

Quick Start Guide

快速入門指南

快速入门指南

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English

About the manuals

This Quick Start Guide only describes the basic operating instructions and how to install the supplied software. For detailed information and operating instructions, refer to the Help Guide (HTML document) included in the supplied software after installation. You can access to the online Help Guide (HTML document/Full version) using various devices from the URL or QR code on the first page. While browsing is free, you may charge the communication fee according to your carrier contract.

Contents

- WALKMAN® (1)
- Headphones (1)
- Quick Start Guide (this manual)

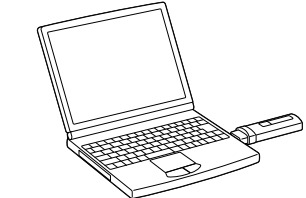
About the Operating System

Make sure that the OS is Windows 8.1, Windows 8, Windows 7 (Service Pack 1 or later), Windows Vista (Service Pack 2 or later), and the installed Windows Media Player version on your computer is 11 or 12.

The Mac OS is not supported by your Walkman.

How to Install the supplied Software (Help Guide included)

1 Connect your Walkman to a running computer.



2 Select the following order with the computer.

- Windows 7 or earlier: Select [Start] - [Computer] or [My Computer] - [WALKMAN] - [FOR WINDOWS].
- Windows 8.1 or Windows 8: Select [Desktop] from [Start screen] to open [File Explorer]. In the [Computer] list, select [WALKMAN] - [FOR WINDOWS].

3 Double-click [Help_Guide_Installer.exe].

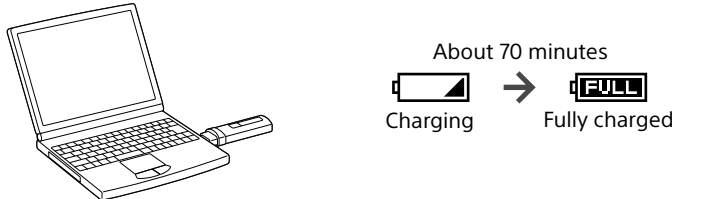
The install wizard appears.

4 Follow the on-screen instructions.

After the installer finishes, the Help Guide shortcut appears on the desktop of your computer.

Charging the Battery

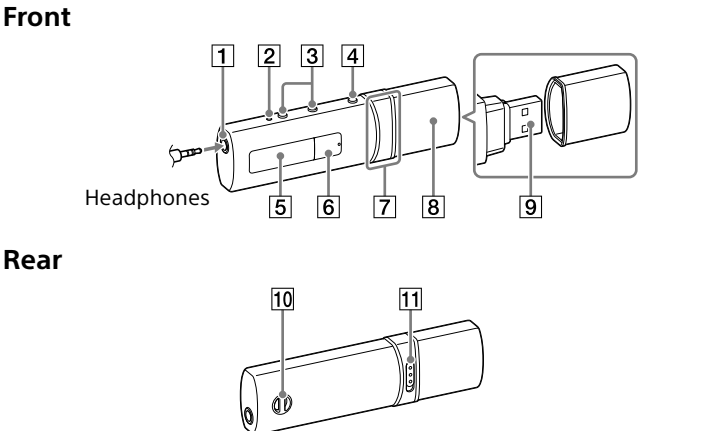
The battery for your Walkman is recharged while the Walkman is connected to a running computer.



Note

- If you charge your Walkman when it has not been used for a long period of time, your computer may not recognize it, or nothing may appear on the display. Charge the Walkman for about 10 minutes, after which it should start operating normally again. If the display of the Walkman remains blank for more than 10 minutes, disconnect the Walkman and press the RESET button to reset the Walkman.
- If you turn on the computer, restart the computer, shut down the computer, or wake up the computer from Sleep or Hibernate status while your Walkman is connected to the computer, the Walkman may malfunction. In this case, disconnect the Walkman and press the RESET button of the Walkman to reset it. Disconnect the Walkman from the computer before performing these operations.
- To prevent battery deterioration, charge the battery at least once every half a year or every year.

