware updates and guides you through the installation process.

FAQ/If a problem occurs ...

If a problem has occurred, proceed in the following order until the problem is solved and you can use the headphones again:

1. Press the multi-function button for 15 seconds (reset). (> 40).
2. Connect the headphones to the Smart Control app to install the latest firmware (> 38).
3. Reset the headphones to the factory default settings (> 40).
4. Check the list of frequently asked questions to see if there is a solution to the problem (> 39).
5. Contact your Sonova Consumer Hearing partner to solve the problem (> 39).



Current list of frequently asked questions (FAQ)

Visit the MOMENTUM 4 product page at www.sennheiser-hearing.com/download.

There you will find a current list of frequently asked questions (FAQ) and suggested solutions.

Your question has not been answered or the problem persists?

If a problem occurs that is not listed in the FAQ section or if the problem cannot be solved with the proposed solutions, please contact your Sonova Consumer Hearing partner for assistance.

To find a partner in your country search at www.sennheiser-hearing.com/service-support.

Leaving the Bluetooth transmission range

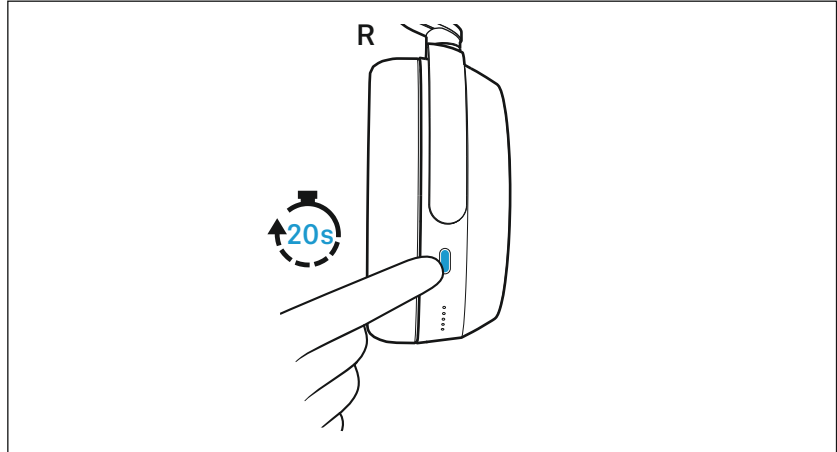
Wireless calling and streaming are only possible in the Bluetooth transmission range of your smartphone. The transmission range largely depends on environmental conditions such as wall thickness, wall composition etc. With a free line of sight, the transmission range of most smartphones and Bluetooth devices is up to 10 meters.

If you, and therefore the headphones, leave the Bluetooth transmission range of the smartphone, the sound quality deteriorates increasingly until you hear the voice prompt "Lost connection" and the connection breaks down completely. If you immediately re-enter the Bluetooth transmission range, the connection is automatically re-established.

Resetting the headphones

If the function of the headphones is disturbed, perform a reset. Individual settings such as the pairing settings are not deleted.

- ▷ Press the multi-function button for 20 seconds.
You hear a short confirmation sound.



Deleting the Bluetooth pairing list of the headphones

You can delete the Bluetooth pairing list using the Smart Control app. Follow the instructions in the app.

Resetting the headphones to the factory default settings

To be able to reset the headphones to the factory default settings, you require the Smart Control app (> 18).

- ▷ Switch on the headphones (> 18) and connect them to a Bluetooth device on which the Smart Control app is available.
- ▷ Select the “Factory default settings” function in the app settings.
- ▷ Follow the instructions in the app.

