

# Noise Canceling Headphones 降噪耳机

## MDR-NC200D

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## 简体中文

### 降噪耳机

操作本机之前，请仔细阅读这本手册并妥善保管以备将来参考。

## 警告

为了避免火灾或触电的危险，请勿使本设备淋雨或受潮。

为了避免触电，请勿打开机壳。维修工作只能交给有资格的人员进行。

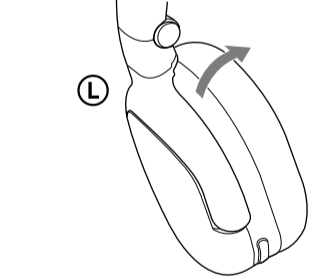
CE标志的效力仅限于对此标志有法律规定的国家，主要为EEA（欧洲经济共同体）成员国。

## 特点

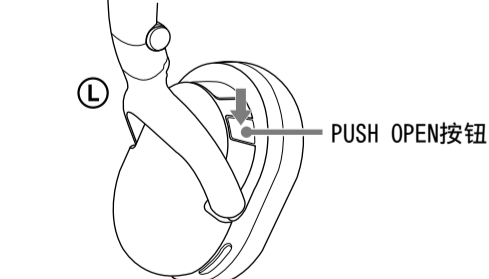
- 数字降噪耳机配备Sony独有的DNC软件引擎。高精度降噪信号可提供卓越的降噪性能。
- AI（人工智能）降噪功能。选择AI NC按钮，通过对环境噪音进行智能分析选择最佳降噪模式。
- 数字均衡器和全数字S-Master放大器实现理想的频率响应和高质量的音乐再现。
- 40 mm大型动态驱动单元产生宽广的频率范围和动态范围。
- 耳塞采用减压聚氨酯软垫。即使在长时间使用后，此耳塞结构仍会让您感觉到舒适轻松，不会有紧压感。
- 轻巧设计使佩戴非常舒适。
- 可折叠的平放式设计，便于携带。
- 内置监视器功能，无需取下耳机即可监听环境声音。
- 可使用常规耳机，即使在POWER开关被设为“OFF”时也如此。
- 附带的插头转接器可方便连接飞机上音乐服务立体声或双声道插孔。

## 安装电池

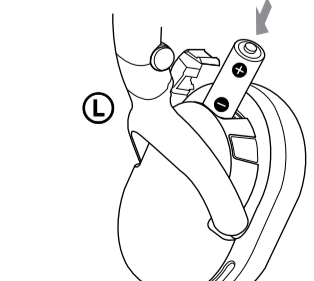
**1** 调节左耳套，如图所示。



**2** 按下PUSH OPEN按钮打开电池盖。

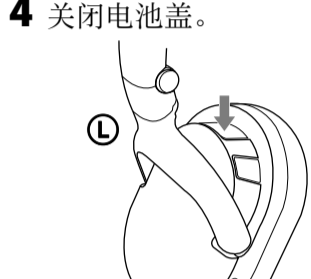


**3** 将一节LR03 (AAA) 电池装入，首先装入**+**端。



使用说明书 Operating Instructions

## 4 关闭电池盖。



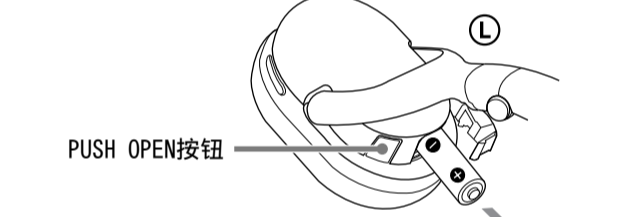
电池使用时间	
电池	近似小时数*1
Sony碱性电池LR03 AAA	22小时*2

