

SONY®

# User guide

Open-ear Stereo Headset  
STH40D

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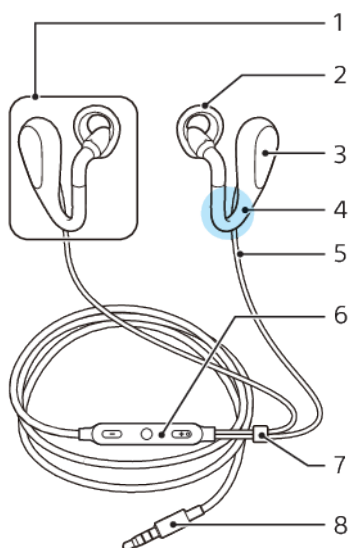
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# Getting started

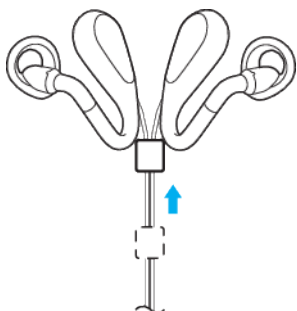
## Introduction

The Open-ear Stereo Headset STH40D keeps you connected with your surroundings while listening to music or talking on the phone. You can also use the voice assistant when connected to a compatible Android™ or iOS device.

## Overview



- 1 Headphone
- 2 Ring supporter
- 3 Driver unit
- 4 Sound duct
- 5 Cable
- 6 Remote
- 7 Tangle slider
- 8 Input plug



- 💡 Pull the tangle slider toward the headphones to avoid tangling them when not using the headset.

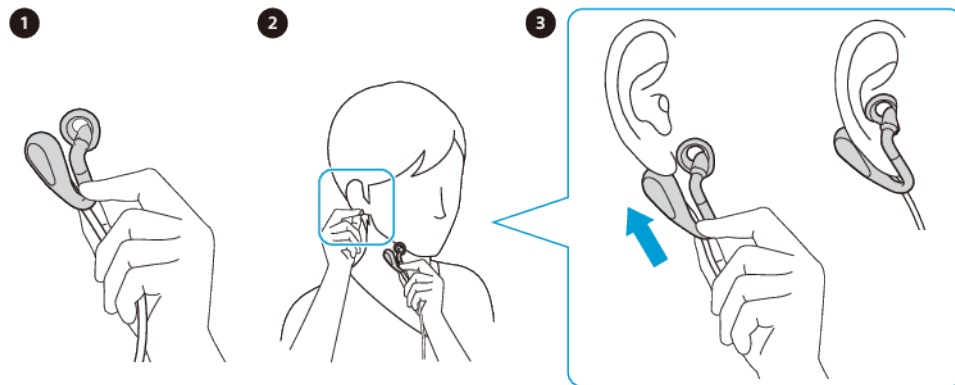
# Learning the basics

## Wearing the headset

To wear the headphones, follow these steps.

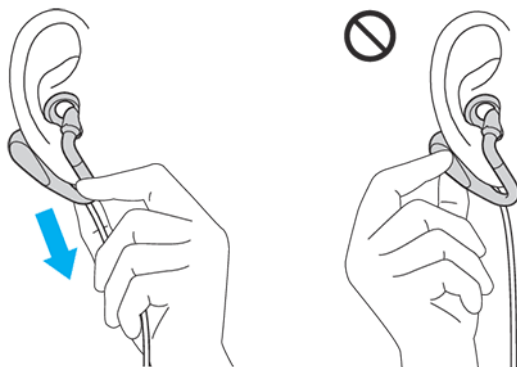
- ! Using your headset in some situations may distract you or cause danger, for example if you are operating machinery or driving a vehicle. The use of headsets in such circumstances may be restricted or prohibited in some countries.

### To wear the headset



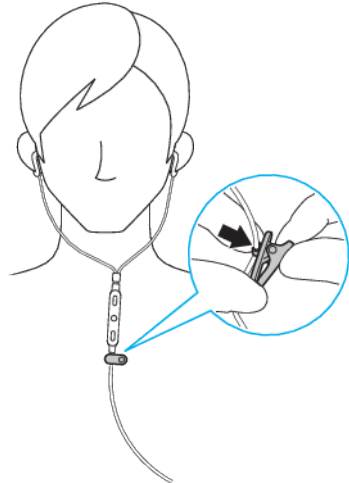
- 1 Hold the sound duct of the headphone (R) with your left hand.
  - 2 Gently pull down your right earlobe with your right hand.
  - 3 Slide the headphone from below so the driver unit goes behind your ear, then insert the ring supporter into your ear as shown in the illustration.
  - 4 Put on headphone (L) using the same procedure with opposite hands.
- ! For your safety, do not use your headset to handle calls while you are driving. To prevent accidents, it is not recommended to use your headset while walking, running or cycling.

