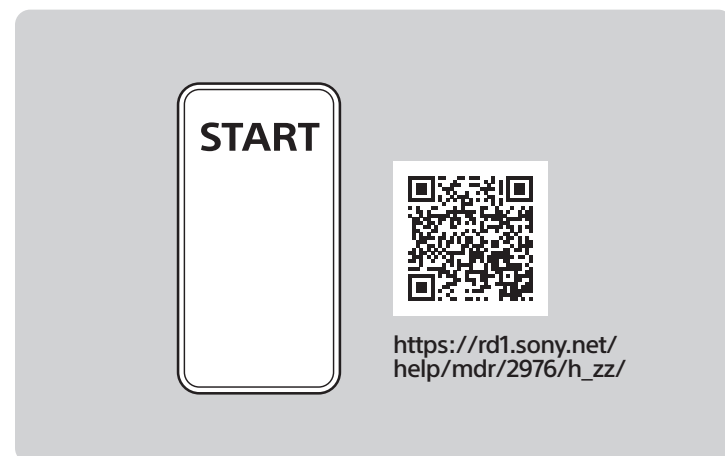


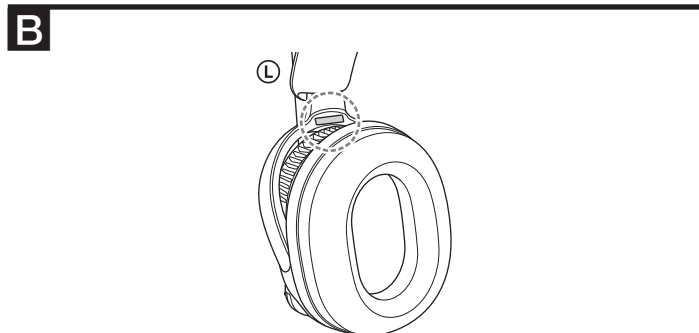
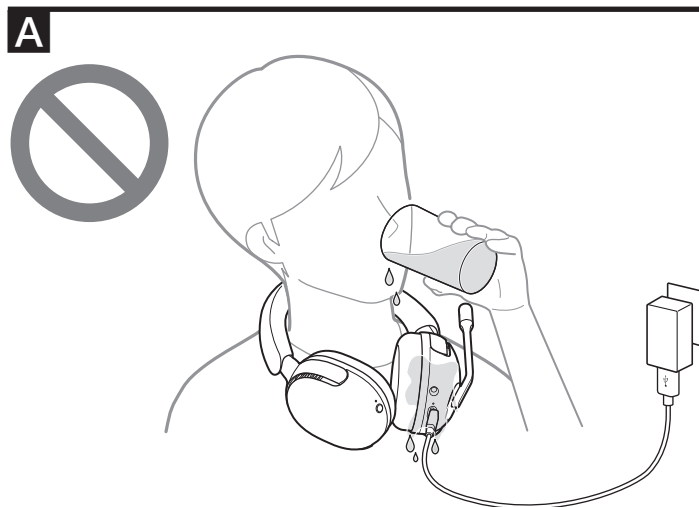
# Wireless Gaming Headset Casque de jeu sans fil

Reference Guide  
Guide de référence  
Guía de referencia

Model, Modèle, Modelo: YY2976



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<https://www.sony.net/>



## English

### Wireless Gaming Headset

Model: YY2976

The term "product" in this document refers to the unit or its accessories.

**FOR UNITED STATES CUSTOMERS. NOT APPLICABLE IN CANADA, INCLUDING IN THE PROVINCE OF QUEBEC.**

**POUR LES CONSOMMATEURS AUX ÉTATS-UNIS. NON APPLICABLE AU CANADA, Y COMPRIS LA PROVINCE DE QUÉBEC.**

#### Owner's Record

Record the model and serial numbers in the spaces provided below and store them safely. Refer to them whenever you call your Sony dealer regarding this product.