Parts and Controls



- Headphone jack**
- RESET button**
Press the RESET button with a pen or paper clip, etc. to reset your Walkman. While your Walkman is connected to the computer via USB, you cannot reset the Walkman.
- VOL +/-/- buttons**
- BACK/HOME button**
See "How to Use your Walkman."
- Display**
- ▶||* button**
Executes the desired items. Starts/pauses music playback, or pauses/restarts recording.
- ◀◀/▶▶ button**
Press to select a menu item, start fast-rewinds/forwards during playback, or preset an FM station.
- USB cap**
When connecting with USB, remove the USB cap.
- USB connector**
- Strap holes**
- HOLD switch**
Disables the operation buttons to avoid accidental operation while carrying your Walkman.

*1 There is a tactile dot to help with button operations.

About volume operation (Only for countries/areas complying with European and Korean Directives)

An alarm (beep) and a warning (Check the volume level) are meant to protect your ears when you turn the volume up to a level which is harmful for your ears for the first time. You can cancel the alarm and warning by pressing any button.

Note

- You can turn up the volume after canceling the alarm and warning.
- After the initial warning, the alarm and warning repeat for every 20 cumulative hours that the volume is set to a level which is harmful for your ears; when this happens, the volume is turned down automatically.
- If the volume is set to a level which is harmful for your ears and you turn off the Walkman, the volume is turned down to a level which is safe for your ears automatically.

Turning Your Walkman On and Off

To turn on	Press the ▶ button.
To turn off	Press and hold the ▶ button.

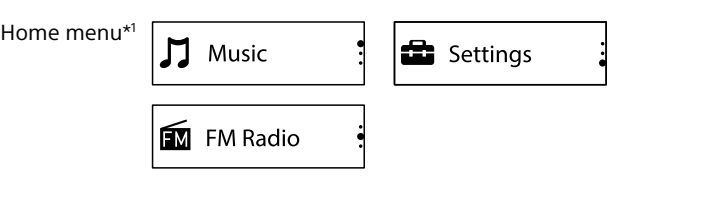
Hint

- If music playback is paused and no operations are attempted for a certain period of time, your Walkman turns off automatically, except when the FM radio is activated.
- The display will be turned off if you do not attempt an operation for a certain period of time. In such cases, press the BACK/HOME button to turn the display back on.

How to Use Your Walkman

The Home menu is the starting point of each application.

To display [Music] on the Home menu	Press and hold the BACK/HOME button.
To select an item	Press either side of the ◀◀/▶▶ button to select an item, and then press the ▶ button to confirm.
To return to the previous screen	Press the BACK/HOME button.



♪ [Music]	Plays back transferred music on your Walkman.
FM [FM Radio]*1	Plays FM radio, or plays back/deletes FM radio programs recorded with your Walkman.
⚙️ [Settings]	Sets the function for music, FM*, or your Walkman settings.

*1 Items related to the [FM Radio] function appear on NWZ-B183F only.

Importing and Transferring Music

You can transfer music (WMA or MP3 codec) into [MUSIC] folder on your Walkman by dragging and dropping it in Windows Explorer on your computer. If you need to rip music data from CDs, you can use Windows Media Player 11 or 12. For details on how to use, refer to the Help of it.

Note

- Do not disconnect your Walkman while files are being transferred. If you do, the file being transferred will be damaged.
- You cannot transfer music with copyright protection since your Walkman does not support it.

Troubleshooting

If your Walkman does not function as expected, try the following steps to resolve the issue.

1 Find the symptoms of the issue in “Troubleshooting” in the Help Guide (HTML document), and try any corrective actions listed.

For details on connecting to a computer, see the table below.

2 Connect your Walkman to your computer to charge the battery.

You may be able to resolve some issues by charging the battery.