Specifications

Model: M4AEBT

Wearing style	Bluetooth® around-ear, closed-back
Ear coupling	circum-aural
Transducer principle	dynamic
Transducer	42 mm
Frequency response	6 Hz to 22,000 Hz (–10 dB)
Sound pressure level (SPL)	106 dB (1 kHz/0 dBFS)
THD (1 kHz, 100 dB SPL)	< 0.3 % (1 kHz, 100 dB SPL)
Microphone principle	MEMS
Microphone frequency response	80 Hz to 8,000 Hz (–3 dB)
Microphone pick-up pattern (speech audio)	4 omni-directional microphones 2x2-mic beamforming array
Power supply	built-in rechargeable lithium-polymer battery: 3.7 V [⎓] , 700 mAh, 2.59 Wh USB charging via USB-C socket: 5 V [⎓] , 750 mA max.
Charging time of rechargeable battery	approx. 2 hrs
Operating time	up to 60 hrs (music playback via Bluetooth with ANC activated)
Temperature range	<i>operation</i> : 0°C to +40°C <i>charging</i> : +10°C to +40°C <i>storage</i> : –20°C to +60°C
Relative humidity (non condensing)	<i>operation</i> : 10 to 80 % <i>storage</i> : 10 to 90 %
Weight (headphones)	approx. 293 g
Magnetic field strength	6.25 mT

Bluetooth

Version	Bluetooth 5.2 compliant, class 1
Transmission frequency	2,402 MHz to 2,480 MHz
Modulation	GFSK, $\pi/4$ DQPSK, 8DPSK
Profiles	HFP, AVRCP, A2DP
Output power	10 mW (max)
Codec	aptX™ Adaptive, AAC, SBC
Device name	MOMENTUM 4 (individually adjustable) LE-MOMENTUM 4 (Bluetooth Low Energy only)
Number of active connections	2

Manufacturer declarations

Warranty

Sonova Consumer Hearing GmbH gives a warranty of 24 months on this product.

For the current warranty conditions, please visit our website at www.sennheiser-hearing.com/warranty or contact your Sonova Consumer Hearing partner.

In compliance with the following requirements

- General Product Safety Regulation (EU) 2023/988
- Compliant to **Sound Pressure Limits** according to country specific requirements

EU declaration of conformity



- Battery Regulation (EU) 2023/1542
- RoHS Directive (2011/65/EU)

Hereby, Sonova Consumer Hearing GmbH declares that the radio equipment type M4AEBT is in compliance with the Radio Equipment Directive (2014/53/EU).

The full text of the EU declaration of conformity is available in English language at the following Internet address:
www.sennheiser-hearing.com/download.

UK declaration of conformity



- RoHS Directive (2012)
- Radio Equipment Regulations (2017)

Notes on disposal



- EU: Battery Directive (2006/66/EC & 2013/56/EU)
- EU: WEEE Directive (2012/19/EU)
- UK: Battery Regulations (2015)
- UK: WEEE Regulations (2013)

The symbol of the crossed-out wheeled bin on the product, the battery/rechargeable battery (if applicable) and/or the packaging indicates that these products must not be disposed of with normal household waste, but must be disposed of separately at the end of their operational lifetime. For packaging disposal, observe the legal regulations on waste segregation applicable in your country. Improper disposal of packaging materials can harm your health and the environment.

The separate collection of waste electrical and electronic equipment, batteries/rechargeable batteries (if applicable) and packaging is used to promote the reuse and recycling and to prevent negative effects on your health and the environment, e.g. caused by potentially hazardous substances contained in these products. Recycle electrical and electronic equipment and batteries/rechargeable batteries at the end of their operational lifetime in order to make contained recyclable materials usable and to avoid littering the environment.

If batteries/rechargeable batteries can be removed without damaging them, you are obliged to dispose of them separately (for the safe removal of batteries/rechargeable batteries, see the instruction manual of the product). Handle lithium-containing batteries/rechargeable batteries with special care, as they pose particular risks, such as the risk of fire and/or the risk of ingestion in the case of coin batteries. Reduce the generation of battery waste as much as possible by using longer-life batteries or rechargeable batteries.

Further information on the recycling of these products can be obtained from your municipal administration, from the municipal collection points, or from your Sonova Consumer Hearing partner. You can also return electrical or electronic equipment to distributors who have a take-back obligation. Herewith you make an important contribution to the protection of the environment and public health.

Trademarks

Apple, the Apple logo and Siri are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

Android and Google Play are registered trademarks of Google Inc.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Sonova Consumer Hearing GmbH is under license.

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Other product and company names mentioned in the user documentation may be the trademarks or registered trademarks of their respective holders.