Model No. \_\_\_\_\_  
Serial No. \_\_\_\_\_

The model and serial numbers to be recorded are located in the following places.

- Model No.: Inside of the headband
- Serial No.: See Fig. **B**

Do not install the product in a confined space, such as a bookcase or built-in cabinet.

Do not expose the batteries (battery pack or batteries installed) to excessive heat, such as sunshine, fire or the like, for a long time.

Do not subject the batteries to extreme low temperature conditions that may result in overheating and thermal runaway. Do not dismantle, open, or shred secondary batteries.

In the event of a secondary battery leaking, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.

Secondary batteries need to be charged before use. Always refer to the manufacturer's instructions or product manual for proper charging instructions.

After extended periods of storage, it may be necessary to charge and discharge the secondary batteries several times to obtain maximum performance.

Dispose of properly.

#### RECYCLING RECHARGEABLE BATTERIES

Rechargeable batteries are recyclable. You can help preserve our environment by returning your used rechargeable batteries to the collection and recycling location nearest you. For more information regarding recycling of rechargeable batteries, visit <http://www.sony.com/electronics/eco/environmental-management>. Caution: Do not handle damaged or leaking rechargeable batteries.

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You are cautioned that any changes or modifications not expressly approved in this manual could void your authority to operate this unit.

#### If you have any questions about this product:

**Visit:** <https://www.sony.com/electronics/support>

**Contact:** Sony Customer Information Service Center at 1-800-222-7669  
Supplier's Declaration of Conformity  
Trade Name: SONY

Model: YY2976  
Responsible Party: Sony Electronics Inc.  
Address: 16535 Via Esprillo, San Diego, CA 92127 U.S.A.  
Telephone Number: 858-942-2230

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.

#### NOTE:

This unit 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 unit 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 unit does cause harmful interference to radio or television reception, which can be determined by turning the unit 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 unit and receiver.
- Connect the unit 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.

This unit must not be co-located or operated in conjunction with any other antenna or transmitter.

#### For customers in Canada

This unit contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:  
(1) This unit may not cause interference; and  
(2) This unit must accept any interference, including interference that may cause undesired operation of the unit.

This unit complies with FCC/ISED radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the ISED radio frequency (RF) Exposure rules as this unit has very low levels of RF energy. This conformity statement is only applicable to the YY2976.

The available scientific evidence does not show that any health problems are associated with using low power wireless devices. There is no proof, however, that these low power wireless devices are absolutely safe. Low power wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. Whereas high levels of RF can produce health effects (by heating tissue), exposure of low-level RF that does not produce heating effects causes no known adverse health effects. Many studies of low-level RF exposures have not found any biological effects. Some studies have suggested that some biological effects might occur, but such findings have not been confirmed by additional research. The unit has been tested and found to comply with FCC/ISED radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the ISED radio frequency (RF) Exposure rules. This conformity statement is only applicable to the YY2976.

High volume may adversely affect your hearing.

Do not use the unit while walking, driving, or cycling. Doing so may cause traffic accidents.

Do not use in hazardous areas unless the surrounding sound can be heard.

The unit is not waterproof. If water or foreign matter enters the unit, it may result in fire or electric shock. If water or foreign matter enters the unit, stop use immediately and consult your nearest Sony dealer. In particular, be careful in the following cases.

- When using the unit near a sink or liquid container  
Be careful that the unit does not fall into a sink or container filled with water.
- When using the unit in the rain or snow, or in humid locations
- When using the unit while you are perspiring  
If you touch the unit with wet hands, or put the unit in the pocket of a damp article of clothing, the unit may get wet.

For details on the effects of contact with the human body from the mobile phone or other wireless devices connected to the unit, refer to the instruction manual of the wireless device.

Never insert the USB plug when the unit or charging cable is wet. If the USB plug is inserted while the unit or charging cable is wet, a short circuit may occur due to liquid (tap water, seawater, soft drink, etc.) or foreign matter on the unit or charging cable, and cause abnormal heat generation or malfunction.