### To take off the headset



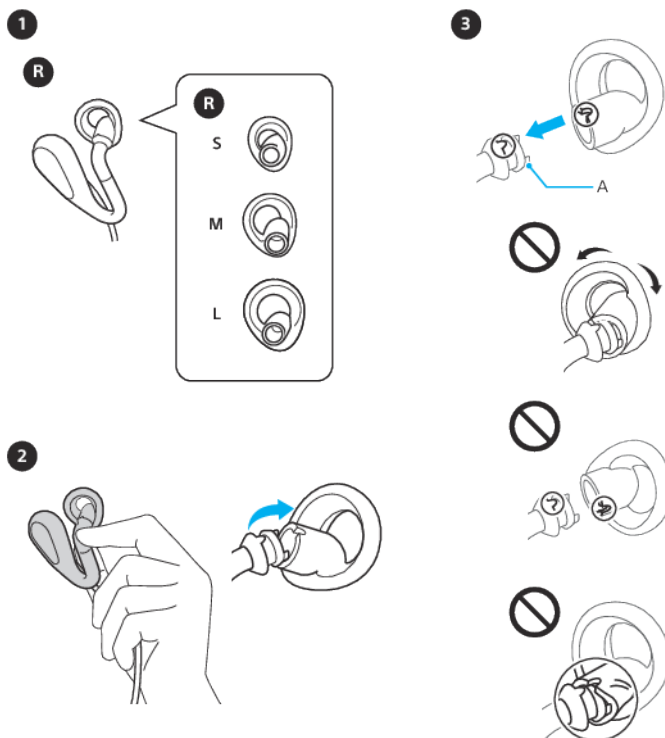
- Hold the sound duct of the headphone (R), then gently slide it down to take off the headset.
- ! Do not hold the driver unit when taking off the headphone. Holding the driver unit when taking off the headphone may put stress on the sound duct, causing it to break.

### To attach the clip



- Attach the clip to the headset cable below the remote. Position the clip so that you can speak into the microphone for taking calls hands-free, once the headset is fastened to your clothes.
- ! If you need to adjust the clip, remove the clip and reposition it on the headset cable.
- 💡 Use the clip to stop your headphones and remote from moving around. This makes the headset more comfortable to use.

### To change the ring supporter



- 1 Choose the ring supporter size that fits stably and comfortably in your ear.
  - 2 To remove the ring supporter, firmly hold the part of the sound duct where the ring supporter is attached, then push the ring supporter straight backward.
  - 3 To attach the ring supporter, align the convex part of the headphone with the concave part of the ring supporter.
  - 4 When attaching, cover the hook A with the rubber of the ring supporter as shown in the illustration. Make sure not to tear the ring supporter.
- ! When removing or attaching the ring supporter, do not forcibly pull, push, or twist the ring supporter, as this can damage or tear the ring supporter. When attaching, make sure the right/left marks on the ring supporters match the marks on the headphones.

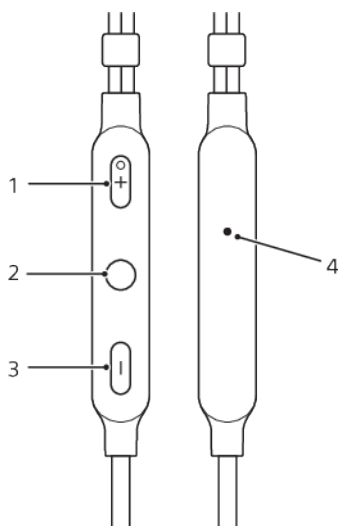
## Caring for your headset and your skin

To help avoid skin irritation, clean your headset regularly. Remove and rub the ring supporter with a dry cloth.

- ! If you start to experience skin irritation or an allergic reaction, stop wearing your headset. Contact your physician if symptoms persist.

## Using the remote

### Remote overview



- |   |                    |
|---|--------------------|
| 1 | Volume +           |
| 2 | Multi-function key |
| 3 | Volume -           |
| 4 | Microphone         |

### To change the volume

- During a call or when listening to music, press + or – to increase or decrease the volume.
- 💡 If you are connected to an iOS device, adjust the volume directly on the iOS device. The volume keys on the remote control are only compatible with Android™ devices.
- ! Avoid using your headset on high volume, as this may cause permanent hearing damage or disturb others around you.

#### **To answer a call**

- When you hear an incoming call signal, short press the multi-function key.

#### **To reject a call**

- When you hear an incoming call signal, long press the multi-function key.

#### **To pause or skip music tracks**

- 1 When listening to music, press the multi-function key to pause the music track. Press it again to resume.
- 2 Press the multi-function key twice to skip to the next track.
- 3 Press the multi-function key three times to restart the current song. To return to the previous track press it three times again.

#### **To start the voice assistant**

- Long press the multi-function key to start to talk to Google/Siri.

# Legal information

## Sony STH40D

Prior to use, please read the *Important information* leaflet separately provided.

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All illustrations are for illustration only and may not accurately depict the actual accessory.



## FCC Statement

This device complies with Part 15 of the FCC rules. 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.

## Industry Canada Statement

CAN ICES-3(B)/NMB-3(B)