

SONY®

User guide

Bluetooth® headset with
speaker
SBH56

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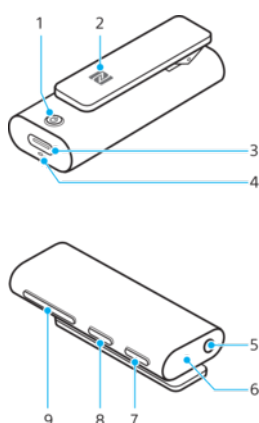
Introduction

Function overview

Your SBH56 Bluetooth® headset with speaker is designed to make life more convenient when you're on the go. When paired with a compatible Android™ or iOS device, you can use your headset to:

- Answer or reject incoming calls.
- Take photos with the remote.
- Control music played on a paired Android or iOS device.

Hardware overview



1 Power key 	Press and hold down to turn the headset on or off. Press and hold for 5 seconds to pair your headset with a compatible Android or iOS device.
2 NFC detection area	Touch other devices to this area during NFC transactions.
3 Charger/USB Type-C™ cable port	Insert the cable to charge the battery.
4 Microphone	Make phone calls or activate Voice Assistant.
5 Headphone jack	Connect wired headphones to the 3.5 mm jack.
6 Speaker	Make phone calls or play music without headphones.
7 Camera key 	Press to take photos. Install the host application on your Android or iOS device to enable this feature.
8 Multi-function key 	Press to: • Answer incoming calls or end an ongoing call. • 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. Quick double-tap to: • Skip to the next track. Quick triple-tap to: • Return to the previous track.

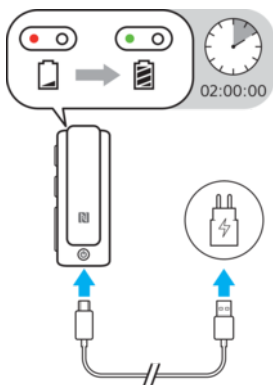
⁹ Volume key — + Press + to increase the volume. Press - to decrease the volume.

Basics

Charging

Before using your headset for the first time, it is recommended to charge your headset for approximately two hours with an official Sony charger.

To charge the device



- 1 Connect one end of the USB cable to the charger or the USB port of a computer.
 - 2 Connect the other end of the cable to the USB Type-C port of your headset.
- 💡 For the recommended AC adaptor, see www.sonymobile.com/products/accessories/.

Turning on and off

To turn on the device

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

To turn off the device

- Press and hold down  until the LED indicator flashes one time in green.
- 💡 If the device is turned on but left idle, it will turn off automatically unless connected to an Android or iOS device.

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.
- 💡 If you are using the headset without headphones, press **+** or **-** to adjust the volume of the speaker.

Wearing instruction



You can use your headset with or without wired headphones. For best performance, carry your headset and Android or iOS device on the same side of your body to facilitate Bluetooth pairing.

- ! A set of wired headphones that support the CTIA standard is included with your headset at purchase. You can use other headphones but some may not work properly with your headset.

Getting started

Pairing your headset with an Android or iOS device

To pair your headset with an Android device, you can use either NFC or Bluetooth. NFC launches the pairing, connection and setup procedures automatically, while Bluetooth lets you set up your headset manually.

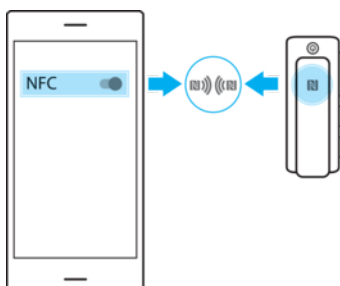
To pair your headset with an iOS device, use Bluetooth.

You must install the host application on the Android or iOS device to use all of the headset functions.

To install the host application

- 1 For Android devices find and tap  to open the Play Store™. For iOS devices find and tap App Store.
 - 2 Tap the search icon, then search for "SBH56".
 - 3 Select the **SBH56** host application, then follow the on-screen instructions.
- ! You must install the host application to use all of the headset functions.