MOMENTUM 4

Model: M4AEBT



EN Safety instructions	EL Υποδείξεις ασφαλείας
DE Sicherheitshinweise	PL Wskazówki bezpieczeństwa
FR Consignes de sécurité	TR Güvenlik bilgileri
ES Instrucciones de seguridad	RU Инструкция по безопасности
PT Instruções de segurança	JA 安全に関する注意事項
NL Veiligheidsvoorschriften	ZH-HANS 安全提示
IT Indicazioni di sicurezza	ZH-HANT 安全注意事項
DA Sikkerhedshenvisninger	KO 안전 지침
SV Säkerhetsanvisningar	ID Petunjuk Keselamatan
FI Turvallisuusohjeita	

SENNHEISER



Use of the Made for Apple badge means that an accessory has been designed to connect specifically to the Apple product(s) identified in the badge, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Apple, iPad, iPhone, the Apple logo and Siri are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. The trademark "iPhone" is used in Japan with a license from Alphone K.K. Android and Google play are registered trademarks of Google Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Sonova Consumer Hearing GmbH is under license. Other company and product names mentioned herein are trademarks of their respective owners.

Sonova Consumer Hearing GmbH
Am Labor 1, 30900 Wedemark, Germany
www.sennheiser-hearing.com
Product_safety@sennheiser-hearing.com
Publ. 07/24, 595517/A03

EN English

Important safety instructions

- ▶ Read the instruction manual, safety instructions, quick guide (depending on the scope of delivery) carefully and completely before using the product.
- ▶ Always include the safety instructions when passing the product on to third parties.
- ▶ Do not use the product if it is obviously defective or makes loud, unusual (whistling or beeping) noise.
- ▶ Only use the product in environments where Bluetooth® wireless transmission is permitted.

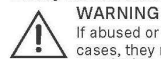
Preventing damage to health and accidents

- ▶ Do not listen at high volume levels for long periods of time to prevent hearing damage.
- ▶ The product generates stronger permanent magnetic fields that could cause interference with cardiac pacemakers, implanted defibrillators (ICDs) and other implants. Always maintain a distance of at least 3.94"/10 cm between the product component containing the magnet and the cardiac pacemaker, implanted defibrillator, or other implant.
- ▶ Keep the product, accessories and packaging parts out of reach of children and pets to prevent accidents. Swallowing and choking hazard.
- ▶ Do not use the product in an environment that requires your special attention (e.g. in traffic). Especially the product's active noise cancellation can make ambient noise inaudible or drastically change the perception of acoustic warning signals.

Preventing damage to the product and malfunctions

- ▶ Always keep the product dry and do not expose it to extreme temperatures (hairdryer, heater, extended exposure to sunlight, etc.) to avoid corrosion or deformation. The normal operating temperature is from 0°C to 40°C/32°F to 104°F.
- ▶ To avoid loud, unusual (whistling or beeping) noise and to ensure proper noise cancellation, do not cover the microphone openings of the active noise cancellation circuitry located on the outside of the ear cups.
- ▶ Use only attachments/accessories/spare parts supplied or recommended by Sonova Consumer Hearing GmbH.
- ▶ Clean the product only with a soft, dry cloth.







Safety instructions for Lithium rechargeable batteries



WARNING

If abused or misused, rechargeable batteries may leak. In extreme cases, they may even present a risk of:

- explosion,
- smoke and/or gas development
- heat and fire development
- damage to health and/or the environment

-  Only use rechargeable batteries and chargers recommended by Sonova Consumer Hearing.
-  Do not leave the product/rechargeable batteries unattended while charging.
-  Only charge the product/rechargeable batteries at ambient temperatures between 10°C/50°F and 40°C/104°F.
-  Do not charge the product/rechargeable batteries in a damp environment. Make sure that the charging socket is free from moisture and contamination.
-  Do not heat the product/rechargeable batteries above 60°C/140°F. Avoid exposure to sunlight and do not throw the product/rechargeable batteries into fire.
-  Switch rechargeable battery-powered products off after use.
-  When not using the product/rechargeable batteries for extended periods of time, charge them regularly (about every three months).
-  Avoid prolonged skin contact with the product, rechargeable battery, charger or charging cable when connected to a power source. These components can heat up during charging and cause skin irritation.
-  Dispose of defective products with built-in rechargeable batteries at special collection points or return them to your specialist dealer to facilitate recycling.

