

Quick Start Guide / 快速入門指南

빠른 시작 안내서 / 快速入門指南

دليل البدء السريع



NWZ-B162/B163/B162F/B163F



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English

- About the Manual**
- **Quick Start Guide:** Explains setup, enabling you to import songs to a computer, and to transfer them to the player.
 - **User Guide (HTML document):** Explains advanced features of the player and offers troubleshooting information. The User Guide (HTML document) is stored in the memory of the player. To view the User Guide (HTML document), see "Supplied Items."

Supplied Items

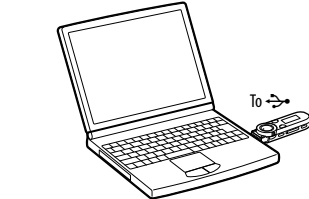
- Headphones (1)
 - Clip (1)
 - Quick Start Guide (this manual) (1)
 - Software
- The software is stored in the built-in flash memory of the player, and includes the following items:
- WALKMAN Guide
 - User Guide, etc.
- For details on how to install, see "How to Install the User Guide."

Before Connecting the Player to Your Computer

Make sure that the OS is Windows 7, Windows XP (Service Pack 3 or later) or Windows Vista (Service Pack 1 or later), and the installed Windows Media Player version on your computer is 11 or 12.

How to Install the User Guide

1 Connect the player to your computer.



2 Select the following order with the computer.

Select [start] - [My Computer] or [Computer] - [WALKMAN] - [Storage Media].

3 Double-click [Setup.exe].

- The wizard appears.
- When you execute [Setup.exe], the [Setup.exe] file stored in the [Storage Media] folder of the player is copied to your computer for backup, and WALKMAN Guide is installed to your computer.

4 Follow the on-screen instructions.

After executing [Setup.exe], the WALKMAN Guide shortcut appears on the desktop of your computer.

5 Double-click [WALKMAN Guide] on the desktop to start the WALKMAN Guide.

For details on transferring music, refer to the User Guide included in the WALKMAN Guide.

- ※ Hint**
- You can start the WALKMAN Guide from the [start] menu (displayed by clicking [start]).
 - If you delete the [Setup.exe] file in the player by formatting the built-in flash memory of the player, copy this data from the [Backup] folder on the computer to your computer. Then, connecting the player to the computer to be installed, follow the above procedure from step 1 to install it. The backup data is preserved in the following [C:] drive on your computer by the default install setting: C:\Program Files\Sony\WALKMAN Guide\NWZ-B160\Backup

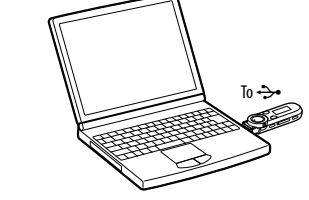
What can you do with the WALKMAN Guide?

- The WALKMAN Guide includes the following items:
- User Guide
 - The following contents can be viewed in your web browser.
 - Details on how to use the player
 - How to use software to transfer content to the player
 - Troubleshooting
 - Customer Registration Link
 - Customer Support Link
 - Other useful Links
 - Includes link information, etc., on the download site.
 - The bundled items differ depending on the country/region of purchase.

- ※ Hint**
- After executing [Setup.exe] you can use the free space in the [Storage Media] folder more effectively by formatting the built-in flash memory of the player. To format the built-in flash memory of the player, see "To initialize (format) the player."

Charging the Battery

The player's battery is recharged while the player is connected to a running computer.



Note

- When you use the player for the first time, or if you have not used the player for a long time, recharge it fully. When charging a depleted battery, the power illuminator blinks clockwise and nothing appears in the display.
- If the player's display remains blank for more than 5 minutes, press the RESET button to reset the player.
- If you turn on the computer, restart the computer, shut down the computer, or wake up from Sleep or Hibernate status while the player is connected to the computer, the player may malfunction. In this case, press the RESET button of the player at least once. Disconnect the player from the computer before performing these operations.
- To prevent battery deterioration, charge the battery to rest once every half a year or every year.