\*1 1 kHz、0.1 mW + 0.1 mW输出

\*2 上述时间可能因温度或使用条件而异。

**电池电量低时**

- 当POWER指示灯熄灭或闪烁时，请将电池换新。按下PUSH OPEN按钮打开电池盖，按图示方向取出电池。



- 即使没有打开电源，您也可使用耳机。该情况下，降噪功能、数字均衡器和S-Master没有启用，耳机是以被动形式工作。

## 聆听音乐

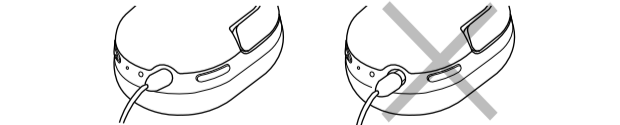
**1** 将耳机连接到AV设备上。



\* “WALKMAN”和“WALKMAN” 徽标是Sony Corporation的注册商标。

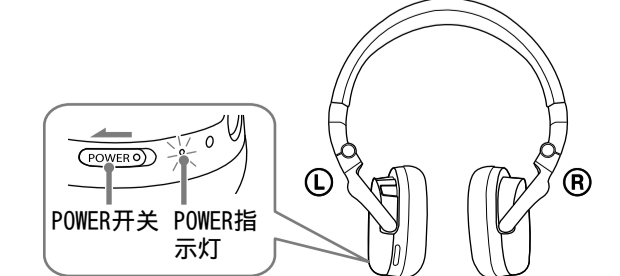
**注意**

- 连接导线时，将插头插入插孔，直至插头的绿色部分消失。

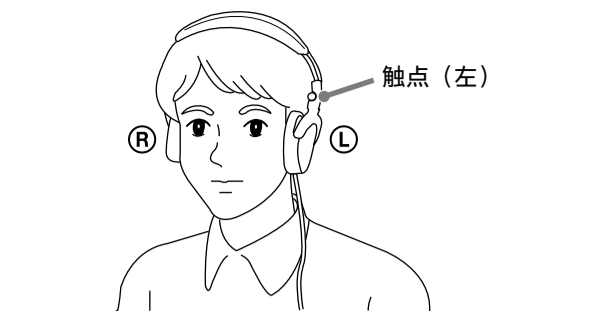


- 如要断开导线连接，请握住插头将其拔出，不要拉扯导线，否则可能会损坏内部接头。

**2** 打开耳机电源。POWER指示灯亮起绿色。当电源打开时，环境噪声减小，您可以更低音量更清晰地倾听音乐。

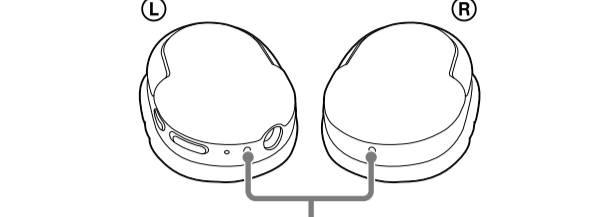


**3** 将标有**Ⓜ**的耳机戴在右耳，将标有**Ⓛ**（**Ⓛ**有一个触点，便于使用）的耳机戴在左耳。



**注意**

- 请务必调节耳塞使其罩住您的耳朵，否则降噪将不能正常工作。
- 请勿用手盖住耳机的麦克风。降噪功能可能不能正常工作。

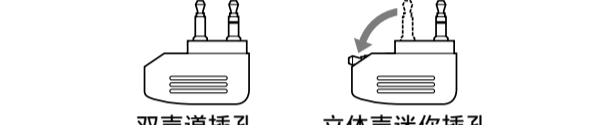


- 打开耳机电源后，您可听到轻轻的嘶嘶声。这是降噪功能的工作声音，不是故障。
- 由于耳机是高度密封的，因此用力使其靠近耳朵可能使鼓膜受损。避免在易于被人或物体（如球等）撞到的地方使用耳机。靠着耳朵按下耳机可能会发出快门滴答声。这不是故障。

**4** 打开AV设备的电源。

**在飞机上使用的注意事项**

- 附送的插头转接器可以连接到飞机上音乐服务的双声道或立体声迷你插孔。

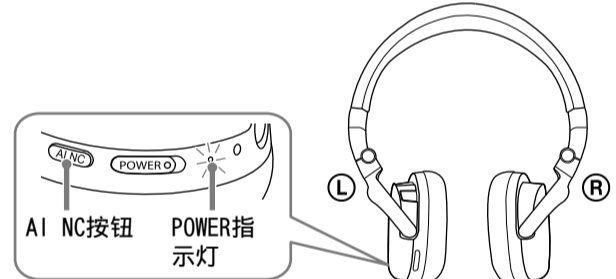


- 当禁止使用电子设备，或是禁止通过私人耳机使用飞机上的音乐服务时，请勿使用耳机。

## 使用AI降噪

**AI降噪**
AI降噪是一项有用功能，可自动选择一种降噪模式。当按下AI NC按钮时，通过立即分析环境噪音组成情况，该功能提供最有效的降噪模式。

按下AI NC按钮。当按下AI NC按钮，并将POWER开关设为“ON”时，蜂鸣音从耳机中发出，通知您已开始分析环境声音组成（约3秒）。在分析时，将停止设备收音，POWER指示灯闪烁。分析完成时，将自动设置最有效的降噪模式，将开始耳机收音。