To pair your headset with an Android device using NFC



- 1 Make sure that your headset is fully charged.
 - 2 On the Android device, make sure that NFC is turned on. Open the host application.
 - 3 Follow the on-screen instructions and touch the NFC area of your headset against the NFC detection area of the Android device.
- ! If your headset does not respond to the pairing procedure, you can reset it. To factory reset your headset, first turn it off. Press and hold  and  at the same time until the LED indicator flashes green and the device restarts.
- 💡 If your headset is turned off, it will turn on if the NFC detection area touches another NFC device. If you have problems pairing your device with an Android device using NFC, try to connect manually using Bluetooth.

To pair your headset with an Android or iOS device using Bluetooth

- 1 Make sure that your headset is fully charged, and that Bluetooth is turned on.
- 2 Turn off your headset.
- 3 Press and hold down  on your headset until the LED indicator flashes in blue.
- 4 Scan for available Bluetooth devices on the Android or iOS device, then select **SBH56** from the list of available Bluetooth devices.

Reconnecting your headset

If a connection gets lost or goes out of range, your headset automatically tries to reconnect. You can force your headset to reconnect manually by pressing any key on the headset, or by using NFC.

To reconnect manually

- 1 Make sure that Bluetooth is turned on for your Android or iOS device.
- 2 Press any key on the headset.

To reconnect using NFC

- 1 Make sure that NFC is turned on, and that the screen is active and unlocked on your Android device.
- 2 Touch the NFC area of your headset against the NFC detection area of the Android device.

Resetting your headset

To reset your headset

- Press and hold down  for approximately 10 seconds until the headset restarts.
-  Reset your headset if it does not respond to the pairing procedure. Paired data is not lost.

To perform a factory reset on your headset

- 1 Turn off your headset.
 - 2 Press and hold down  and  together until the LED indicator flashes in green and your headset restarts.
-  Perform a factory reset if your headset behaves unexpectedly. Factory reset restores the headset to its original settings.

Using your headset

Using your headset for phone calls

- ⚠ For your safety, do not use your headset to handle calls while you are driving.

Use your headset to answer or reject incoming calls. When the wired headphones are not connected, you can use the headset speaker to answer calls.

For these functions to work, you must use an Android or iOS device that supports the relevant functions, for example, call handling and messaging. You must also have the host application installed on the Android or iOS device.

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 headset to play music

When your headset is connected with an Android or iOS device, you can play audio content such as music from the Android or iOS device using your headset. Open the relevant application on the Android or iOS device before you start listening to audio content.

To pause or skip music tracks

- 1 When listening to music, press ►|| to pause the track. Press it again to resume.
- 2 Quickly double-tap ►|| to skip to the next track.
- 3 Quickly triple-tap ►|| to go back to the previous track.

Using the Voice Assist function

To start the voice search and actions

- Hold down ►|| 🔁 to talk to Google/Siri.

- ! For these functions to work, you must use an Android or iOS device that supports the relevant functions. You must also have the host application installed on the device.

Using your headset to take pictures

When your headset is connected, you can use the camera key on the headset to take photos remotely. To enable the camera key, you must install the host

application on your Android or iOS device. Refer to instructions on the host application and follow the on-screen instructions.

- ! When you use the host application to enable the camera key, follow the prompt to select on-screen keyboard settings.

To take pictures with the headset remote

- 1 If you are using an Android device, press and hold down  to open the Camera application. If you are using an iOS device, open the camera manually.
 - 2 Press  to take a picture.
 - 3 Press  twice to start the self-timer for group photos.
- ! If you are using an Android or iOS device with multiple camera apps, it is recommended to select the standard camera app when prompted. Other camera apps may not allow you to use your headset to take photos remotely.

Using Multipoint mode

You can use Multipoint mode to pair your headset with either two Android or two iOS devices at the same time. When you use your headset to answer an incoming call, the devices remain connected to your headset after you end the call. Turn off Multipoint mode manually to switch back to Singlepoint mode.

- ! When you use Multipoint mode, the camera key and Voice Assist features are not available.

To turn on Multipoint mode

- 1 Turn off your headset.
 - 2 Press and hold down  and  at the same time for approximately one second. Wait until the LED indicator flashes in blue.
 - 3 Pair the Android or iOS devices with your headset.
- 💡 See *Pairing your headset with an Android or iOS device* on page 7. for details on how to pair.

