Checking the included items

- Transmitter MDR-HW300 (1)
- Headphones MDR-HW300 (1)
- AC adapter (1)
- Micro-USB cable (approx. 50 cm) (1)
- Connecting cable (approx. 1.5 m) (1)

How to use

1. Charge the headphones.
   - Connect the AC adaptor.
   - Start playback of the A/V component.

2. Connect the A/V component, following hookup A or B below.
   - Using the headphone jack of the A/V component
   - Using the audio out (L/R) jacks of the A/V component

3. Connect the A/V component, following hookup A or B below.
   - Using the headphone jack of the A/V component
   - Using the audio out (L/R) jacks of the A/V component

4. Start playback of the A/V component.

5. Adjust the volume.
   - The headphones will beep when the volume reaches maximum or minimum.

6. After use
   - Stop playback of the A/V component.
   - Hold down the (On/Standby) button of the headphones until the (On/Standby) indicator turns off.

Features

Thank you for purchasing the Sony MDR-HW300D Wireless Stereo Headphone System. Before operating the unit, please read this manual thoroughly and retain it for future reference.

Some features are:
- High-quality sound with uncompressed digital wireless transmission
- 2.4 GHz digital wireless transmission prevents interference of obstacles. High-quality sound with uncompressed digital wireless transmission.
- Powerful and expressive sound
- Powerful and expressive sound with 40 mm neodymium driver unit.
- Comfortable fit even for a long period of time
- Comfortable fit for long period of time with soft earpads and head cushion.
- Real-time automatic channel selection prevents sound break up
- Real-time automatic channel selection on headphone system for best reception of signal. This system can switch to a free channel automatically without any sound interruption before the signal is blocked.
- Volume control function on headphones
- Easy charging with USB port
- 3 hours to fully charge the battery, and approx. 10 hours playback time. Can be used while charging the headphones.
- Wired design option
- Alsosemble wired design headphones with supplied connecting cable. You can enjoy content on a smartphone, PC and tablet with this wired option.
- Swivel design for easy storage

WARNING

To reduce the risk of fire or electric shock, do not expose this apparatus to dripping or splashing, and do not place objects filled with liquids, such as vases, on the apparatus.

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

To avoid electrical shock, do not open the cabinet. Refer servicing to qualified personnel only.

The unit is not disconnected from the mains as long as it is connected to the AC outlet, even if the unit itself has been turned off.

Excessive sound pressure from earphones and headphones can cause hearing loss.

Supplied connecting cable

- Pin plug ×2, not supplied
- 2.5 mm stereo mini jack

Disposal of waste batteries (applicable in the European Union and other European countries with separate collection systems)

This symbol on the battery or on the packaging indicates that the battery provided with this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.

Disposal of Old Electrical & Electronic Equipment (Applicable in the European Union and other European countries with separate collection systems)

This symbol on the product or on its packaging indicates that this product shall not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potentially negative consequences for the environment and health which could otherwise be caused by inappropriate waste handling of this product.

The recycling of materials will help to conserve natural resources. For more detailed information about recycling of this product, please contact your local Civic Office, your household waste disposal service or the shop where you purchased the product.

For more information about recycling of waste batteries, please contact your local Civic Office or your household waste disposal service.

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).

The nameplate is located on the bottom of the transmitter.
Tips for charging
Charge the headphones first
The headphones contain a rechargeable Lithium-ion battery, which should be charged before using it for the first time.

Charging and usage time
Approx, charging time: 3 hours
Approx, usage time: 10 hours

Remaining battery
To check the remaining battery charge of the headphones, turn them on and check the CHG indicator. The battery’s life is shown as percentages when the indicator lights up.

To charge the headphones from an AC outlet
If you recharge the headphones by connecting to an AC outlet, use the USB AC Adaptor (not supplied). For more information, refer to the operating instructions supplied with the adaptor.

Notes
- Use only the supplied micro-USB cable. Do not use any other USB cable.
- If the headphones are not used for a long time, the CHG indicator may be on. In this case, disconnect the micro-USB cable from the headphones and wait until the CHG indicator lights up.
- Charge the headphones in an ambient temperature of between 5°C to 35°C. If you try to charge the headphones in an ambient temperature outside this range, the CHG indicator may flash and charging will not be completed properly.
- If the computer enters hibernation mode while connected to the headphones, charging will not be completed properly. Set the computer to standby mode before charging.
- If you connect the transmitter to a computer using a USB hub, charge the headphones directly to a computer. Charging may not be completed properly by an indirect connection, such as via a USB hub.
- When the battery life reduces to half, this may be the end of battery lifetime. For how to charge batteries, consult your nearest Sony dealer or a Sony dealer.

Tips for volume setting
- If you connect the transmitter to the headphone jack of the A/V component, set the volume of the A/V component as high as possible but not so high that the audio signal becomes distorted.
- When watching videos, be careful not to raise the volume too high to avoid sounds.

RF signal transmission area
The approximate RF signal transmission area from the transmitter is up to 30 m.

The sound may be interrupted if the headphones are out of RF signal transmission area, or reception conditions are poor.

Notes
- Because this system transmits signals at 2.4 GHz, sound may be interrupted if there are metal objects around.
- Any noise you hear through the headphones may vary depending on the transmitter position and orientation.
- It is recommended that you place the transmitter in a location that produces the cleanest sound.
- Sound may be interrupted if the transmitter is used with other electronics using 2.4 GHz frequency, or micro-wave oven.

Replacing the earpads
The earpads are replaceable. If the earpads become dirty or worn out, replace them with the new ones. The earpads are not commercially available. You can order them from the store where you purchased this system, or at your nearest Sony dealer.

1. Remove the old earpad by pulling it out of the groove on the housing.
2. Fit the new earpad in the groove of the housing. Make sure the earpad is set at the vertical position.