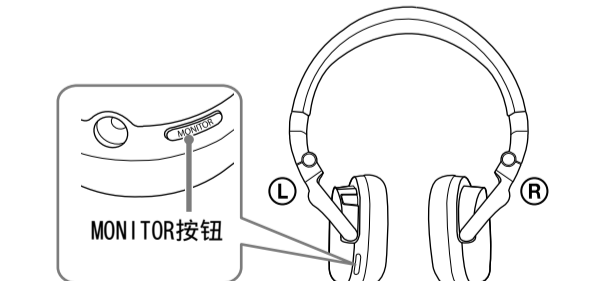
**降噪模式类型**
NC模式A：主要在飞机上的噪音被有效减小。
NC模式B：主要在汽车或火车上的噪音被有效减小。
NC模式C：主要在办公室环境（计算机、复印机、通风机等）中的噪音被有效减小。

**✎使用提示**

- 当耳机电源打开时，设为NC模式A。（关于NC模式A的详细信息，请参见“降噪模式类型”。）
- 如果环境噪音已经改变（如从室内移至室外时），再次按下AI NC按钮以复位降噪模式。

## 安全聆听环境声音

当POWER开关设为“ON”时，按下MONITOR按钮，静音播放，您可听到周围的环境声音。要取消该功能，请再次按下MONITOR按钮。



状态/功能	蜂鸣音	指示灯
电源关	无蜂鸣音	灯灭
电源开	蜂鸣一次	灯亮
AI NC	蜂鸣两次	闪烁两次
MONITOR	蜂鸣一次	缓慢闪烁
电池电量低	长时间蜂鸣 (2秒)	快速闪烁 (30秒)

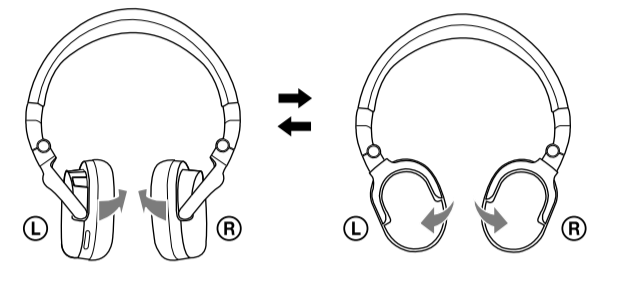
### 使用后

关闭耳机和AV设备的电源。

## 折叠耳机

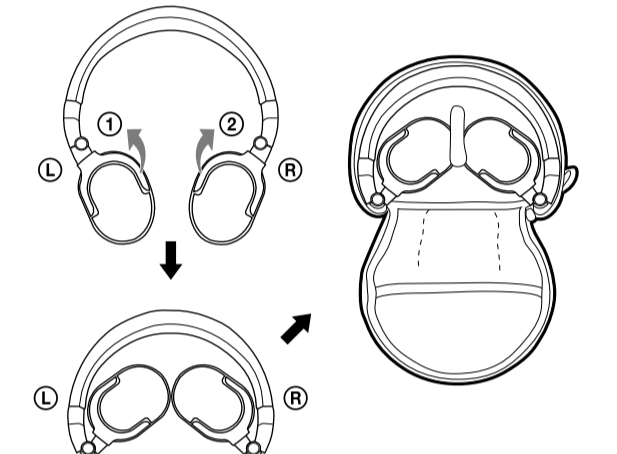
**平放**

转动耳套，使其平整，易于存放在耳机袋中。使用前将其恢复至常用位置。



**将耳机放入便携盒中**

将耳机放入便携盒（附件）前，请按图示将耳机折叠。



## 注意事项

本耳机含有降噪电路。

**何谓降噪？**

降噪电路通过内置的麦克风实际感测外部的噪音，然后向耳机发送一个相同但反向的消除信号。

- 降噪效果在某些非常安静的环境可能并不突出，可能仍会听到一些噪音。
- 降噪效果视您佩戴耳机的情况而定。
- 降噪功能主要对低频波段的噪音有效。尽管能减小噪音，但并不能完全消除。
- 当您在火车或汽车内使用本耳机时，视道路状况，噪音可能仍然存在。
- 移动电话可能引起干扰，发出噪音。如果出现该情况，请将耳机置于远离移动电话之处。