Parts and Controls

- Front**
- 1 REC/STOP button
 - 2 ZAP button
 - 3 BASS/PLAY MODE button
 - 4 VOL +/- button
 - 5 BATT button
 - 6 SHUTTLE switch
- Rear**
- 7 (Headphone) jack
 - 8 BACK/HOME button
 - 9 Power illuminator
 - 10 MIC (Microphone)
 - 11 Strap hole
 - 12 RESET button
 - 13 HOLD switch
 - 14 USB cap
 - 15 USB cap
 - 16 Clip hole

Turning the Player On and Off

- To turn on Press the BATT button.
- To turn off Press and hold the BATT button.

※ Hint

If song playback is paused and there is no operation for a certain period of time, the player turns off automatically.

How to Use the Player

The Home menu is the starting point of each application.

- To display the Home menu Press and hold the BACK/HOME button.
- To select an item Rotate the shuttle switch to the left or right to select an item, and then press the BATT button to confirm.
- To return to the previous screen Press the BACK/HOME button.



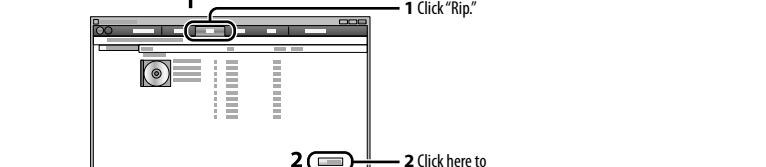
The icons appear in the Home menu and the color of the selected icon is inverted.

- 1 [Voice]** Plays back/deletes sound files recorded with the player's built-in microphone.
- 2 [Music Library]** Plays back transferred songs on the player.
- 3 [FM]** Plays FM radio, or plays back/deletes FM radio programs recorded with the player.
- 4 [Settings]** Sets the function for music, FM, voice recording, or player settings.
- 5 [FM] and items related to the [FM] function appear on NWZ-B162F/B163F only.**

Importing and Transferring Music

You can transfer songs to the player using Windows Media Player 11 or 12 on your computer. If you use Windows Media Player 10 or less on your computer, install Windows Media Player 11 from the Windows Media Player download site. <http://support.microsoft.com/>

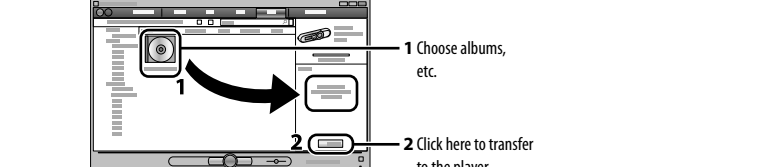
- 1 Import songs from CDs, etc., to Windows Media Player 11 or 12 on the computer.**
- For details on how to import songs from CDs, etc., refer to the Help of Windows Media Player 11 or 12. You do not need to re-import songs that have previously been imported to Windows Media Player 11 or 12.



2 Connect the USB connector of the player to your computer.

Insert the USB connector fully.

3 Transfer songs from Windows Media Player 11 or 12 to the player. [DATA ACCESS] appears in the display while transferring songs to the player.



Note

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

※ Hint

You can also transfer data to the player by dragging and dropping in Windows Explorer on your computer.

To delete songs transferred to the player

Connect the player to your computer, and then delete any unnecessary audio files using Windows Media Player 11, 12 or Windows Explorer.