To turn off Multipoint mode

- 1 Turn off your headset.
 - 2 Press and hold down  and  at the same time for approximately one second. Wait until the LED indicator flashes in blue.
- ! When you turn off Multipoint mode, the device which was most recently paired with your headset remains paired.

Legal information

Sony SBH56

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

This User guide is published by Sony Mobile Communications Inc. or its local affiliated company, without any warranty. Improvements and changes to this User guide necessitated by typographical errors, inaccuracies of current information, or improvements to programs and/or equipment, may be made by Sony Mobile Communications Inc. at any time and without notice. Such changes will, however, be incorporated into new editions of this User guide.

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Visit www.sonymobile.com for more information.

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

Declaration of Conformity for SBH56



Hereby, Sony Mobile declares that the equipment type **RD-0230** is in compliance with Directive: **2014/53/EU**. The full text of the EU declaration of conformity is available at the following internet address: <http://www.compliance.sony.de/>

С настоящото Sony Mobile декларира, че радиосъоръжение тип **RD-0230** е в съответствие с Директива; **2014/53/ЕС**. Цялостният текст на ЕС декларацията за съответствие може да се намери на следния интернет адрес: <http://www.compliance.sony.de/>

Sony Mobile ovime izjavljuje da je radijska oprema tipa **RD-0230** u skladu s Direktivom; **2014/53/EU**. Cjeloviti tekst EU izjave o sukladnosti dostupan je na sljedećoj internetskoj adresi: <http://www.compliance.sony.de/>

Sony Mobile tímto prohlašuje, že radiové zařízení typ **RD-0230** je v souladu se směrnicí; **2014/53/EU**. Úplné znění EU prohlášení o shodě je k dispozici na této internetové adrese: <http://www.compliance.sony.de/>

Hermed erklarer Sony Mobile, at radioudstyrtstypen **RD-0230** er i overensstemmelse med direktiv; **2014/53/EU**. EU-overensstemmelseserklaringens fulde tekst kan findes på følgende internetadresse: <http://www.compliance.sony.de/>

Hierbij verklaart Sony Mobile dat het type radioapparatuur **RD-0230** conform is met Richtlijn; **2014/53/EU**. De volledige tekst van de EU-conformiteitsverklaring kan worden geraadpleegd op het volgende internetadres: <http://www.compliance.sony.de/>

Käesolevaga deklareerib Sony Mobile, et käesolev raadioseadme tüüp **RD-0230** vastab direktiivi; **2014/53/EL** nõuetele. ELi vastavusdeklaratsiooni täielik tekst on kättesaadav järgmisel internetiaadressil: <http://www.compliance.sony.de/>

Sony Mobile vakuuttaa, että radiolaitetyypin **RD-0230** on direktiivin; **2014/53/EU** mukainen. EU-vaatimustenmukaisuusvakuutuksen täysimittainen teksti on saatavilla seuraavassa internetosoitteessa: <http://www.compliance.sony.de/>

Le soussigné, Sony Mobile, déclare que l'équipement radioélectrique du type **RD-0230** est conforme à la directive; **2014/53/UE**. Le texte complet de la déclaration UE de conformité est disponible à l'adresse internet suivante: <http://www.compliance.sony.de/>

Hiermit erklärt Sony Mobile, dass der Funkanlagentyp **RD-0230** der Richtlinie; **2014/53/EU** entspricht. Der vollständige Text der EU-Konformitätserklärung ist unter der folgenden Internetadresse verfügbar: <http://www.compliance.sony.de/>

Με την παρούσα η Sony Mobile, δηλώνει ότι ο ραδιοεξοπλισμός **RD-0230** πληροί τους όρους της οδηγίας; **2014/53/ΕΕ**. Το πλήρες κείμενο της δήλωσης συμμόρφωσης ΕΕ διατίθεται στην ακόλουθη ιστοσελίδα στο διαδίκτυο: <http://www.compliance.sony.de/>