**使用注意事项**

- 用柔软的干布清洁耳机。
- 请勿使插头变脏，否则声音可能会失真。
- 当耳塞脏污或损坏时，或耳机需要修理时，请务必联系Sony经销商。
- 请勿将立体声耳机放置在受阳光直射、靠近热源或有湿气的地方。
- 请勿让耳机受到过度撞击。
- 请小心操作驱动单元。
- 如果您在使用耳机时感觉头晕或恶心，请立即停止使用。

**耳机的注意事项**

**防止听力损坏**

避免在大音量下使用耳机。听力专家建议避免长时间以高音量连续播放。如果出现耳鸣的感觉，请降低音量或停止使用。

**请勿在驾车和骑车时使用耳机**

耳机会降低外部音量，因此可能会引起交通意外事故。另外，在听力不得受影响的场合，例如铁路交叉路口、建筑工地等，避免用耳机收听。

**静电的注意事项**

在特别干燥的天气情况下，可能会有噪音或声音跳过现象，或感到耳朵有轻微刺痛感。这是由于人体内积聚的静电造成的现象，并不是耳机故障。穿着天然材质的衣服可将此症状减到最轻。

如果您有本手册中未提及的关于本系统的任何疑问或问题，请就近与Sony经销商联系。
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## 故障排除

**无声音**

- 更换电池。即使没有打开电源，您也可使用耳机。该情况下，降噪功能、数字均衡器和S-Master没有启用，耳机是以被动形式工作。
- 检查耳机和AV设备之间的连接。
- 检查所连AV设备是否已打开。
- 调高所连AV设备的音量。
- 检查MONITOR功能是否打开（指示灯缓慢闪烁）。按下MONITOR按钮将其关闭。

**降噪效果不明显**

- 降噪功能在低频率范围内很有效，例如飞机、火车或办公室内（空调等附近），而对较高频率效果不明显，例如人声。
- 打开耳机。

**失真的声音**

- 降低所连AV设备的音量。

**电源没有打开**

- 检查电池电量是否耗尽（POWER指示灯熄灭）。更换新电池。

**操作无反应**

- 将耳机的POWER开关设为“OFF”，确认连接情况，然后将POWER开关设回“ON”。

## 规格

一般	动态，封闭式
驱动单元	40 mm，圆顶型（采用CCAⅥ）
功率处理容量	50 mW
阻抗	1 kHz时68 Ω（电源开启时）1 kHz时35 Ω（电源关闭时）
灵敏度	103 dB/mW（电源开启时）102 dB/mW（电源关闭时）
频率响应	8 Hz - 23000 Hz
电源	DC 1.5 V，1 × LR03 (AAA号) 电池
质量	约180 g

**包括物品**

耳机（1）
用于飞机上的插头转接器\*（单/双）（1）
连接线（1.5 m，镀金L型立体声迷你插头）（1）
便携盒（1）
使用说明书（1）
质保卡（1）

\* 可能与某些飞机上的音乐服务不兼容。

设计和规格若有变更，恕不另行通知。

**For China Market Only**

制造商：索尼公司
地址：日本国东京都港区港南1-7-1
总经销商：索尼（中国）有限公司
地址：北京市朝阳区东三环北路霞光里18号
佳程大厦A座25层
原产地：马来西亚
出版日期：2011年9月

**产品中有毒有害物质或元素的名称及含量**

使用环境条件：5 度 ~ 35 度

（○：不含有，×：含有）

部件名称	有毒有害物质或元素					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr (VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
内置线路板	×	○	○	○	○	○
外壳	×	○	○	○	○	○
附件	×	○	○	○	○	○

○：表示该有毒有害物质在该部件所有均质材料中的含量均在 SJ/T11363-2006 标准规定的限量要求以下。

×：表示该有毒有害物质至少在该部件的某一均质材料中的含量超出 SJ/T11363-2006 标准规定的限量要求。





## Noise Canceling Headphones

## WARNING

**To reduce the risk of fire or electric shock, do not expose this apparatus to rain or moisture.**

**To reduce the risk of electrical shock, do not open the cabinet. Refer servicing to qualified personnel only.**

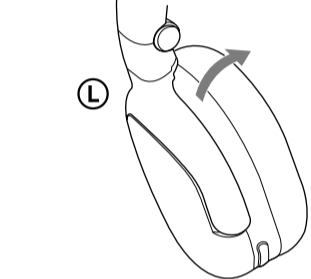
The validity of the CE marking is restricted to only those countries where it is legally enforced, mainly in the countries EEA (European Economic Area).