Notes on data collection and processing and on firmware updates

This product stores individual settings such as the volume and the Bluetooth connection data of paired devices. This data is required for the operation of the product and is not transferred to Sonova Consumer Hearing GmbH or companies commissioned by Sonova Consumer Hearing GmbH and is not processed.

Using the "Sennheiser Smart Control" app, you can update the firmware of the product for free via an Internet connection. If the device on which the app is installed is connected to the Internet, the following data is automatically transferred to and processed by Sonova Consumer Hearing GmbH servers in order to provide and transfer suitable firmware updates: hardware identifier, hardware revision number, firmware version of the product, operating system type (Android, iOS) and version, version of the app. The data will only be used for the purpose of providing and transferring firmware updates and will not be stored permanently. If you do not want this data to be transferred and processed, do not connect to the Internet.

Intended use/Liability

These headphones have been designed as an accessory for Bluetooth compliant devices. They are intended for wireless audio communication such as music playback and phone calls via Bluetooth wireless technology.

It is considered improper use when this product is used for any application not named in the associated product guides.

Sonova Consumer Hearing GmbH does not accept liability for damage arising from improper use or misuse of the product and its attachments/accessories. Sonova Consumer Hearing GmbH is not liable for damages to USB devices that are not consistent with the USB specifications.

Sonova Consumer Hearing GmbH is not liable for damages resulting from the loss of connection due to flat or overaged rechargeable batteries or exceeding the Bluetooth transmission range.

Before putting the products into operation, please observe the respective country-specific regulations.

Manufacturer declarations

For more information on regulatory compliance markings, refer to the supplied compliance information sheet.

Warranty

Sonova Consumer Hearing GmbH gives a warranty of 24 months on this product. For the current warranty conditions, please visit our website at www.sennheiser-hearing.com/warranty or contact your Sonova Consumer Hearing GmbH partner.

For AUSTRALIA and NEW ZEALAND ONLY

Sonova Hearing Australia Pty Ltd provides a warranty of 24 months on these products. For the current warranty conditions, visit the Sonova Consumer Hearing website: www.sennheiser-hearing.com/warranty

Sonova Consumer Hearing goods come with guarantees that cannot be excluded under Australian and New Zealand Consumer law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. This warranty is in addition to other rights or remedies under law. Nothing in this warranty excludes, limits or modifies any remedy available to the consumer which is granted by law.

To make a claim under this contract, raise a case via Sonova Consumer Hearing website: www.sennheiser-hearing.com/service-support

All expenses of claiming the warranty will be borne by the person making the claim.

Sonova Consumer Hearing international warranty is provided by: Sonova Hearing Australia Pty Ltd (ABN 82651492929) The Zenith, Level 14, Tower A, 821 Pacific Highway, Chatswood New South Wales 2067, Australia.

In compliance with the following requirements

- General Product Safety Regulation (EU) 2023/988
- Compliant to Sound Pressure Limits according to country specific requirements.

EU Declaration of conformity

- Battery Regulation (EU) 2023/1542
- RoHS Directive (2011/65/EU)

Hereby, Sonova Consumer Hearing GmbH declares that the radio equipment type M4AEBT is in compliance with the Radio Equipment Directive (2014/53/EU).

The full text of the EU declaration of conformity is available in English language at the following Internet address: www.sennheiser-hearing.com/download

UK Declaration of conformity

- RoHS Regulations (2012)
- Radio Equipment Regulations (2017)

Notes on disposal

- EU: Battery Directive (2006/66/EC & 2013/56/EU)
- EU: WEEE Directive (2012/19/EU)
- UK: Battery Regulations (2015)
- UK: WEEE Regulations (2013)

The symbol of the crossed-out dumpster on the product, the (rechargeable) battery (if applicable) and/or the packaging indicates that these products must not be disposed of with normal household waste, but must be disposed of separately at the end of their service life. For the packaging, follow the regulations in your country for separating waste. Improper disposal of packaging materials can be harmful to your health and the environment.

The separate collection of waste electrical and electronic equipment, (rechargeable) batteries (if applicable) and packaging is intended to promote reuse and recycling and to prevent negative impacts on public health and the environment, for example due to hazardous substances contained in these products. At the end of their service life, recycle electrical and electronic equipment and (rechargeable) batteries so that their materials can be reused and to prevent environmental pollution.