Sony Mobile igazolja, hogy a **RD-0230** típusú rádióberendezés megfelel a; **2014/53/EU** irányelvnek. Az EU-megfelelőségi nyilatkozat teljes szövege elérhető a következő internetes címen: <http://www.compliance.sony.de/>

Il fabbricante, Sony Mobile, dichiara che il tipo di apparecchiatura radio **RD-0230** è conforme alla direttiva; **2014/53/EU**. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: <http://www.compliance.sony.de/>

Ar šo Sony Mobile deklarē, ka radioiekārta **RD-0230** atbilst Direktīvai; **2014/53/ES**. Pilns ES atbilstības deklarācijas teksts ir pieejams šādā interneta vietnē: <http://www.compliance.sony.de/>

Mes, Sony Mobile, patvirtiname, kad radijo įrenginių tipas **RD-0230** atitinka Direktyvą; **2014/53/ES**. Visas ES atitikties deklaracijos tekstas prieinamas šiuo interneto adresu: <http://www.compliance.sony.de/>

Il-Kumpanija Sony Mobile tiddikjara li t-tagħmir tar-radju tat tip **RD-0230** huwa konformi mad-Direttiva; **2014/53/EU**. It-test shiħ tad-dikjarazzjoni ta' konformita tal-UE huwa disponibbli f'dan l-indirizz tal-Internet li ġej: <http://www.compliance.sony.de/>

Herved erklarer Sony Mobile at radioutstyr typen **RD-0230** er i samsvar med direktiv; **2014/53/EU**. EU-erklaring fulltekst finner du på Internett under: <http://www.compliance.sony.de/>

Sony Mobile niniejszym oświadcza, że typ urządzenia radiowego **RD-0230** jest zgodny z dyrektywą; **2014/53/UE**. Pełny tekst deklaracji zgodności UE jest dostępny pod następującym adresem internetowym: <http://www.compliance.sony.de/>

O(a) abaixo assinado(a) Sony Mobile declara que o presente tipo de equipamento de rádio **RD-0230** está em conformidade com a Diretiva; **2014/53/UE**. O texto integral da declaração de conformidade está disponível no seguinte endereço de Internet: <http://www.compliance.sony.de/>

Prin prezenta, Sony Mobile declară că tipul de echipament radio **RD-0230** este în conformitate cu Directiva; **2014/53/UE**. Textul integral al declarației UE de conformitate este disponibil la următoarea adresă internet: <http://www.compliance.sony.de/>

Sony Mobile potrjuje, da je tip radijske opreme **RD-0230** skladen z Direktivo; **2014/53/EU**. Celotno besedilo izjave EU o skladnosti je na voljo na naslednjem spletnem naslovu: <http://www.compliance.sony.de/>

Sony Mobile týmto vyhlasuje, že rádiové zariadenie typu **RD-0230** je v súlade so smernicou; **2014/53/EÚ**. Úplné EÚ vyhlásenie o zhode je k dispozícii na tejto internetovej adrese: <http://www.compliance.sony.de/>

Por la presente, Sony Mobile declara que el tipo de equipo radioeléctrico **RD-0230** es conforme con la Directiva; **2014/53/UE**. El texto completo de la declaración UE de conformidad está disponible en la dirección Internet siguiente: <http://www.compliance.sony.de/>

Härmed försäkrar Sony Mobile att denna typ av radioutrustning **RD-0230** överensstämmer med direktiv; **2014/53/EU**. Den fullständiga texten till EU-försäkran om överensstämmelse finns på följande webbadress: <http://www.compliance.sony.de/>

Bu belgeyle, Sony Mobile Communications Inc., **RD-0230** tipi telsiz cihazının **2014/53/EU** sayılı Direktife uygun olduğunu beyan etmektedir. AB Uygunluk beyanının tüm metnine şu internet adresinden ulaşılabilir: <http://www.compliance.sony.de/>

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.

Any change or modification not expressly approved by Sony may void the user's authority to operate the equipment.

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

AVISO IMPORTANTE PARA MÉXICO

La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada. Para consultar la información relacionada al número del certificado, refiérase a la etiqueta del empaque y/o del producto.

Industry Canada Statement

This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions: (1) This device may not cause interference; and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Avis d'industrie Canada

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage; (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.