Troubleshooting

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

- 1 **Find the symptoms of the issue in "Troubleshooting" in the User Guide (HTML document), and try any corrective actions listed.**
On connecting with the computer, see the following "System Requirements (for the player)" and tables.
- 2 **Connect the player 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 small pin, etc.**
If you press the RESET button while operating the player, stored data and player settings may be lost.
After resetting the player, press the BATT button to turn on the player.
- 4 **Check information on the issue in the Help of each software.**
About the customer support web sites, see "For the latest information."
- 5 **Look up information on the issue on one of the customer support Web sites.**
If the approaches listed above fail to resolve the issue, consult your nearest Sony dealer.
- 6 **If the approaches listed above fail to resolve the issue, consult your nearest Sony dealer.**

System Requirements (for the player)

- Computer
 - IBM PC/AT compatible computer preinstalled with the following Windows operating systems:
 - Windows XP Home Edition* (Service Pack 3 or later) / Windows XP Professional* (Service Pack 3 or later) / Windows Vista Home Basic (Service Pack 1 or later) / Windows Vista Home Premium (Service Pack 1 or later) / Windows Vista Business (Service Pack 1 or later) / Windows Vista Ultimate (Service Pack 1 or later) / Windows 7 Home Basic / Windows 7 Home Premium / Windows 7 Professional / Windows 7 Ultimate
 - Not supported by OSs other than above.
 - *Excluding OS versions not supported by Microsoft.
 - *Excluding 64-bit OS versions.
 - CPU: Pentium III 650 MHz or higher for Windows XP; Pentium III 800 MHz or higher for Windows Vista; Pentium III 1 GHz or higher for Windows 7.
 - RAM: 256 MB or more for Windows XP; 512 MB or more for Windows Vista; 1 GB or more for Windows 7; 2 GB or more for Windows 7 64-bit versions; 2 GB or more for Windows 7 64-bit versions
 - Hard Disk Drive: 600 MB or more of available space
- Display:
 - Screen Resolution: 800 x 600 pixels (or higher) (recommended 1,024 x 768 or higher)
 - Colors: 8 bit or higher (16 bit recommended)
- USB connector (Hi-Speed USB is recommended)
 - Internet Explorer 7 or later
 - Windows Media Player 11 for Windows XP and Windows Vista; Windows Media Player 12 for Windows 7
 - Broadband Internet connection is required to use Electronic Music Distribution (EMD)
 - We do not guarantee operation for all computers even if they meet the above System Requirements.
 - Not supported by the following environments:
 - Personally constructed computers or operating systems
 - An environment that is an upgrade of the original manufacturer-installed operating system
 - Multi-boot environment
 - Multi-monitor environment
 - Macintosh

Design and specifications are subject to change without notice.

Symptom	Cause/Remedy
The player cannot charge the battery.	• The player is not connected to a USB connector on your computer properly. → Disconnect the player, 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.

- [CONNECTED USB] does not appear when the player is connected to the computer.
- Disconnect the player, and then reconnect it.
 - A USB hub is being used.
 - Connect the player 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 the player, wait a few minutes, and reconnect it. If the problem persists, disconnect the player, restart the computer, and then reconnect the player.
 - The USB connector on your computer may have a problem.
 - Connect the player to another USB connector on your computer.
 - The remaining battery power is insufficient.
 - Charge the battery by connecting the player to a running computer for at least 5 minutes. When charging a depleted battery, the power illuminator blinks clockwise and nothing appears in the display.

The player becomes unusable while it is connected to the computer.

- A USB hub is being used.
- Connect the player directly to a USB connector, as connection via a USB hub may not work. However, a USB hub that supplies power can be used.

To initialize (format) the player

You can format the memory of the player. If the memory is formatted, all shortcut icons and files including the User Guide (HTML document) will be erased and all setting values returned to their defaults. Be sure to verify the files stored in memory prior to formatting and export any necessary files to the hard disk of your computer or other device beforehand.

- 1 **Press and hold the BACK/HOME button until the Home menu appears.**
- 2 **Select [Settings] - [Initialize] - [Format] - [OK], in this order.**
Rotate the shuttle switch to select the item, and then press the BATT button to confirm.
After selecting [OK] and confirming, [FORMATTING...] appears and formatting starts. When formatting is complete, [COMPLETE] appears.