## Features

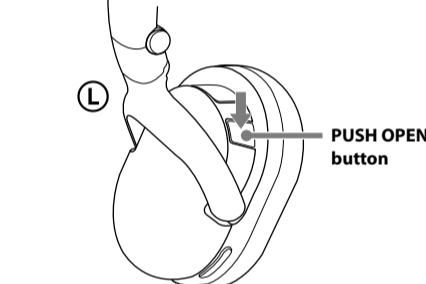
- Digital noise canceling headphones with Sony's unique DNC Software Engine.** Creation of a high-precision canceling signal delivers outstanding noise canceling performance.
- AI (Artificial Intelligence) Noise Canceling function.** Select AI NC button for optimal noise canceling mode based on intelligent analysis of the environmental ambient noise.
- Digital Equalizer and full digital S-Master amplifier delivers ideal frequency response and high-quality music reproduction.
- Large 40 mm dynamic type driver units deliver a wide frequency range and broad dynamic range.
- Pressure relieving urethane cushion in the earpad.** The earpad structure provides comfort without stress even after extended use.
- Lightweight design creates extremely comfortable wearing fit.
- Foldable, flat-storage design for easy portability.
- Built-in monitor function to hear surrounding sound without taking off the headphones.
- Able to use as a regular headphones even when the POWER switch is set to "OFF".
- Supplied plug adaptor for easy connectivity to stereo or dual jack for in-flight music services.

## Installing a battery

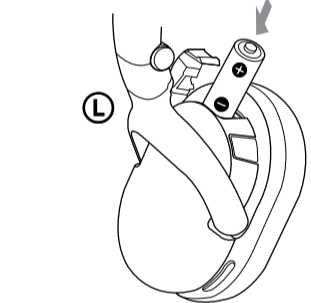
- Adjust the left housing as illustrated.



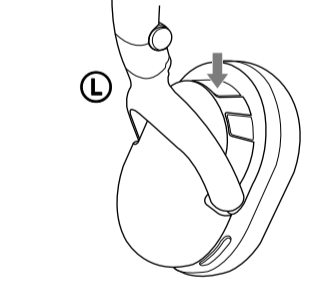
- Push the PUSH OPEN button to open the battery lid.



- Insert one LR03 (size AAA) battery with **+** end first.



- Close the battery lid.



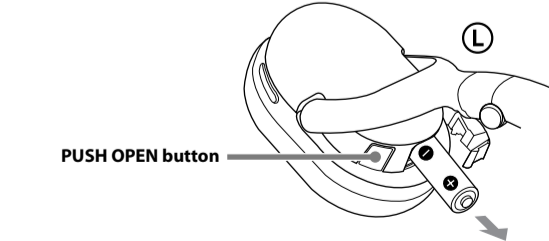
Battery life	
Battery	Approx. hours*1
Sony alkaline battery LR03 SIZE AAA	22 hours*2

\*1 1 kHz, 0.1 mW + 0.1 mW output

\*2 Time stated above may vary, depending on the temperature or conditions of use.