This product has magnet(s) which may interfere with pacemakers, programmable shunt valves for hydrocephalus treatment, or other medical devices. Do not place this product close to persons who use such medical devices. Consult your doctor before using this product if you use any such medical device.

There is a danger that small parts may be swallowed. After use, store in a location out of reach of small children.

#### Note about static electricity

If you use the unit when the air is dry, you may experience discomfort due to static electricity accumulated on your body. This is not a malfunction of the unit. You can reduce the effect by wearing clothes made of natural materials that do not easily generate static electricity.

## IMPORTANT

The factory default setting of the voice guidance for this unit is English.

The voice guidance can be heard from the unit in the following situations:

- When the remaining battery level is low and recharge is recommended: "Low battery"
- When automatically turning off due to low battery: "Battery is empty"
- When checking the remaining battery level: "Battery fully charged" / "Battery about 70%" / "Battery about 50%" / "Battery about 20%"
- When checking the remaining battery level: "Low battery"

## Precautions

**The two-dimensional code or the URL on the cover will help you access the help guide that describes useful notes or procedures in details.**

#### On charging the unit

- Be sure to use the supplied USB Type-C cable.
- After charging is complete, disconnect the USB Type-C cable.
- While connecting the USB cable, do not apply excessive force to the connection part.
- When connecting or disconnecting the USB cable, do not apply excessive force, such as pulling the cable, and connect or disconnect the connector straight to the port to be connected.
- If the USB cable connector is deformed, such as by it being bent, stop use immediately.

#### On using the unit while charging

- While liquid such as water or sweat, or foreign matter such as dust is attached to the USB Type-C cable or USB port, charging the unit may cause serious accidents such as burns or injuries due to fire, electric shock, heat generation or ignition, or can be the cause of a malfunction.  
Note the following when you use the unit while charging.  
– If you feel any abnormality, stop using immediately.  
– Check that there is no dust or foreign matter inside.  
– If the USB cable or port gets wet due to liquid such as drinking water or sweat while charging, disconnect the USB cable from the connected device immediately to stop charging (Fig. **A**).  
– Be sure to use the supplied USB Type-C cable for charging.

#### Notes on wearing the unit

- After use, remove the headphones slowly.

#### Other notes

- When you use the unit as wired headphones, use the supplied headphone cable only. Make sure that the headphone cable is firmly inserted.
- Do not apply weight or pressure to the unit for long periods, including when it is stored, as it may cause deformation.
- If you experience discomfort while using the unit, stop using it immediately.
- Be careful that the boom microphone does not hit your eyes while wearing, removing, and using the unit.
- If you have any questions or problems concerning this unit that are not covered in this manual, please consult your nearest Sony dealer.

#### Location of the serial number label

See Fig. **B**

## Specifications

### Headset

#### Power source:

DC 5 V (Using a commercially available USB AC Adaptor)  
Using built-in lithium-ion batteries (Product Operation Power: DC 3.85 V)

#### Operating temperature:

0 °C to 40 °C (32 °F to 104 °F)

#### Rated power consumption:

3 W

Mass:  
Approx. 260 g (9.18 oz)

#### Included items:

Wireless Gaming Headset (1)  
USB Type-C® cable (USB-A to USB-C®) (1)  
Headphone cable (1)  
USB Transceiver (YY2979) (1)  
Documents (1 set)

### Communication specification

#### Modulation system:

GFSK, π/4-DQPSK, 8DPSK

#### Frequency band:

2.4 GHz band (2.400 0 GHz - 2.483 5 GHz)

Design and specifications are subject to change without notice.

### System requirements for battery charge using USB

#### USB AC adaptor:

A commercially available USB AC adaptor capable of supplying an output current of 0.5 A (500 mA) or more.

- Do not use a USB adaptor that exceeds the maximum output of 13 W (5 V, 2.6 A).

### Recommended Personal Computer OS version

Windows®: Windows 10 or later  
Mac: macOS 11 or later

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