3 Press the RESET button with a pen or paper clip, etc.

Before resetting your Walkman, disconnect your Walkman from your computer and check that no song is being played back. You can then reset the Walkman safely. After resetting the Walkman, press the **▶||** button to turn on the Walkman.

4 Check information on the issue in the Help of each software.

5 Look up information on the issue on one of the customer support websites.

About the customer support websites, see "For the latest information."

6 If the approaches listed above fail to resolve the issue, consult your nearest Sony dealer.

Symptom	Cause/Remedy
I cannot charge the battery.	- Your Walkman is not connected to a USB connector on your computer properly. - Disconnect the Walkman, and then reconnect it. - The battery is charged in an ambient temperature out of the range of 5 °C (41 °F) to 35 °C (95 °F). - You cannot charge the battery when the ⏻ icon appears. Charge the battery in an ambient temperature of 5 °C (41 °F) to 35 °C (95 °F). - The computer is not on. - Turn on the computer. - Your computer has entered Sleep or Hibernation status. - Release the computer from Sleep or Hibernation status.
[Connecting USB] does not appear when your Walkman is connected to the computer.	- The USB connector on your Walkman is not connected to a USB connector on your computer properly. - Disconnect the Walkman, and then reconnect it. - A USB hub is being used. - Connect your Walkman directly to a USB connector, as connection via a USB hub may not work. However, a USB hub that supplies power can be used. - Another application is running on the computer. - Disconnect your Walkman, wait a few minutes, and reconnect it. If the problem persists, disconnect the Walkman, restart the computer, and then reconnect the Walkman. - The USB connector on your computer may have a problem. - Connect your Walkman to another USB connector on your computer. - The remaining battery power is insufficient. - If you charge your Walkman when it has not been used for a long period of time, your computer may not recognize it, or nothing may appear on the display. Charge the Walkman for about 10 minutes, after which it should start operating normally again.
Your Walkman becomes unstable while it is connected to the computer.	- A USB hub is being used. - Connect your Walkman directly to a USB connector, as connection via a USB hub may not work. However, a USB hub that supplies power can be used.

Precautions

Information on laws and trademarks

For information on laws, regulations and trademark rights, refer to "Important Information" contained in the supplied software. To read it, install the supplied software on your computer.

About the headphones

- Avoid playing the unit at so loud a volume that extended play might affect your hearing.
- At a high volume outside sounds may become inaudible. Avoid listening to the unit in situations where hearing must not be impaired, for example, while driving or cycling.
- As the headphones are of open-air design, sounds go out through the headphones. Remember not to disturb those close to you.

About the in-ear headphones

The earbuds seal your ears. Therefore, be aware that there is a risk of damage to your ears or eardrums if strong pressure is applied to the earbuds, or the earbuds are suddenly removed from your ears. After use, be sure to take the earbuds off your ears gently.

For the latest information
If you have any questions or issues with this product, or would like information on items compatible with this product, visit the following websites.
For customers in the USA: http://www.sony.com/walkmansupport
For customers in Canada: http://www.sony.ca/ElectronicsSupport/
For customers in Latin America: http://www.sony-latam.com/index.crp
For customers in Europe: http://support.sony-europe.com/dna/wm/
For customers in Asia, Oceania, Middle East, and Africa: English: http://www.sony-asia.com/support Korean: http://scs.sony.co.kr/walkman/ Simplified Chinese: http://service.sony.com.cn/KB/ Traditional Chinese: http://service.sony.com.tw/
For customers who purchased overseas models: http://www.sony.co.jp/overseas/support/

繁體中文

關於手冊

快速入門指南只敘述基本操作說明，以及如何安裝隨附軟體。有關詳細資訊與操作說明，請在安裝後參閱隨附軟體隨附的說明指南（HTML 文件）。您可以使用各種裝置並透過URL 或第一頁的QR代碼來存取線上說明指南（HTML 文件/完整版本）。儘管您可以免費瀏覽內容，不過您的電信業者可能會向您收取通訊費用。