If (rechargeable) batteries can be removed without destroying them, you are obliged to dispose of them separately (see the product's operating instructions for information on how to remove the batteries safely). Be especially careful when handling (rechargeable) batteries containing lithium, as these pose special hazards, such as the risk of fire and/or health risks if button cells are swallowed. Reduce battery waste as much as possible by using longer-life batteries or rechargeable batteries.

Further information on the recycling of these products can be obtained from your municipal administration, from the municipal collection points, or from your Sonova Consumer Hearing-partner. You may also be able to return electrical or electronic equipment to your distributor, if they are legally required to do so. By disposing of your batteries properly, you are helping to protect public health and the environment.



















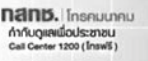






Compliance Information Model: M4AEBT

Frequency band: 2400 – 2483.5 MHz
Transmit power: 10 mW (max)

The compliance marks are shown on the baffle which is easily accessible by the user, under the ear pads.
To remove or replace the ear pads, please refer to the instruction manual.




Country/Region	Model: M4AEBT		
USA	<div><div></div><div>FCC ID: 2A3ULM4AEBT</div></div>		
Canada	<div><div><div></div><div>ENERGY EFFICIENCY</div></div><div>IC: 28115-M4AEBT CAN ICES3(B)/NMB3(B)</div></div>		
Europe	<div><div><div></div><div></div><div></div><div></div></div><div>The device supports constant charging speed. The power delivered by the charger must be 3.75 W minimum, required by this device to start battery charging and achieve constant charging speed.</div></div>		
United Kingdom	<div><div></div><div></div><div></div></div>		
Australia/ New Zealand	<div></div>		
South Korea	<div></div> <div>R-R-S4s-M4AEBT</div>	<div>모델명: M4AEBT 상호명: Sonova Consumer Hearing GmbH 기자재명칭: 무선데이터통신시스템용 무선기기 제조사: Sonova Consumer Hearing GmbH 제조국: 독일</div>	<div></div> <div>Battery: XU100367-16006A</div>
Greater China	<div><div></div><div>CMIT ID: 2022DJ2123</div></div>		
	<div><div></div><div>CCAI22LP0830T9</div></div> <div>取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前述合法通信，指依電信管理法規作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。</div> <div><div></div><div>R3A531 RoHS</div><div>商品名稱：耳機 型號：M4AEBT</div><div>規格：5V --- 產地：中國</div></div>		
Japan	<div><div></div><div>R 201-220047</div></div>		
Singapore	<div>Complies with IMDA Standards DB107630</div>		
Russia	<div></div>		
Thailand	<div></div>	<div>เครื่องวิทยุคมนาคมนี้ ได้รับยกเว้น ไม่ต้องได้รับใบอนุญาตให้มี ไซซึ่งเครื่องวิทยุคมนาคม หรือตั้งสถานีวิทยุคมนาคมตามประกาศ กสทช. เรื่อง เครื่องวิทยุคมนาคม และสถานีวิทยุคมนาคมที่ได้รับยกเว้นไม่ต้องได้รับใบอนุญาตวิทยุคมนาคม ตามพระราชบัญญัติวิทยุคมนาคม พ.ศ. 2498</div>	<div></div> <div></div>
Vietnam	<div>Kể từ ngày 1 tháng 12 năm 2012, các sản phẩm được sản xuất bởi Sonova Consumer Hearing GmbH tuân thủ Thông tư 30/2011/TT-BCT quy định về giới hạn cho phép đối với một số chất độc hại trong các sản phẩm điện và điện tử.</div>		
Indonesia	<div>83294/SDPPI/2022 10196</div>		
India	<div><div></div><div>IS 616:2017 R-41230278 www.bis.gov.in Input: 5V --- 750mA</div></div>		

Country/Region	Model: M4AEBT	
Brazil	 21636-22-15396	Este equipamento não tem direito à proteção contra interferência prejudicial e não pode causar interferência em sistemas devidamente autorizados. Para maiores informações, consulte o site da ANATEL: www.gov.br/anatel/pt-br
Mexico	 IFT: SOSEM422-32971	La operación de este equipo está sujeta a las siguientes dos condiciones: 1. Es posible que este equipo o dispositivo no cause interferencia perjudicial. 2. Este equipo o dispositivo debe aceptar cualquier interferencia. Incluyendo la que pueda causar su operación no deseada.

