

# **SUUNTO SONIC**

## USER GUIDE

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# 1. Intended use


The Suunto Sonic headphones are wireless Bluetooth® compatible headphones designed and made for outdoor sports. With Suunto Sonic, you can safely and comfortably listen to music and make phone calls during exercises.

Do not use the product in situations that require special or full attention. The product is only for recreational use.

## 2. Safety

### Types of safety precautions


 **WARNING:** - is used in connection with a procedure or situation that may result in serious injury or death.


 **CAUTION:** - is used in connection with a procedure or situation that will result in damage to the product.


 **NOTE:** - is used to emphasize important information.


 **TIP:** - is used for extra tips on how to utilize the features and functions of the device.


### Safety precautions


 **WARNING:** Keep the USB cable away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The USB cable device connector includes a strong magnet which may interfere with the operation of medical or other electronic devices and items with magnetically stored data.


 **WARNING:** Allergic reactions or skin irritations may occur when the product is in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.


 **WARNING:** Always consult your doctor before beginning an exercise program. Overexertion may cause serious injury.

 **WARNING:** Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.


 **WARNING:** Wearing headphones may impact your ability to hear your surroundings. Use your headphones responsibly and prioritize safety.


 **WARNING:** Before charging, ensure that the charging port of the headphones is free from any residual liquid. Liquid on the charging port damages the headphones' circuit.


 **WARNING:** Do not use the product during thunderstorms. Thunderstorms can cause abnormal device operation and increase the risk of electric shock.


 **WARNING:** Even if your headphones are waterproof, do not charge them while wet. Charging wet headphones can lead to fire or electrical shock. Make sure that the charging cable and the headphones are dry before charging the headphones.


 **CAUTION:** Only use the provided charging cable when charging your Suunto Sonic.


 **CAUTION:** Do not apply solvent of any kind to the product, as it may damage the surface.

 **CAUTION:** Do not apply insect repellent on the product, as it may damage the surface.

 **CAUTION:** Do not knock or drop the product, as it may get damaged.

 **NOTE:** Do not throw the product away, but treat it as electronic waste to preserve the environment.

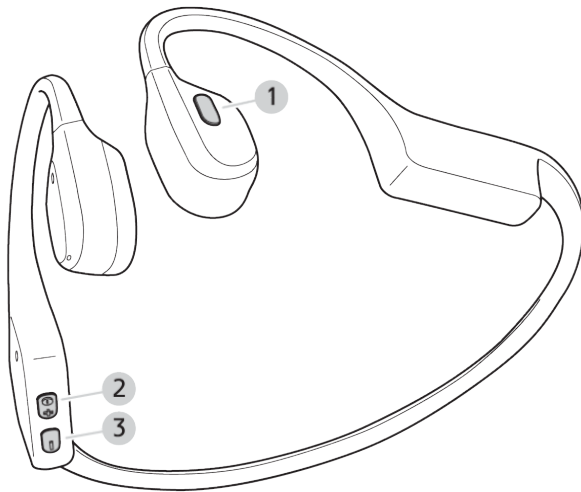
 **NOTE:** Always comply with the local laws and regulations when using the product outdoors and when using it among people.

 **NOTE:** Make sure you fully understand how to use your headphones and what their limitations are by reading all the printed documentation and the online user manual. Always remember that you are responsible for your own safety.

## 3. Getting started

### 3.1. Buttons

Suunto Sonic has three buttons you can use to switch song, adjust volume and answer or end phone calls.



1. multifunction button
2. [+] and power button
3. [-] button

### Switching on/off the device

- keep the [+] button pressed for 3 seconds to switch the device on or off

### Listening to audio

- press the multifunction button once to start or stop playing the audio
- press the multifunction button twice to skip to the next track
- press the multifunction button three times to return to the previous track
- press the [+] button to increase volume
- press the [-] button to decrease volume
- keep the multifunction button and the [+] button pressed simultaneously for 3 seconds to switch sound mode

### Making a phone call

- press the multifunction button once to answer or end a call
- press the [+] button to increase volume
- press the [-] button to decrease volume

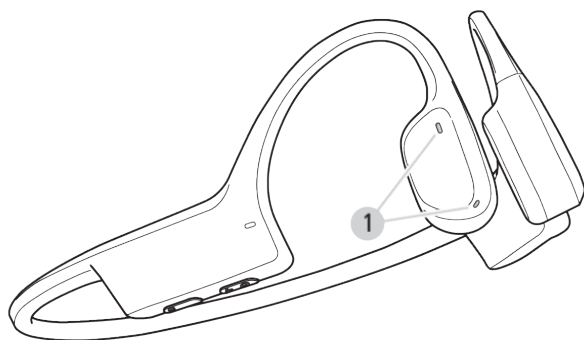
## Adjusting settings when the device is on

- keep the [+] and [-] buttons pressed simultaneously for 3 seconds to enter pairing mode
- in pairing mode, keep the multifunction button and the [+] button pressed simultaneously for 3 seconds to enable dual device connection

## 3.2. Microphone

Your Suunto Sonic comes with dual microphone and clear voice call (cVc) noise reduction technology. These features guarantee good voice quality of your phone calls even in noisy conditions.