內容物

- WALKMAN® (1)
- 耳機 (1)
- 快速入門指南（本手冊）

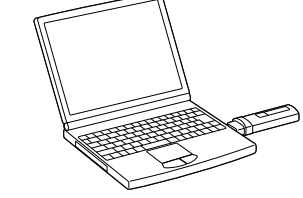
關於作業系統

請確認作業系統為Windows 8.1、Windows 8、Windows 7（Service Pack 1或更新版本）、Windows Vista（Service Pack 2或更新版本），而且電腦上安裝的Windows Media Player版本為11或12。

Walkman不支援Mac OS。

如何安裝隨附的軟體（隨附說明指南）

1 將Walkman連接到執行中的電腦。



2 在電腦上依序選擇以下項目。

- Windows 7或舊版：選擇[開始] – [電腦]或[我的電腦] – [WALKMAN] – [FOR WINDOWS]。
- Windows 8.1或 Windows 8：從[[開始] 畫面]選擇[桌面]，開啟[檔案總管]。在[電腦]清單中選擇[WALKMAN] – [FOR WINDOWS]。

3 按兩下[Help_Guide_Installer.exe]。

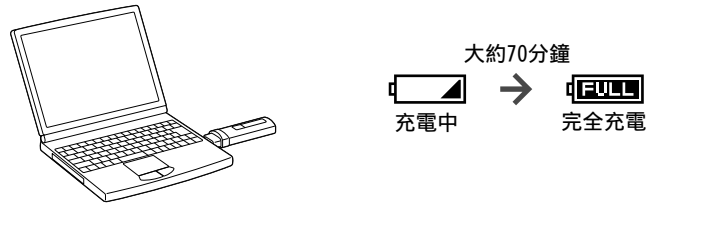
出現安裝精靈。

4 按照螢幕上的指示操作。

安裝程式完成後，說明指南捷徑圖示會出現在電腦的桌面上。

對電池充電

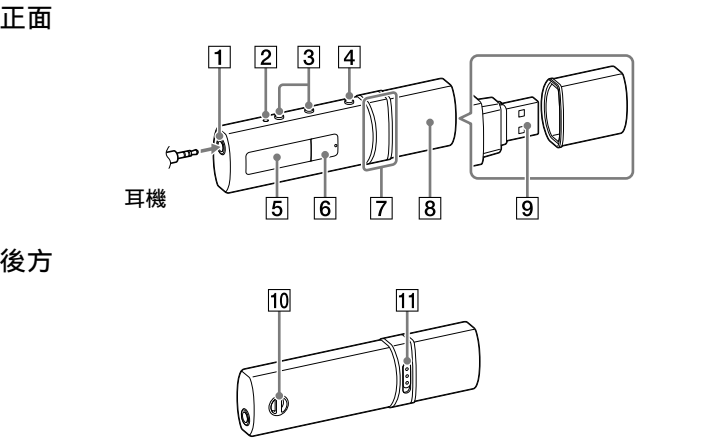
當Walkman連接到執行中的電腦時，電腦會為Walkman的電池充電。



附註

- 如果長時間未使用Walkman，當您充電時，電腦可能會無法辨識或不顯示任何內容。請為Walkman充電約10分鐘，之後它應該能再度開始正常運作。如果在10分鐘後Walkman的顯示幕仍為空白，請中斷Walkman的連線並按RESET按鈕來重設Walkman。
- 當Walkman與電腦連接時，如果您開啟電腦的電源、重新啟動電腦、關機，或從睡眠或休眠狀態中喚醒電腦，Walkman可能會故障。在這種情況下，請中斷Walkman的連線並按Walkman的RESET按鈕予以重設。在進行上述作業時，請先中斷Walkman與電腦間的連線。
- 為了防止電池性能降低，請每半年或每年對電池至少充電一次。