Statements regarding FCC and ISED

FCC Supplier's Declaration of Conformity (SDoC)

 SENNHEISER
Model No: M4AEBT

We, Sonova Consumer Hearing USA LLC
declare the above device comply with the requirements of Federal Communications Commission.
This device complies with Part 15 of the FCC rules. Operation is subjected to the following two conditions:
1) This device may not cause harmful interference, and
2) This device must accept any interference received, including interference that may cause undesired operation.
For SDoC information, refer to www.sennheiser-hearing.com/download

This device complies with Part 15 of the FCC rules, RSS-247 of Innovation, Science and Economic Development Canada (ISED). Operation is subject to the following two conditions: 1) This device may not cause harmful interference, and 2) This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications made to this equipment not expressly approved by the manufacturer may void FCC authorization to operate this equipment.

Déclaration requise par la FCC et ISDE

Cet appareil est conforme à la Partie 15 des réglementations de la FCC et aux normes CNR-247 d'Innovation, Sciences et Développement économique Canada (ISDE). L'utilisation de l'appareil doit respecter les deux conditions suivantes : (1) L'appareil ne doit pas produire d'interférences nuisibles, et, (2) il doit accepter toutes interférences reçues, y compris celles qui pourraient avoir des effets non désirés sur son fonctionnement.

CAN ICES3(B)/NMB3(B)

RF Radiation Exposure Information

The product complies with the rules of FCC and ISED (RSS-102) for the portable RF exposure limit set forth for an uncontrolled environment and is safe for intended operation as described in this manual. This product is not subjected to FCC routine RF exposure evaluation per Section 2.1093 and RSS-102 of ISDE. Further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter. Use of other accessories not verified by the manufacturer may not ensure the compliance.

Informations sur l'exposition aux radiations RF

Le produit est conforme aux règles de la FCC et d'ISDE (CNR-102) en ce qui concerne la limite d'exposition portable RF définie pour un environnement non contrôlé et est sans danger pour le fonctionnement prévu, tel que décrit dans ce manuel. Ce produit n'est pas soumis à l'évaluation de routine de l'exposition aux RF par la FCC conformément à la section 2.1093 et à la norme CNR-102 d'ISDE. Une réduction supplémentaire de l'exposition aux RF peut être obtenue si le produit peut être maintenu aussi loin que possible du corps de l'utilisateur ou si l'appareil est réglé sur une puissance de sortie inférieure, si cette fonction est disponible.

Cet émetteur ne doit pas être installé ou utilisé en conjonction avec une autre antenne ou un autre émetteur. L'utilisation d'autres accessoires non vérifiés par le fabricant ne peut pas garantir la conformité.

China RoHS 

部件名称 (Part Name)	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (CrVI)	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
电路模块 (Circuit Modules)	x	o	o	o	o	o
电缆及电缆组件 (Cables & Cable Assemblies)	x	o	o	o	o	o
电路开关 (Circuit Breakers)	x	o	o	o	o	o
转换插头 (Adapter Plug)	x	o	o	o	o	o

本表格依据 SJ/T 11364 的规定编制。
o: 表示该有害物质在该部件所有均质材料中的含量均在GB/T 26572规定的限量要求以下。
x: 表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。

BSMI RoHS
限用物質含有情況標示聲明書
設備名稱: 耳機, 型號: M4AEBT

單元 Unit	限用物質及其化學符號					
	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr ⁶⁺)	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
線材組合 Cable & Cable Assemblies	—	○	○	○	○	○
電路板 PCBA	—	○	○	○	○	○
外殼 Enclosure	○	○	○	○	○	○
電路開關 Circuit Breakers	—	○	○	○	○	○
金屬部品(例: 轉軸) Metal Parts (e.g.: Hinge)	○	○	○	○	○	○
轉換插頭 Adapter Plug	—	○	○	○	○	○

備考1. 超出0.1 wt % 及 超出0.01 wt % 係指限用物質之百分比含量超出百分比含量基準值。
備考2. ○係指該項限用物質之百分比含量未超出百分比含量基準值。
備考3. —係指該項限用物質為排除項目。