You find the microphones on the right side of the headphones:



1. dual microphone

**⚠ CAUTION:** Do not wash the microphone holes directly with water or volatile liquids, as they may affect the performance of the microphone.

## 3.3. Bluetooth connectivity

Your Suunto Sonic headphones communicate with the compatible devices via Bluetooth. You can pair the product with any Bluetooth devices capable of playing audio, such as mobile phones, smart watches, tablets, etc. For information on how to pair the headphones with a compatible device, see [3.4. Pairing](#).

You can connect your headphones to two Bluetooth devices at the same time. See [4.3. Dual device connection](#).

If you want to disconnect the headphones and the compatible device, you can do so in the Bluetooth settings of the paired device. You have two options. To keep the headphones on the Bluetooth list of the paired device and ensure quick reconnection, simply disconnect the devices. If you want to completely remove the headphones from the Bluetooth list of the paired device, delete the headphones from the list of Bluetooth connections. In this case, if you want to use the headphones and the Bluetooth device again, you have to start pairing from the beginning.



**NOTE:** *If you move outside of the Bluetooth connection range for more than 3 minutes while wearing Suunto Sonic, the headphones and the paired device disconnect.*

When the Bluetooth connection between the headphones and the compatible device is lost, Suunto Sonic automatically enters standby mode to save power. When the headphones are in standby mode, press any button to quickly reconnect to the Bluetooth device.

## 3.4. Pairing

Before you use your Suunto Sonic for the first time, you need to pair it with a compatible device.

### **If Suunto Sonic is not switched on:**

1. Keep the [+] button pressed. After 3 seconds, Suunto Sonic switches on. Do not release the button.
2. Keep the [+] button pressed for 2 more seconds to enter pairing mode. When the LED light alternately flashes red and white, the product is ready for pairing.
3. Make sure Bluetooth is enabled on the device you want to pair your Suunto Sonic with.
4. Under the Bluetooth settings of the compatible device, open the list of nearby devices.
5. Find Suunto Sonic on the list and pair the headphones with the device.

When the pairing is successful, the headphones will play a sound and the white LED will light for 1 second before it switches off.

### **If Suunto Sonic is already on:**

1. Keep the [+] and [-] buttons pressed simultaneously for 3 seconds to enter pairing mode. When the LED light alternately flashes red and white, the product is ready for pairing.
2. Make sure Bluetooth is enabled on the device you want to pair your Suunto Sonic with.
3. Under the Bluetooth settings of the compatible device, open the list of nearby devices.
4. Find Suunto Sonic on the list and pair the headphones with the device.

When the pairing is successful, the headphones will play a sound and the white LED will light for 1 second before it switches off.

## 3.5. Suunto app

With the Suunto app on your phone, you can further enrich your Suunto Sonic experience. Pair your headphones with the mobile app to adjust sound mode, connections and more.

To adjust headphones settings in Suunto app:

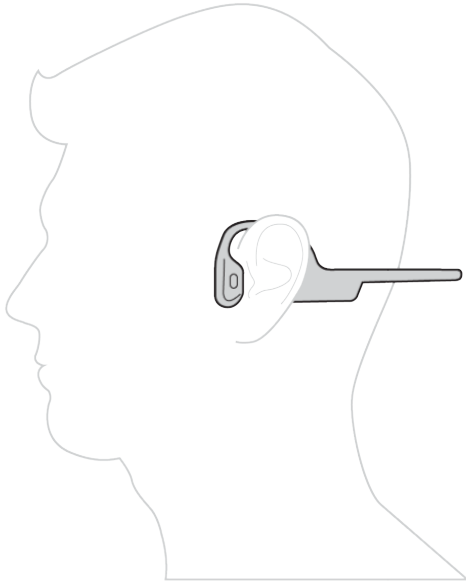
1. Pair Suunto Sonic with the compatible mobile device via Bluetooth. See *3.4. Pairing*.
2. Download and install Suunto app on your compatible mobile device from the App Store, Google Play or several popular app stores in China.
3. Start Suunto app on your phone.
4. The app automatically connects to your headphones.
5. Go to your profile in Suunto app and open the headphones menu to adjust product settings.