Note

- Do not format the memory of the player in Windows Explorer. If you format the player in Windows Explorer accidentally, do it again on the player.
- If you format the memory of the player by accident, download the User Guide (HTML document) from the web site mentioned in "For the latest information."

Precautions

- 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 supplied headphones are of open-air design, sounds go out through the headphones. Remember not to disturb those close to you.

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

Rated current consumption 500 mA

For users in France

When replacing the headphones/earphones, please refer to the model of the headphones/earphones adapted to your unit that appears below: MDR-E804

At high volume, prolonged listening to the personal audio player can damage the user's hearing.

For the latest information

If you have any questions or issues with a Sony product, or would like information on compatible items with a Sony product, visit the following Web sites.

For customers in the USA: <http://www.sony.com/walkmansupport/>

For customers in Europe: <http://www.sony.ca/ElectronicsSupport/>

For customers in Latin America: <http://support.sony-earphone.com/DNA>

For customers in other countries/regions: <http://www.sony-asia.com/support>

For customers who purchased the overseas models: <http://www.sony.co.jp/overseasupport/>

繁體中文

關於本手冊

- **快速入門指南 (HTML 文件)：**說明設定方式，可讓您輕鬆輸入到電腦，再將它們傳輸到隨身聽。
- **使用者指南 (HTML 文件)：**說明隨身聽的功能，以及提供故障排除的資訊。
- **使用指南 (HTML 文件)：**儲存於隨身聽的記憶體。若要檢視使用指南 (HTML 文件)，請參閱「隨附項目」。

隨附項目

- 耳機 (1)
 - 的摩提 (1)
 - 快速入門指南 (本手冊) (1)
 - 軟體
- 軟體儲存於隨身聽的內建快閃記憶體中，包括以下項目：
- WALKMAN Guide
 - 使用者指南等
- 有關如何安裝的詳細內容，請參閱「如何安裝使用者指南」。

將隨身聽連接到電腦之前

務必確認作業系統為 Windows 7、Windows XP (Service Pack 3 或更新版本) 或 Windows Vista (Service Pack 1 或更新版本)，且在電腦上安裝的 Windows Media Player 版本為 11 或 12。

如何安裝使用者指南

1 將隨身聽連接到電腦。



2 在電腦上按照以下順序選擇。

選擇 [開始] - [我的電腦] 或 [電腦] - [WALKMAN] - [Storage Media]。

3 按兩下 [Setup.exe]。

- 出現安裝精靈。
- 執行 [Setup.exe] 時，隨身聽的 [Storage Media] 資料夾中儲存的 [Setup.exe] 檔案會被複製到電腦作為備份，且 WALKMAN Guide 會安裝到您的電腦。

4 按照畫面指示進行操作。

執行 [Setup.exe] 後，WALKMAN Guide 這裡會出現在電腦桌面上。

5 按兩下桌面上的 [WALKMAN Guide] 啟動 WALKMAN Guide。

有關傳輸音樂等的詳細內容，請參閱 WALKMAN Guide 中包含的使用指南。

- ※ 提示**
- 您可以從 [開始] 選單啟動 WALKMAN Guide (按一下 [開始] 即可顯示)。
 - 若您刪除格式化隨身聽的記憶體及從電腦刪除隨身聽的 [Setup.exe] 檔案，請將這些資料從電腦中的 [Backup] 資料夾複製到隨身聽，然後將隨身聽連接到電腦安裝軟體。從步驟 1 開始執行以上步驟進行安裝。
 - 根據設定與設定，備份資料會儲存在電腦的 [C:] 磁碟機中: C:\Program Files\Sony\WALKMAN Guide\NWZ-B160\Backup

您可以使用 WALKMAN Guide 執行什麼功能？

WALKMAN Guide 包含以下項目：

- 使用者指南
 - 可以在裝置資訊器中檢視以下內容：
 - 有關如何使用隨身聽的詳細內容
 - 如何使用軟體將內容傳輸到隨身聽
 - 故障排除
 - 客戶註冊連結
 - 客戶支援連結
 - 其他實用連結
- 包含下載網站的連結資訊等。
- 隨身聽視視聽音響/地區而異。

