

SONY®

User guide

Stereo Bluetooth® Headset
SBH56

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Introduction

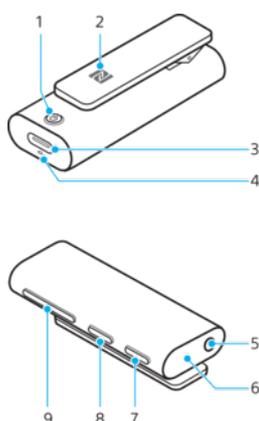
Function overview

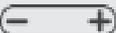
Your SBH56 Stereo Bluetooth® Headset is designed to make life more convenient when you're on the go. You can use it together with an Android™ device such as a smartphone or tablet, or with a non-Android device that supports Bluetooth®, for example, a smartphone or a music player. When paired with a compatible device, you can use your SBH56 to perform some or all of the following actions:

- Handle incoming calls, for example, answer or reject an incoming call using loudspeaker or headset.
- Stream music from a music-playing device.
- Make a call directly from the SBH56 call log*.
- Get event notifications read out loud*.
- Take blur-free photos with the remote camera shutter button.

* For these functions to work, you must use an Android™ device that supports the relevant functions, for example, call handling and messaging. Also, you must have the SBH56 application installed on the Android™ device.

Hardware overview



1 Power key 	Press and hold down to turn the headset on or off. When the headset is turned off, press for 15 seconds to reset it.
2 NFC detection area	Touch other devices to this area during NFC™ transactions.
3 Charger/USB Type-C™ cable port	Insert the cable for charging the battery.
4 Microphone	
5 Headset jack	3.5 mm input for wired headphones.
6 Speaker	
7 Camera key 	Press to: <ul style="list-style-type: none">• Take pictures Press and hold down to: <ul style="list-style-type: none">• Open camera application.
8 Call key/Music key/ Action key 	Press to: <ul style="list-style-type: none">• Answer or end incoming calls.

- Play or pause the current track.

Press and hold down to:

- Reject incoming calls.
- Mute the microphone during a call.
- Initiate Voice search with Assistant or Siri.

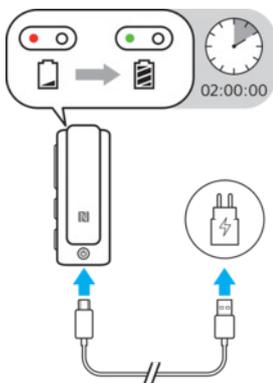
⁹ Volume key  Press up or down to increase or decrease the volume level.

Basics

Charging

Before using the SBH56 Stereo Bluetooth® Headset for the first time, charge it for approximately 1 hour using an official Sony charger.

To charge the SBH56



- 1 Plug one end of the USB cable into the charger or into the USB port of a computer.
- 2 Plug the other end of the cable into the **USB Type-C™** port of your SBH56.

Turning on and off

To turn on the SBH56

- Press and hold down  until the led indicator flashes two times in green.

To turn off the SBH56

- Press and hold down  until the led indicator flashes one time in green.

Adjusting the volume

To change the call or music volume

- During a call, or when listening to music, press **+** or **-** to increase or decrease the volume.

Wearing instruction



To get the best performance from the SBH56 when using it outdoors, it is recommended that you carry your phone on the same side of your body as the SBH56 device.

- ! A set of wired headphones that support the CTIA standard comes with the SBH56 at purchase. You can use other headphones but they may not work properly with your SBH56 device.

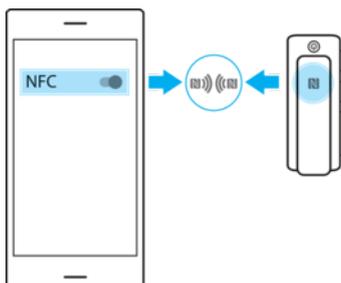
Getting started

Preparing to use your SBH56

You can set up your Stereo Bluetooth® Headset using NFC, which launches the pairing, connection and setup procedures automatically, or you can use the manual Bluetooth® option to set up the device manually.

For your SBH56 to work properly, make sure the SBH56 application is installed on your Android™ device.

To set up your SBH56 using NFC



- 1 Make sure that your SBH56 is fully charged.
- 2 Make sure that the NFC function is turned on and that the screen is active and unlocked in your Android™ device.
- 3 Place the Android™ device over your SBH56 so that the NFC detection area of each device touches the other, then follow the instructions on the Android™ device to install the SBH56 application.

💡 You can set up your SBH56 using NFC even when it is turned off. The SBH56 gets turned on when the NFC detection area is touched by another NFC device. If you have problems pairing your SBH56 with an Android™ device using NFC, try to connect manually using Bluetooth®.

To set up your SBH56 using Bluetooth®

- 1 Make sure that your SBH56 is fully charged.
- 2 Android™ device: Make sure the Bluetooth® function is turned on.
- 3 Turn off your headset.
- 4 Press and hold down  until the led indicator flashes continuously in light blue colour.
- 5 Android™ device: Scan for Bluetooth® devices, then select **SBH56** in the list of available devices.
- 6 Android™ device: Follow the pairing instructions that appear on the screen.

Reconnecting the headset

In cases where a connection gets lost, for example, when the connected Android™ device goes out of range, your headset automatically performs a series of reconnection attempts. When this happens, you can use any key to force the accessory to try reconnecting, or you can use NFC to reconnect the two devices.

To force the headset to try reconnecting

- 1 Make sure that the Bluetooth® function is turned in your Android™ device.
- 2 Press any key on the headset.

To reconnect your headset using NFC

- 1 Make sure that the NFC function is turned on and that the screen is active and unlocked in your Android™ device.
- 2 Place the Android™ device over your headset so that the NFC detection area of each device touches the other.

Using your headset

Using your SBH56 to handle phone calls

Use your SBH56 to handle incoming calls, for example, to answer or reject a call. The phone number of the caller is shown on the headset display. If you are using the headset with an Android™ device, the name of the caller is also displayed when the caller is saved as a contact on the Android™ device. When the wired headphones are not connected to the headset, you can use the ear speaker on the SBH56 device to answer calls. You can also use the headset call log to make calls.

- ⚠ For your safety, do not use the SBH56 to handle calls with the ear speaker directly when you are driving.

To answer a call

- When you hear an incoming call signal, press .

To end a call

- During an ongoing call, press .

To reject a call

- When you hear an incoming call signal, press and hold down .

To answer a second call

- When you hear an incoming call signal during an ongoing call, press . The ongoing call is put on hold.

To reject a second call

- When you hear an incoming call signal during an ongoing call, press and hold down .

To mute the microphone during a call

- Press and hold down .

Using your SBH56 to play music

When your SBH56 is connected with your Android™ device, you can play music from the device using your headset. Or you can listen to the standalone FM radio in the headset itself. Before you start listening to music, you must select a music source.

To pause or skip music tracks

- 1 When listening to music, press  to pause the music track. Press it again to resume.
- 2 Press  twice to skip to the next track.
- 3 Press  three times to go back to the previous track.

Using the voice assist function

To start the voice assist function

- Hold down the center button to start the voice assist function of the Google application or Siri.

Using your SBH56 to take pictures

When your SBH56 is connected with your phone, you can use it to take photos remotely.

To take pictures with the remote

- 1 Press and hold down ►|| to open up the camera application.
- 2 Press ►|| to take a picture.
- 3 Press ►|| twice to start the self timer for group photos..

Legal information

Sony SBH56

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

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