### 3.6. Wearing the headphones

Suunto Sonic headphones are bone conduction headphones with open-ear style, allowing you to listen to audio and still hear your surroundings during exercises.

For the proper experience, put the headphones to the back of your head, with the hooks on your ears so that the transducers rest in front of your ears. Keep the back of the headphones parallel to the ground.



Whether you are training in the gym or you are out on rugged paths, the headphones stay stable on your head. Thanks to their light weight and the open-ear style, the headphones are comfortable to use for several hours. You can wear Suunto Sonic together with a bike helmet or a hat and even under a beanie.

## 4. Features

### 4.1. Sound mode

You can choose from different sound modes when wearing your headphones. Your Suunto Sonic offers a normal sound mode for everyday use and light exercises and another sound mode for outdoor trainings and noisy conditions. In the outdoor sound mode, the volume is higher. Select the mode that provides the best experience in your given situation.



**NOTE:** Noise may occur at high volume levels.

While listening to audio, you can switch sound mode by keeping the multifunction button and the [+] button pressed simultaneously for 3 seconds. If you have Suunto app installed on your phone, you can also change sound mode in the app.



**WARNING:** Prolonged use of headphones at high volume levels can lead to hearing damage and sound distortion.



**WARNING:** Wearing headphones may impact your ability to hear your surroundings. Use your headphones responsibly and prioritize safety.

### 4.2. Voice feedback

If you have a voice feedback capable Suunto watch, you can get voice feedback with valuable information during your exercise. The feedback can help you to keep track of your progress and give you useful indicators, depending on what feedback options you have selected. The voice feedback comes from your phone so your watch and your headphones must be paired with Suunto app.

To activate voice feedback on your watch before an exercise:

1. Before starting an exercise, scroll down and select **Voice feedback**.
2. Toggle **Voice feedback from app** on.
3. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
4. Make sure your headphones are on and paired with Suunto app.
5. Go back and start your exercise as you normally do.

Your phone will now bring you various voice feedback during your exercise, depending on which voice feedback you have activated.

To activate voice feedback on your watch during an exercise:

1. Press the upper button to pause the exercise.
2. Select **Options**.
3. Scroll down and select **Voice feedback**.
4. Toggle **Voice feedback from app** on.
5. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
6. Make sure your headphones are on and paired with Suunto app.
7. Go back and resume your exercise.

## 4.3. Dual device connection

You can connect your Suunto Sonic to two Bluetooth devices at the same time. With the help of the dual device connection function, you can easily switch to your phone and answer a call while listening to music from your computer.

Follow these steps to pair your headphones with two devices:

### **When the headphones are switched off:**

1. Keep the [+] button pressed for 5 seconds to switch the headphones on and enter pairing mode.
2. While the LED light is flashing red and white alternately, keep the multifunction button and the [+] button pressed simultaneously for 3 seconds to enable dual device connection. The headphones will play a sound when the function is enabled.
3. Under the Bluetooth settings of the first compatible device, open the list of nearby devices.
4. Find Suunto Sonic in the list and pair the headphones with the first device.
5. Keep the [+] and [-] buttons pressed simultaneously for 3 seconds to enter pairing mode again.
6. Under the Bluetooth settings of the second compatible device, open the list of nearby devices.
7. Find Suunto Sonic on the list and pair the headphones with the second device.
8. When you connect the second device, the first device temporarily disconnects from the headphones. To reconnect the first device, go to the Bluetooth settings of the device or simply restart the headphones.


### **When the headphones are already switched on and paired with a device:**

1. Keep the [+] and [-] buttons pressed simultaneously for 3 seconds to enter pairing mode.
2. While the LED light is flashing red and white alternately, keep the multifunction button and the [+] button pressed simultaneously for 3 seconds to enable dual device connection. The headphones will play a sound when the function is enabled.
3. Under the Bluetooth settings of the second compatible device, open the list of nearby devices.
4. Find Suunto Sonic on the list and pair the headphones with the second device.
5. When you connect the second device, the first device temporarily disconnects from the headphones. To reconnect the first device, go to the Bluetooth settings of the device or simply restart the headphones.

### **When the headphones are already switched on and paired with a device with Suunto app:**


1. Enable dual device connection in Suunto app.
2. Keep the [+] and [-] buttons pressed simultaneously for 3 seconds to enter pairing mode.
3. Under the Bluetooth settings of the second compatible device, open the list of nearby devices.
4. Find Suunto Sonic on the list and pair the headphones with the second device.
5. When you connect the second device, the first device temporarily disconnects from the headphones. To reconnect the first device, go to the Bluetooth settings of the device or simply restart the headphones.