### When the battery is low

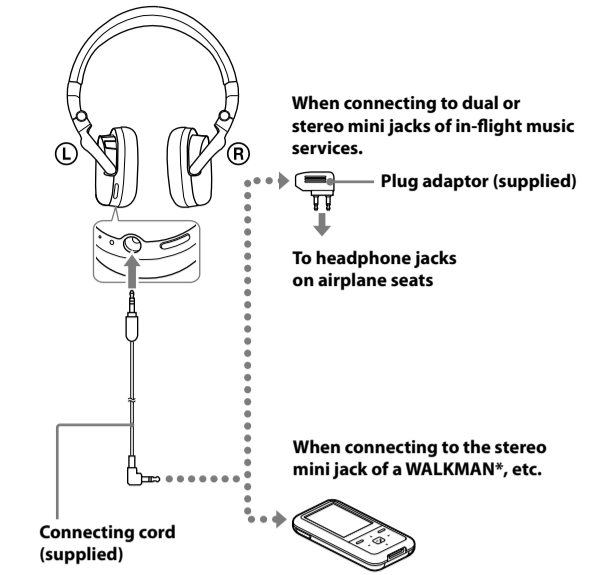
- Replace the battery with a new one when the POWER indicator blinks or lights off. Push the PUSH OPEN button to open the battery lid and remove the battery in the direction as illustrated.



- You can use the headphones even without turning on the power. In this case, the noise canceling function, Digital Equalizer and S-Master are not active, and the headphones operate as passive headphones.

## Listening to the music

- Connect the headphones to the AV equipment.



\* "WALKMAN" and "WALKMAN" logo are registered trademarks of Sony Corporation.

### Notes

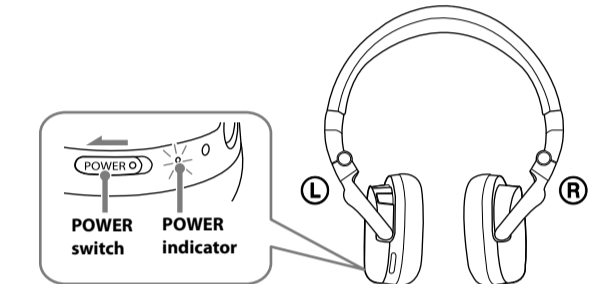
- When connecting the cord, insert the plug into the jack until the green portion of the plug disappears.



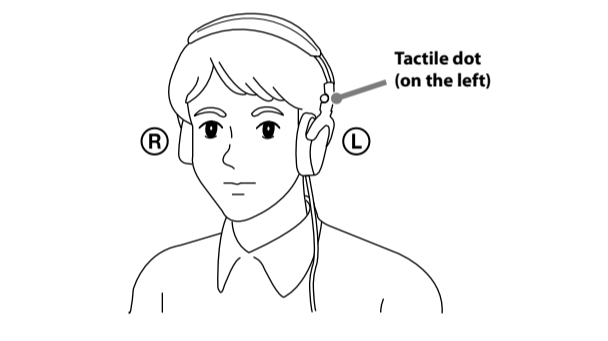
- To disconnect the cord, pull it out by the plug, not the cord, as the inner conductors may break.

- Turn on the power of the headphones.

The POWER indicator lights up in green. When power is turned on, ambient noise is reduced, and you can listen to music more clearly at a lower volume.

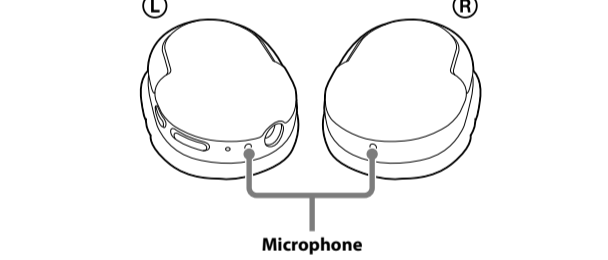


- Wear the headphones marked **R** on your right ear and the one marked **L** (**L** has a tactile dot for ease of use.) on your left ear.



### Notes

- Adjust the earpads so that they cover your ears, otherwise noise canceling will not function properly.
- Do not cover the microphone of the headphones with your hands. The noise canceling function may not work properly.

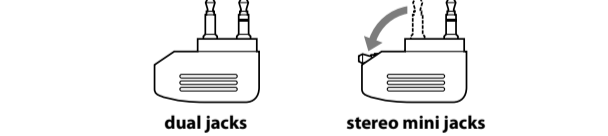


- After you turn on the power of the headphones, you may hear a slight hiss. This is the operating sound of the noise canceling function, not a malfunction.
- Because the headphones are of a high density enclosure, forcing them against your ears may result in eardrum damage. Avoid using the headphones where they are liable to be struck by people or other objects, such as a ball, etc. Pressing the headphones against your ears may produce a diaphragm click sound. This is not a malfunction.

- Turn on the power of the AV equipment.

### Notes on using on the airplane

- The supplied plug adaptor can be connected to the dual or stereo mini jacks of in-flight music services.