部件與控制裝置



- 耳機插孔**
- RESET按鈕**
按下可選取選單項目。在播放期間倒轉/快轉或重設FM電台。
- USB蓋**
- USB按鈕**
- VOL +/-/-按鈕**
- BACK/HOME按鈕**
請參閱“如何使用Walkman”。
- 顯示**
- ▶||*按鈕**
執行需要的項目。啟動/暫停音樂播放，或暫停/重新啟動錄音。
- ◀◀/▶▶按鈕**
按下可選取選單項目。在播放期間倒轉/快轉或重設FM電台。
- USB蓋**
- USB按鈕**
- 掛繩孔**
- HOLD開關**
停用操作鈕，預防在攜帶Walkman時意外操作。

*1 按鈕上有觸覺點以利操作按鈕。

關於音量操作（只限遵守歐洲和韓國法規的國家/區域）
警告（鳴聲）和[確認音量等級]警告的作用。在於當您首次將音量調高到可能會傷害耳朵的音量時保護您的耳朵。
按任何按鈕即可取消警告與警告。

附註

- 取消警告和警告之後，您便可以調高音量。
- 如果您將音量設定為可能會對耳朵造成傷害的音量，待裝置發出第一次警告之後，會在累計每達20小時時重複發出警告和警告，此時裝置會將音量自動調低。
- 將音量設定為可能會對耳朵造成傷害的音量後，當您關閉Walkman時，Walkman會自動將音量調低為對耳朵無害的音量。

開啟和關閉Walkman

開啟	按 ▶ 按鈕。
關閉	按住 ▶ 按鈕。

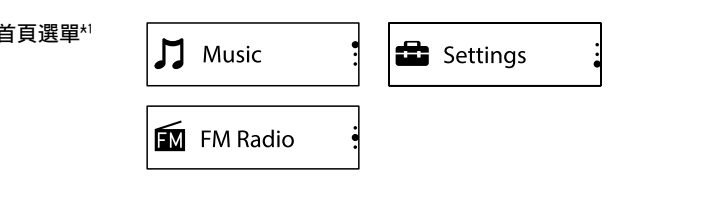
提示

- 如果音樂播放已暫停且您在特定時間內未嘗試任何操作，Walkman會自動關閉（FM收音機啟動時除外）。
- 如果您在特定時間內未嘗試任何操作，顯示幕會關閉。在這種情況下，請按BACK/HOME按鈕來再次開啟顯示幕。

如何使用Walkman

首頁選單是每個應用程式的開始位置。

在首頁選單顯示[音樂]	按住BACK/HOME按鈕。
選擇項目	按 ◀◀/▶▶ 按鈕的任一側以選擇項目，然後再按 ▶ 按鈕確認。
返回上一個畫面	按BACK/HOME按鈕。



♪ [音樂]	在Walkman上播放已傳輸的歌曲。
FM [FM收音機]*1	播放FM收音機，或播放/刪除以Walkman錄製的FM收音機節目。
⚙️ [設定]	設定音樂功能、FM*功能或Walkman設定。

*1 唯有NWZ-B183F會出現與[FM收音機]功能相關的項目。顯示於這些畫面中的語言為英文。

匯入和傳輸音樂

在電腦上的Windows檔案總管中，您可以藉由拖放將音樂（WMA或MP3轉碼器）傳輸到Walkman的[MUSIC]資料夾。如果您需要擷取CD中的音樂資料，可以使用Windows Media Player 11或12。如需使用方式的詳細資料，請參閱其說明。

附註

- 傳輸檔案時，切勿中斷Walkman的連線，否則可能會導致傳輸中的檔案受損。
- 您無法傳輸受著作權保護的內容，因為Walkman不支援該內容。

疑難排除

若Walkman運作異常，請執行下列步驟解決問題。

- 請在說明指南（HTML文件）的“疑難排除”中找出問題的症狀，然後執行所列的解決方法。如需連接電腦的詳細資料，請參閱下表。
- 將Walkman連接到電腦，為電池充電。您可以藉由為電池充電來解決某些問題。
- 用筆或迴紋針等物體按下RESET按鈕。在重設Walkman之前，請先中斷Walkman和電腦的連線，然後確認目前未播放任何歌曲。接著便能安全地重設Walkman。重設Walkman之後，請按**▶||**按鈕來開啟Walkman的電源。
- 請在各軟體說明中查閱問題的相關資訊。
- 在任一個客戶支援網站中搜尋問題的相關資訊。如需客戶支援網站的相關資訊，請參閱“如需最新資訊”。
- 如果上述方法未能解決問題，請洽詢鄰近的Sony經銷商。