You can check the list of the connected devices in Suunto app.

 **NOTE:** When you use Suunto Sonic with two paired devices at the same time, the headphones determine their own priority based on the order of the played content and the tasks. Normally, the first played audio takes precedence over the second, and phone calls take precedence over audio playback. However, the actual operation of different brands and models of the compatible devices may vary.

## 4.4. Low latency mode

Low latency mode reduces the delay of the sound when you are listening to audio or watching video wearing Suunto Sonic.

 **NOTE:** To use low latency mode, the compatible device needs to support the APTX Adaptive Bluetooth audio. After pairing the headphones with the compatible device, switch the audio format to APTX Adaptive on the Bluetooth settings page of the paired device. On some devices, you need to turn on low latency mode separately.

 **NOTE:** The low latency effect might vary depending on factors such as the model and system version of the compatible device, the app you use for playing the audio and playback content type.

## 5. Settings

### 5.1. Device info

You can check device info, for example, the software version of your headphones in Suunto app.

### 5.2. Software updates


Software updates add important improvements to your headphones. For updating the software, the headphones must be connected to Suunto app. Internet connection is required for downloading the update package. For installing the update package, the battery level of the headphones must be at least 20%.

When an update is available, a popup window offers you the update option after opening Suunto app. Keep the headphones connected to your mobile phone during the update process. When the update is complete, the headphones will restart.

You can check the software version of your headphones under the device settings in Suunto app.

### 5.3. Resetting the headphones

In case you want to delete all your settings from Suunto Sonic, you can reset the product. While Suunto Sonic is charging, keep the multifunction button pressed for 5 seconds. When the LED light alternately blinks red and white once and the headphones play a sound, the reset is successful.

 **NOTE:** After the reset, the Bluetooth pairing records are deleted from the headphones. When you want to use the headphones again, you have to start the pairing process from the beginning. See 3.4. Pairing.

## 6. Care and support

### 6.1. Handling guidelines

Handle the unit with care, do not knock or drop it. Do not store the headphones below heavy items as the headphones may get deformed.

When the surface of the product is dirty, wipe it clean with a soft dry cloth. Pay special attention to the microphones, buttons, and charger pins.

Under normal circumstances, the headphones do not require servicing.

Use only original Suunto accessories. Damage caused by non-original accessories is not covered by warranty.

### 6.2. Battery and charging

The battery performance on a single charge depends on how you use your headphones and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.

The headphones are fully charged in one hour, and you can listen to up to 10 hours of music with one charge.

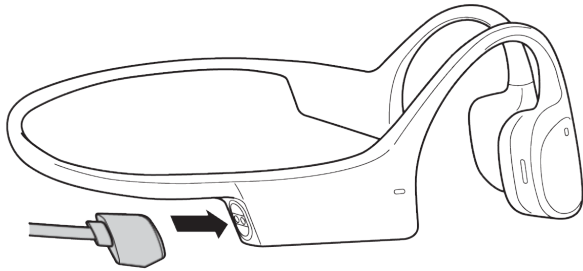
When the battery level is less than 5%, the headphones play a low battery alarm tone every 5 minutes, and the red LED light is blinking.

To check the battery status of your headphones, connect the product to Suunto app. You can see the battery status on the headphones' page in the app.

For charging your headphones, use the supplied USB cable.

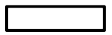
### USB cable

The USB charging cable is included in the product package. For charging the headphones with the cable, connect the magnetic end of the cable to the charging port of the headphones. If the headphones are switched on, they will automatically switch off when the charging starts. While the headphones are charging, the red LED light is on. When the battery is fully charged, the LED light turns white for a minute, then it turns off.



### 6.3. Disposal

Please dispose of the device in accordance with local regulations for electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.



## 7. Reference

### 7.1. Compliance

For compliance related information and detailed technical specifications, see “Product Safety and Regulatory Information” delivered together with your Suunto Sonic or available at [www.suunto.com/userguides](http://www.suunto.com/userguides).

### 7.2. CE

Hereby, Suunto Oy, declares that the radio equipment type HS232 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.suunto.com/EUconformity](http://www.suunto.com/EUconformity).









# SUUNTO CUSTOMER SUPPORT

[www.suunto.com/support](http://www.suunto.com/support)

[www.suunto.com/register](http://www.suunto.com/register)

**Manufacturer:**

Suunto Oy  
Tammiston Kauppatie 7 A,  
FI-01510 Vantaa FINLAND



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