- Do not use the headphones when use of electronic equipment is prohibited or when use of personal headphones for in-flight music services is prohibited.

## Utilizing the AI Noise Canceling

### AI Noise Canceling

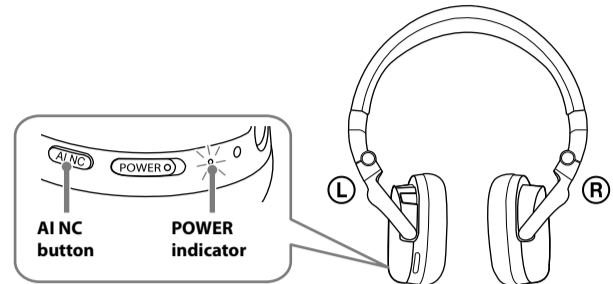
AI Noise Canceling is a useful function that automatically selects one of the noise canceling modes. This function provides the most effective noise canceling mode by immediately analyzing ambient sound components when the AI NC button is pressed.

Press the AI NC button.

When you press the AI NC button and the POWER switch is set to "ON", beep sounds come from the headphones to inform you that the unit has started analyzing ambient sound components (approx. 3 seconds).

During analysis, sound reproduction from the unit is stopped and the POWER indicator blinks.

When analysis is completed, the most effective noise canceling mode is set automatically, and sound reproduction from the headphones starts.



### Noise canceling mode types

NC Mode A: Noise mainly in an airplane is effectively reduced.

NC Mode B: Noise mainly in a bus or a train is effectively reduced.

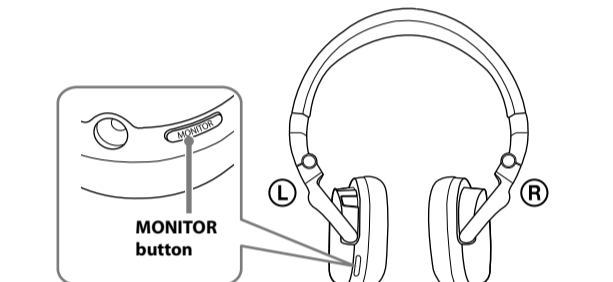
NC Mode C: Noise mainly found in an office environment (PC, copier, air ventilation, etc.) is effectively reduced.

### Tips

- When the power of the headphones is turned on, NC Mode A is set. (See "Noise canceling mode types" for details about NC Mode A.)
- Press the AI NC button again to reset the noise canceling mode if ambient noise has changed, such as when you move outdoors from a room.

## Hearing environment sound for safety

Press the MONITOR button while the POWER switch is set to "ON", playback silences, and you can hear the surrounding environment. To cancel this function, press the MONITOR button again.



## Beep sound and indicator status

Status/Function	Beep sound	Indicator
Power off	No beep	Lights off
Power on	Beep once	Lights on
AI NC	Beep twice	Blinks twice
MONITOR	Beep once	Blinks slowly
Low battery	Long beep (2 seconds)	Blinks quickly (30 seconds)

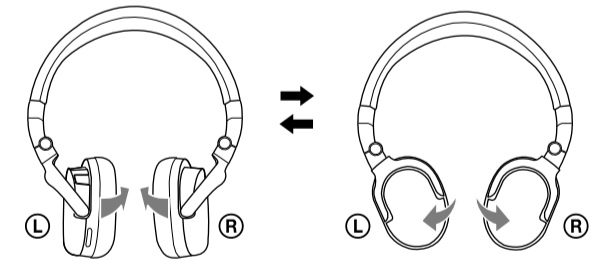
## After use

Turn off the power of the headphones and the AV equipment.

## Folding the headphones

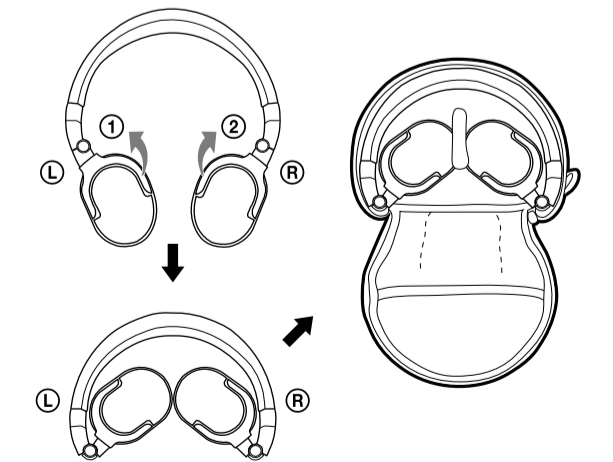
### Flat storage

Rotate the housings to make them flat for easy storage in the seat pocket. Restore to their usual position before using.