- ※ 提示**
- 執行 [Setup.exe] 後，您可以透過格式化隨身聽的內建快閃記憶體，更有效地使用 [Storage Media] 資料夾中的剩餘空間。若要格式化隨身聽的內建快閃記憶體，請參閱「初始化 (格式化) 隨身聽」。

對電池充電

當隨身聽連接到正在運作的電腦時，會對隨身聽的電池充電。



注意

- 首次使用前或您很久未使用隨身聽時，請對隨身聽完全充電。對電力耗盡的電池充電時，電源指示燈會閃爍。請參閱說明書。
- 如果隨身聽的顯示屏顯示空白超過 5 分鐘，按下 RESET 鈕來重置隨身聽。
- 如果隨身聽的電池耗盡時，如果將電腦電源關閉，重新開啟，開機，或是從睡眠或休眠狀態中喚醒，隨身聽可能會故障。在此情況下，按下隨身聽的 RESET 鈕以重置，執行這些操作時，請中斷隨身聽與電腦的連接。
- 為了防止電池性能降低，請至少每半年對電池充電至少一次。

各部件和控制器

- 前視圖**
- 1 REC/STOP 鈕
 - 2 ZAP 鈕
 - 3 BASS/PLAY MODE 鈕
 - 4 VOL +/- 鈕
 - 5 BATT 鈕
 - 6 SHUTTLE 鈕
- 後視圖**
- 7 (耳機) 插孔
 - 8 BACK/HOME 鈕
 - 9 電源指示燈
 - 10 MIC (麥克風)
 - 11 掛繩孔
 - 12 RESET 鈕
 - 13 HOLD 開關
 - 14 USB 蓋
 - 15 USB 蓋
 - 16 夾孔

開啟和關閉隨身聽

- 開啟 按 BATT 鈕。
- 關閉 按 BATT 鈕。

- ※ 提示**
- 如果歌曲播放暫停，而且經過一段時間沒有操作，隨身聽會自動關閉。
- 如何使用隨身聽**
- 首選選單是每種應用程式的開始位置。
- 顯示首選選單 按兩下 BACK/HOME 鈕。
- 選擇項目 旋轉搖桿開關至左或右，然後按 BATT 鈕進入。
- 返回上一個畫面 按兩下 BACK/HOME 鈕。



首選選單中的圖示和所顯示的顏色反轉。

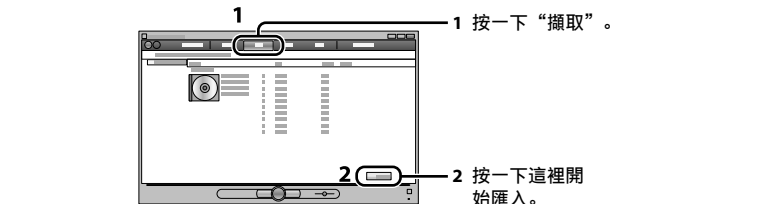
- [靜音] 播放/刪除使用隨身聽的內建麥克風錄製的聲音檔案。
- [曲庫] 播放傳送到隨身聽中的歌曲。
- [FM 電台] 播放 FM 收音機，或播放/刪除使用隨身聽錄製的 FM 收音機節目。
- [設定] 設定音響、FM、聲音錄製、隨身聽設定的功能。

*只有 NWZ-B162F/B163F 會出現 [和 [FM 電台] 功能的相關圖示。]