症狀	原因/補救方法
無法為電池充電。	- Walkman未正確和電腦上的USB接頭連接。 - 中斷Walkman的連線，然後重新連接。 - 電池充電的環境溫度不在5°C到35°C的範圍之內 - 當⏻圖示出現時，您無法為電池充電。請在環境溫度介於5°C到35°C的範圍之內為電池充電。 - 電腦未開啟電源。 - 開啟電腦電源。 - 電腦已進入睡眠或休眠狀態。 - 解除電腦的睡眠或休眠狀態。
當Walkman連接電腦時，[正在連接USB]未出現。	- Walkman上的USB接頭未正確和電腦上的USB接頭連接。 - 中斷Walkman的連線，然後再重新連接。 - 目前正在使用USB集線器。 - 直接將Walkman連接到USB接頭，透過USB集線器可能會無法作用。不過您可以使用提供電源的USB集線器。 - 電腦上有其他應用程式正在執行。 - 中斷Walkman的連線，稍待幾分鐘後再重新連接。如果問題仍然存在，請中斷Walkman的連線、重新啟動電腦，然後重新連接Walkman。 - 電腦上的USB接頭可能有問題。 - 將Walkman連接到電腦上的其他USB接頭。 - 剩餘的電池電力不足。 - 如果長時間未使用Walkman，當您充電時，電腦可能會無法辨識或不顯示任何內容。請為Walkman充電約10分鐘，之後它應該能再度開始正常運作。
將Walkman連接到電腦時呈現不穩定的狀態。	- 目前正在使用USB集線器。 - 直接將Walkman連接到USB接頭，透過USB集線器可能會無法作用。不過您可以使用提供電源的USB集線器。

注意事項

有關法律與商標的資訊

有關法律、規範與商標權利的資訊，請參閱隨附軟體中的“重要資訊”。若要閱讀，請在電腦上安裝隨附的軟體。

關於耳機

- 避免長時間以高音量播放內容，如此可能會影響聽力。
- 由於過高的音量會掩蓋周遭環境的聲音。因此請避免在需要提高警覺的情況下（如開車或騎乘單車）收聽裝置。
- 由於耳機是設計成可在戶外使用的，聲音會透過耳機傳到外面來。請注意不要打擾周圍的人。

防止聽覺損害

避免以高音量使用耳機。聽覺專家建議，不要連續、高音量及長時間使用耳機。如果發生耳鳴現象，請調低音量或暫停使用。請勿突然將音量調高，特別是使用耳機時。慢慢調高音量，以免高音量造成聽覺受損。



1 耳機插孔	7 ◀◀/▶▶按鈕 按下此按鈕可选择一个菜单项目，在播放期间开始快退/快进，或预设FM电台。
2 RESET按钮 用笔尖或曲别针等按下RESET按钮可将Walkman复位。当Walkman通过USB与电脑相连时，无法将Walkman复位。	8 USB护盖 当进行USB连接时，请取下USB护盖。
3 VOL +/-/-按钮	9 USB接口
4 BACK/HOME按钮 请参阅“如何使用Walkman”。	10 挂绳孔
5 显示屏	11 HOLD开关 携带Walkman时禁用操作按钮以防止出现意外操作。
6 ▶ *按钮 执行所需项目。开始/暂停音乐播放或暂停/重新开始录音。	*1 带有便于按钮操作的触点。