Troubleshooting
If you run into any problems using this system, use the following checklist. Should any problem persist, consult your nearest Sony dealer.

No sound/Low sound
- Turn on the headphones.
- Check the connection of the transmitter and A/V component, AC adaptor, and AC outlet.
- Check that the A/V component or transmitter is turned on.
- If you connect the transmitter to the headphone jack of an A/V component, raise the volume level on the connected A/V component within the range where the sound is not distorted.
- Make sure you are wearing the headphones correctly.
- Check the headphones, if the CHG indicator is still off after charging, take the headphones to a Sony dealer.
- Check the volume level.

Distorted or intermittent sound (sometimes with noise)
- Change the position of the transmitter.
- Connect the transmitter to an A/V component using the headphone jack, not the audio out (L/R) jacks. If you connect the transmitter to an A/V component within the range where the sound is not distorted.
- Charge the headphones. If the CHG indicator is still off after charging, take the headphones to a Sony dealer.
- Check if there is any wireless apparatus using 2.4 GHz frequency or a microwave oven in the vicinity.

Loud background noise
- Check if there is any wireless apparatus using 2.4 GHz frequency, or a microwave oven in the vicinity.
- If you connect the transmitter to a computer using a USB hub, charge the headphones directly to a computer. Charging may not be completed properly by an indirect connection, such as via a USB hub.
- When the battery life reduces to half, this may be the end of battery lifetime. For how to charge batteries, consult your nearest Sony dealer or a Sony dealer.

The sound cuts off
The transmitter stops the RF signal transmission automatically if the transmitter detects no signal or the volume of the connected A/V component is too low for about 10 minutes. Raise the volume of the connected A/V component within the range where the sound is not distorted.

Battery cannot be charged/CHG indicator flashes, or does not light up
- Check that the headphones and the computer are firmly connected by the supplied micro-USB cable.
- Check that the headphones and the computer are directly connected, not via a USB hub.
- A problem may occur with the connected USB port of the computer. Connect to another USB port if it is available.
- Try the USB connection procedure again in cases other than those stated above.

A repeated beep sounds and the headphones cannot receive an audio signal from the transmitter
- Move within the RF signal transmission area.
- Check the connection of the transmitter and A/V component, AC adaptor, and AC outlet.
- Check if there is any wireless apparatus using 2.4 GHz frequency or a microwave oven in the vicinity.
- Change the position of the transmitter.
- The transmitter stops the RF signal transmission automatically if the transmitter detects no signal or the volume of the connected A/V component is too low for about 10 minutes. Raise the volume of the connected A/V component within the range where the sound is not distorted.

Precautions
On safety
- Do not drop, hit, or otherwise expose the headphones to strong shock of any kind. This could damage the product.
- Do not disassemble or attempt to open any parts of the headphones.

Notes on the AC adaptor
- Insert the AC adaptor firmly.
- Be sure to use the supplied AC adaptor. Using AC adaptors with different plug polarities or different plug patterns, or other characteristics can cause product failure.

On power sources and placement
- If you are not going to use the system for a long time, unplug the AC Adaptor from the AC outlet.
- Do not put on the cord.
- Do not place the system in any of the following locations:
  - Location exposed to direct sunlight, near a heater, or other extremely high-temperature location
  - Dusty location
  - On an unstable or inclined surface
  - Location exposed to large amounts of vibration
  - Bathroom or other high-humidity locations

On headphones
Act considerably
When the volume is too high, the sound leaks outside the headphones. Be careful not to raise the volume so high that it bores people around you.

There is a tendency to raise the volume when using noisy places. However, for reasons of safety, it is advised to keep the volume at a level whereby you can still hear sounds around you.

On cleaning
Use a soft cloth slightly moistened with mild detergent solution. Do not use solvents such as thinner, benzene or alcohol as these may damage the surface.

When the product breaks
- When the product breaks, or if a foreign object gets inside the unit, immediately turn off the power and consult your nearest Sony dealer.
- When taking the system to a Sony dealer, be sure to take both the headphones and transmitter.

System requirements for battery charge using USB
- Personal Computer with pre-installed with any of the following operating systems and USB port:
  - Windows 8 / Windows 8 Pro
  - Starter / Home Premium / Professional / Ultimate
  - Windows Vista (Service Pack 2 or later)
  - Home Basic / Home Premium / Business / Ultimate
  - Windows XP (Service Pack 3 or later)
- Mac OS X (version 10.5 or later)

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Specifications
Wireless stereo transmitter (TMR-HW300)
Modulation System GFSK
Carrier wave frequency 2.400 GHz - 2.478 GHz
Transmission distance Approx. 30 m of ranging
Frequency response 20 Hz - 25000 Hz
Distortion rate 5% or less (1 kHz, Audio inputs Stereo mini plug)
Power requirements DC 5 V (from the supplied AC adaptor)
Dimensions Approx. 75 mm x 18 mm x 75 mm (excl./incl. earpads)
Mass Approx. 70 g
Rated power consumption 0.6 W
Wireless stereo headphones (MDR-HW300)
Sensitivity 98 dB/mW
Playback frequency range 10 Hz - 22000 Hz
Impedance 32 Ohm
Power handling capacity 1.000 W (IEC)
Power source Built-in lithium-ion rechargeable battery
Mass Approx. 100 g
Rated power consumption 2.9 W
* IEC = International Electrotechnical Commission
Included items
Wireless stereo transmitter TMRH300
Wireless stereo headphones MDR-HW300
AC adaptor [5 V]
Micro-USB cable (approx. 50 cm) [1]
AC adaptor (5 V) [1]
Card warranty [1]
Instruction Manual [1]
Operating Instructions [this manual] [1]
Card warranty [1]

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