

# Wireless Gaming Headset

## Reference Guide

INZONE H5

Model: YY2976



[https://rd1.sony.net/help/mdr/2976/h\\_zz/](https://rd1.sony.net/help/mdr/2976/h_zz/)

Model: YY2976

The term "product" in this document refers to the unit or its accessories.

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

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

Do not subject the batteries to extreme low temperature conditions that may result in overheating and thermal runaway.

Do not dismantle, open, or shred secondary batteries.

In the event of a secondary battery leaking, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.

Secondary batteries need to be charged before use. Always refer to the manufacturer's instructions or product manual for proper charging instructions.

After extended periods of storage, it may be necessary to charge and discharge the secondary batteries several times to obtain maximum performance.

Dispose of properly.

Reduction in the Use of Hazardous Substances in Electrical & Electronic Equipment (Applicable in Republic of India)

This product and its components, consumables, parts or spares comply with the hazardous substances restriction of India's E-Waste (Management) Rules. The maximum allowable concentrations of the restricted substances are 0.1% by weight in homogenous materials for Lead, Mercury, Hexavalent Chromium, Polybrominated Biphenyls (PBB) and Polybrominated Diphenyl Ethers (PBDE), and 0.01% by weight in homogenous materials for Cadmium, except for the exemptions specified in Schedule II of the aforesaid Rules.

High volume may adversely affect your hearing.

Do not use the unit while walking, driving, or cycling. Doing so may cause traffic accidents.

Do not use in hazardous areas unless the surrounding sound can be heard.

The unit is not waterproof. If water or foreign matter enters the unit, it may result in fire or electric shock. If water or foreign matter enters the unit, stop use immediately and consult your nearest Sony dealer. In particular, be careful in the following cases.

- When using the unit near a sink or liquid container  
Be careful that the unit does not fall into a sink or container filled with water.
- When using the unit in the rain or snow, or in humid locations
- When using the unit while you are perspiring  
If you touch the unit with wet hands, or put the unit in the pocket of a damp article of clothing, the unit may get wet.

For details on the effects of contact with the human body from the mobile phone or other wireless devices connected to the unit, refer to the instruction manual of the wireless device.

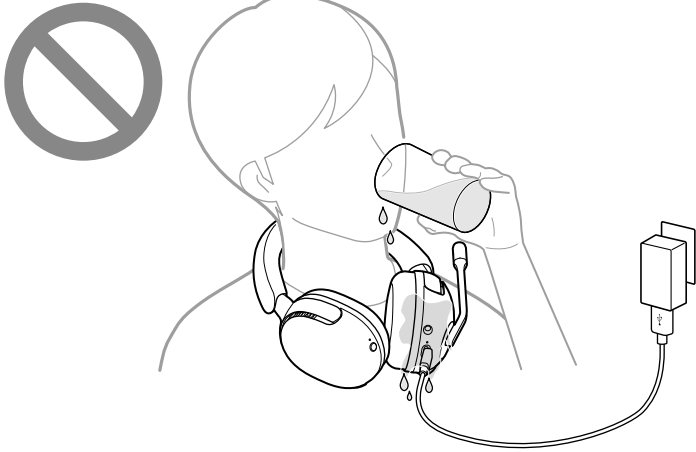
Never insert the USB plug when the unit or charging cable is wet. If the USB plug is inserted while the unit or charging cable is wet, a short circuit may occur due to liquid (tap water, seawater, soft drink, etc.) or foreign matter on the unit or charging cable, and cause abnormal heat generation or malfunction.

This product has magnet(s) which may interfere with pacemakers, programmable shunt valves for hydrocephalus treatment, or other medical devices. Do not place this product close to persons who use such medical devices. Consult your doctor before using this product if you use any such medical device.

There is a danger that small parts may be swallowed. After use, store in a location out of reach of small children.

### Note about static electricity

If you use the unit when the air is dry, you may experience discomfort due to static electricity accumulated on your body. This is not a malfunction of the unit. You can reduce the effect by wearing clothes made of natural materials that do not easily generate static electricity.

**A**

## Precautions

The two-dimensional code or the URL on the cover will help you access the help guide that describes useful notes or procedures in details.

### On charging the unit

- Be sure to use the supplied USB Type-C cable.
- After charging is complete, disconnect the USB Type-C cable.
- While connecting the USB cable, do not apply excessive force to the connection part.
- When connecting or disconnecting the USB cable, do not apply excessive force, such as by pulling the cable, and connect or disconnect the connector straight to the port to be connected.
- If the USB cable connector is deformed, such as by it being bent, stop use immediately.

### On using the unit while charging

- While liquid such as water or sweat, or foreign matter such as dust is attached to the USB Type-C cable or USB port, charging the unit may cause serious accidents such as burns or injuries due to fire, electric shock, heat generation or ignition, or can be the cause of a malfunction.  
Note the following when you use the unit while charging.
  - If you feel any abnormality, stop using immediately.
  - Check that there is no dust or foreign matter inside.
  - If the USB cable or port gets wet due to liquid such as drinking water or sweat while charging, disconnect the USB cable from the connected device immediately to stop charging (Fig. **A**).
  - Be sure to use the supplied USB Type-C cable for charging.

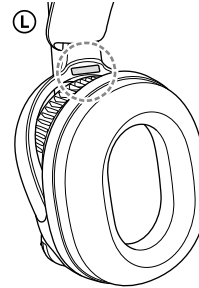
### Notes on wearing the unit

- After use, remove the headphones slowly.

## Other notes

- When you use the unit as wired headphones, use the supplied headphone cable only. Make sure that the headphone cable is firmly inserted.
- Do not apply weight or pressure to the unit for long periods, including when it is stored, as it may cause deformation.
- If you experience discomfort while using the unit, stop using it immediately.
- Be careful that the boom microphone does not hit your eyes while wearing, removing, and using the unit.
- If you have any questions or problems concerning this unit that are not covered in this manual, please consult your nearest Sony dealer.

## Location of the serial number label



## Specifications

### Headset

#### Power source:

DC 5 V (Using a commercially available USB AC Adaptor)  
Using built-in lithium-ion batteries (Product Operation Power: DC 3.85 V)

#### Operating temperature:

0 °C to 40 °C

#### Rated power consumption:

3 W

#### Mass:

Approx. 260 g

#### Included items:

Wireless Gaming Headset (1)  
USB Type-C® cable (USB-A to USB-C®) (1)  
Headphone cable (1)  
USB Transceiver (YY2979) (1)  
Documents (1 set)

### Communication specification

#### Modulation system:

GFSK, π/4-DQPSK, 8DPSK

#### Frequency band:

2.4 GHz band (2.400 0 GHz -  
2.483 5 GHz)

Design and specifications are subject to change without notice.

### System requirements for battery charge using USB

#### USB AC adaptor:

A commercially available USB AC adaptor capable of supplying an output current of 0.5 A (500 mA) or more.

### Recommended Personal Computer OS version

Windows®: Windows 10 or later

Mac: macOS 11 or later

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