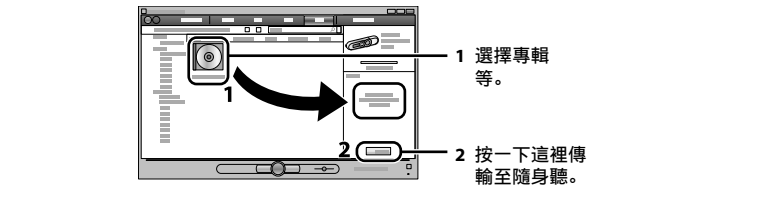
匯入和傳輸音樂

您可以使用電腦上的 Windows Media Player 11 或 12 將歌曲傳輸到隨身聽。如果您使用 Windows Media Player 10 或以上，請從 Windows Media Player 下載網站安裝 Windows Media Player 11. <http://support.microsoft.com/>

- 1 將歌曲從 CD 等匯入電腦上的 Windows Media Player 11 或 12。**
- 有關如何從 CD 等匯入歌曲的詳細內容，請參閱 Windows Media Player 11 或 12 說明。不需要重新匯入之前已匯入 Windows Media Player 11 或 12 的歌曲。



- 2 將隨身聽的 USB 接頭連接到電腦。**
- 完全插入 USB 接頭。
- 3 將歌曲從 Windows Media Player 11 或 12 傳輸到隨身聽。**
- 將歌曲傳送到隨身聽時，顯示幕中出現 [存取資料]。



注意

- 傳送檔案時，切勿中斷隨身聽的連接。如果中斷連接，傳送的檔案會損壞。
- 您無法傳送受到版權保護的內容，因為隨身聽不支援。
- 您也可以從電腦的 Windows Explorer 中，使用拖放的方式將資料傳送到隨身聽。

刪除傳送到隨身聽中的歌曲

將隨身聽連接到電腦，並使用 Windows Media Player 11 或 12 或 Windows Explorer 刪除任何不需要的音訊檔案。

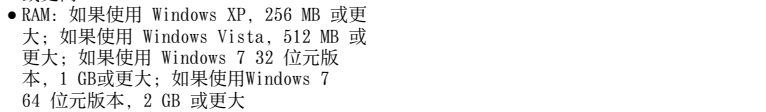
故障排除

- 1 **在使用者指南 (HTML 文件) 的「故障排除」中找出問題的故障現象，並嘗試所有列出的解決方法。**
關於連接到電腦，請參閱以下「系統要求 (適用於隨身聽)」和表格。
- 2 **將隨身聽連接到電腦為電池充電。**
對電池充電可能可以解決某些問題。
- 3 **用小針針對各按鈕按下 RESET 鈕。**
如果您在操作隨身聽時按下 RESET 鈕，儲存的資料和隨身聽設定可能會遺失。
重新設定隨身聽後，按 BATT 鈕開啟隨身聽。
- 4 **查看每個軟體說明中相關問題的資訊。**
- 5 **在顧客支援網站上尋找相關問題的資訊。**
關於顧客支援網站，請參閱「關於支援資訊」。
- 6 **若以上列出的方法均無法解決問題，請向附近的 Sony 經銷商諮詢。**

系統要求 (適用於隨身聽)

- 電腦：可用空間 600 MB 或更大
 - 顯示器：
 - 螢幕解析度：800 x 600 像素 (或更高)
 - 色彩：8 位元或更高 (建議 16 位元)
 - USB 接頭 (建議使用 USB 2.0)
 - Internet Explorer 7 或更新版本
 - Windows XP 用 Windows Vista 的 Windows Media Player 11, Windows 7 的 Windows Media Player 12
 - 必須安裝驅動網路連接埠，以便使用 Electronic Music Distribution (EMD) 或遠端網路。
 - 如果您有驅動網路符合以上系統要求，我們仍不擔保您能完全透過以下問題解決：
 - 自行編寫的電腦或作業系統，
 - 原始製造商安裝的作業系統的升級版本，
 - 多系統環境
 - 多螢幕環境
 - Macintosh
- CPU：如果使用 Windows XP, Pentium III 650 MHz 或更高；如果使用 Windows Vista, Pentium III 800 MHz 或更高；如果使用 Windows 7, Pentium III 1 GHz 或更高。
- 記憶體：如果使用 Windows XP, 256 MB 或更大；如果使用 Windows Vista, 512 MB 或更大；如果使用 Windows 7, 2 GB 或更大；1 GB 或更大；如果使用 Windows 7 64 位元版本，2 GB 或更大。