### Putting the headphones in the carrying case

Fold the headphones as illustrated before putting them in the carrying case (supplied).



## Precautions

The headphones contain a noise canceling circuit.

### What is noise canceling?

The noise canceling circuit actually senses outside noise with built-in microphones and sends an equal-but-opposite canceling signal to the headphones.

- The noise canceling effect may not be pronounced in a very quiet environment, or some noise may be heard.
- The noise canceling effect may vary depending on how you wear the headphones.
- The noise canceling function works for noise in the low frequency band primarily. Although noise is reduced, it is not canceled completely.
- When you use the headphones in a train or a car, noise may occur depending on street conditions.
- Mobile phones may cause interference and noise. Should this occur, locate the headphones further away from the mobile phone.

### Notes on usage

- Clean the headphones with a soft dry cloth.
- Do not leave the plug dirty otherwise the sound may be distorted.
- Be sure to consult a Sony dealer when the earpads become dirty or damaged, or when the headphones require repair work.
- Do not leave the stereo headphones in a location subject to direct sunlight, heat or moisture.
- Do not subject the headphones to excessive shock.
- Handle the driver units carefully.
- If you feel drowsy or sick while using these headphones, stop use immediately.

### Notes on headphones

#### Preventing hearing damage

Avoid using headphones at high volume. Hearing experts advise against continuous, loud and extended play. If you experience a ringing in your ears, reduce the volume or discontinue use.

#### Do not use headphones while driving and cycling, etc.

As headphones reduce outside sounds, they may cause a traffic accident. Also, avoid listening with your headphones in situations where hearing must not be impaired, for example, a railroad crossing, a construction site, etc.

#### Note on static electricity

In particularly dry air conditions, noise or sound skipping may occur, or mild tingling may be felt on your ears. This is a result of static electricity accumulated in the body, and not a malfunction of the headphones.

The effect can be minimized by wearing clothes made from natural materials.

If you have any questions or problems concerning the system that are not covered in this manual, please consult the nearest Sony dealer.

## Troubleshooting

### No sound

- Replace the battery. You can use the headphones even without turning on the power. In this case, the noise canceling function, Digital Equalizer and S-Master are not active, and the headphones operate as passive headphones.
- Check the connection of the headphones and the AV equipment.
- Check that the connected AV equipment is turned on.
- Turn up the volume of the connected AV equipment.
- Check if the MONITOR function is on (the indicator blinks slowly). Press the MONITOR button to turn it off.

### The noise canceling effect is not sufficient

- The noise canceling function is effective in low frequency ranges such as airplanes, trains, or offices (near air-conditioning, etc.) and is not as effective for higher frequencies, such as human voices.
- Turn on the headphones.

### Distorted sound

- Turn down the volume of the connected AV equipment.

### Power does not turn on

- Check if the battery has expired (the POWER indicator lights off). Replace the battery with a new one.

### No operation works

- Set the POWER switch of the headphones to "OFF", confirm the connections, and then set the POWER switch back to "ON".

## Specifications

<b>General</b>	
Type	Dynamic, closed
Driver units	40 mm, dome type (CCAW adopted)
Power handling capacity	50 mW
Impedance	68 Ω at 1 kHz (when the power is on) 35 Ω at 1 kHz (when the power is off)
Sensitivity	103 dB/mW (when the power is on) 102 dB/mW (when the power is off)
Frequency response	8 Hz - 23,000 Hz
Power source	DC 1.5 V, 1 × LR03 (size AAA) battery
Mass	Approx. 180 g

### Included items

Headphones (1)  
 Plug adaptor for in-flight use\* (single/dual) (1)  
 Connecting cord (1.5 m, gold plated L type stereo mini plug) (1)  
 Carrying case (1)  
 Operating Instructions (1)  
 Warranty card (1)

\* May not be compatible with some in-flight music services.

Design and specifications are subject to change without notice.