如需最新资讯 如果您有任何和本产品相關的問題，或需要和本產品相容之項目的相關資訊，請造訪下列網站。 位在美國的客戶： http://www.sony.com/walkmansupport 位在加拿大的客戶： http://www.sony.ca/ElectronicsSupport/ 位在拉丁美洲的客戶： http://www.sony-latam.com/index.crp 位在歐洲的客戶： http://support.sony-europe.com/dna/wm/ 位在亞洲、大洋洲、中東和非洲的客戶： 英文: http://www.sony-asia.com/support 韓文: http://scs.sony.co.kr/walkman/ 簡體中文: http://service.sony.com.cn/KB/ 繁體中文: http://service.sony.com.tw/ 購買海外型號的客戶： http://www.sony.co.jp/overseas/support/

简体中文

数码音频播放器
使用产品前请仔细阅读本使用说明书，并请妥善保管

关于手冊

本快速入门指南只介绍基本操作说明以及如何安装随附软件。有关详细信息和操作说明，安装后请参阅随附软件中包含的帮助指南（HTML文件）。您可以使用各种设备从第一页上的URL或QR码访问在线帮助指南（HTML文件/完整版）。虽然浏览为免费，但根据您的运营商合同，您可能需要支付通信费。

附件

- WALKMAN® (1)
- 耳机 (1)
- 快速入门指南（本手册）

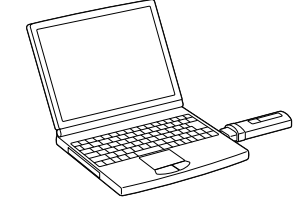
关于操作系统

请确定操作系统为Windows 8.1、Windows 8、Windows 7（Service Pack 1或更高版本）、Windows Vista（Service Pack 2或更高版本），以及电脑上安装的Windows Media Player的版本为11或12。

Walkman不支持Mac操作系统。

如何安装随机附送的软件（内含帮助指南）

1 将Walkman连接到正在运行的电脑。



2 根据电脑情况按照以下顺序进行选择。

- Windows 7或更低版本：选择[开始] – [计算机]或[我的电脑] – [WALKMAN] – [FOR WINDOWS]。
- Windows 8.1或Windows 8：从[“开始”屏幕]选择[桌面]打开[文件资源管理器]。从[计算机]列表中，选择[WALKMAN] – [FOR WINDOWS]。

3 双击[Help_Guide_Installer.exe]。

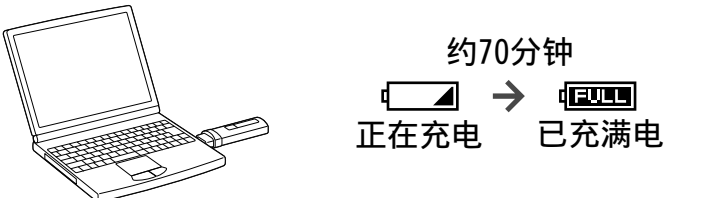
将出现安装向导。

4 请按照屏幕上的指示进行操作。

安装向导完成后，帮助指南快捷方式将出现在电脑桌面上。

为电池充电

当Walkman与正在运行的电脑连接时，Walkman中的电池便可进行充电。



说明

- 如果对长时间未使用的Walkman进行充电，电脑可能会无法识别，或显示屏可能无任何显示。请给Walkman充电10分钟左右，之后应该可以再次正常使用。如果Walkman的显示屏保持空白超过10分钟，请断开Walkman，然后按下RESET按钮将Walkman复位。
- 当Walkman与电脑处于连接状态时，如果打开电脑、重新启动电脑、关闭电脑，或将电脑从睡眠、休眠状态恢复，则Walkman可能会发生故障。在此情况下，请断开Walkman，然后按下Walkman的RESET按钮将其复位。执行这些操作前，请先断开Walkman与电脑的连接。
- 为防止电池性能降低，请每半年或每年对电池至少充电一次。

各部件和控制按钮