設計與規格若有變更，恕不另行通知。



首選選單中出現的圖示和所顯示的顏色反轉。

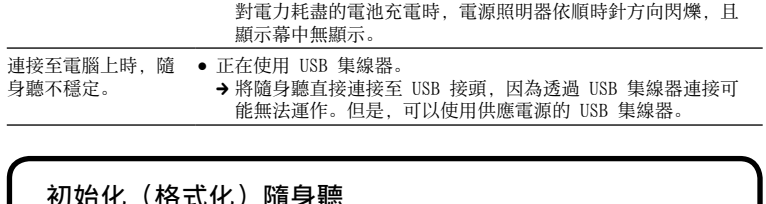
- [靜音] 播放/刪除使用隨身聽的內建麥克風錄製的聲音檔案。
- [曲庫] 播放傳送到隨身聽中的歌曲。
- [FM 電台] 播放 FM 收音機，或播放/刪除使用隨身聽錄製的 FM 收音機節目。
- [設定] 設定音響、FM、聲音錄製、隨身聽設定的功能。

*只有 NWZ-B162F/B163F 會出現 [和 [FM 電台] 功能的相關圖示。]

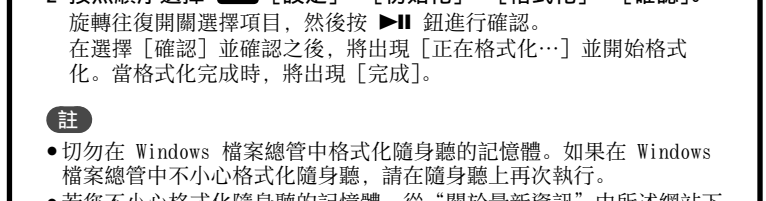
匯入和傳輸音樂

您可以使用電腦上的 Windows Media Player 11 或 12 將歌曲傳輸到隨身聽。如果您使用 Windows Media Player 10 或以上，請從 Windows Media Player 下載網站安裝 Windows Media Player 11. <http://support.microsoft.com/>

- 1 將歌曲從 CD 等匯入電腦上的 Windows Media Player 11 或 12。**
- 有關如何從 CD 等匯入歌曲的詳細內容，請參閱 Windows Media Player 11 或 12 說明。不需要重新匯入之前已匯入 Windows Media Player 11 或 12 的歌曲。



- 2 將隨身聽的 USB 接頭連接到電腦。**
- 完全插入 USB 接頭。
- 3 將歌曲從 Windows Media Player 11 或 12 傳輸到隨身聽。**
- 將歌曲傳送到隨身聽時，顯示幕中出現 [存取資料]。



注意

- 傳送檔案時，切勿中斷隨身聽的連接。如果中斷連接，傳送的檔案會損壞。
- 您無法傳送受到版權保護的內容，因為隨身聽不支援。
- 您也可以從電腦的 Windows Explorer 中，使用拖放的方式將資料傳送到隨身聽。

注意事項

- 關於耳機**
- 請勿音量大聽得太久，以免影響聽力。
 - 音量大時大聲聽到不到外面的聲音。避免在聽力不應受到干擾時 (如駕駛或騎車) 使用耳機。
 - 由於帶的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

避免以音量大使用耳機。聽覺專家建議，不要過高、高音量及長時間使用耳機。如果發生耳鳴現象，請從低音量或暫停使用。

請勿長時間音量大聽，特別是使用耳機時。

聽覺損害音訊，以及聽覺損傷造成聽覺受損。

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關於最新資訊

美國地區的顧客：<http://www.sony.com/walkmansupport/>

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