

**Quick Start Guide**  
**Краткое руководство / Короткий посібник**



**NWZ-B142/B143/B142F/B143F**



\* 4 1 4 5 6 2 4 2 1 \* (1)

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4-145-624-21 (1)

**English**

**About the Manual**

- **Quick Start Guide:** Explains set up, enabling you to import songs to a computer, and to transfer them to the player.
- **Operation Guide (PDF file):** Explains advanced features of the player and offers troubleshooting information. The Operation Guide (PDF file) is stored in the built-in flash memory of the player. To view the Operation Guide (PDF file), see "Supplied Items."

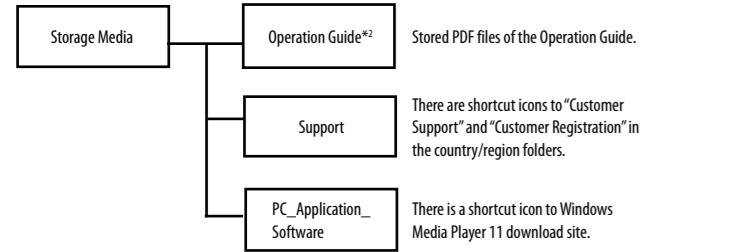
**Supplied Items**

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

**Included items in the built-in flash memory of the player**

The following items are stored in the [Storage Media] folder of the built-in flash memory of the player.

1. Remove the USB cap of the player and connect the player directly to a USB connector on your computer.
2. Double-click [My Computer] or [Computer] - [WALKMAN] - [Storage Media]\*1. The following folders are displayed.
3. Copy all data on the necessary data in the following folders to your computer.



\*1 Data hierarchy may differ, depending on your computer environment.  
 \*2 PDF files named [xxx\_NWZB140.pdf] in this folder are the Operation Guide. The language name is displayed in the place of "xxx." Choose the manual of your language. To view the Operation Guide (PDF file), you need Adobe Reader or Acrobat Reader 5.0 in your computer. Adobe Reader can be downloaded from the Internet for free.

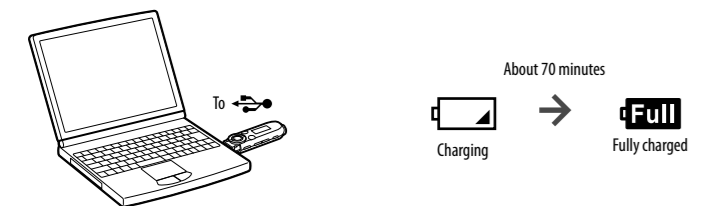
- Hint**
- To use the free space in the [Storage Media] folder more effectively, back up all necessary data in the above three folders to your computer, and then delete the folders. To format the built-in flash memory of the player, see "To initialize (format) the player."

**Before Connecting the Player to Your Computer**

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

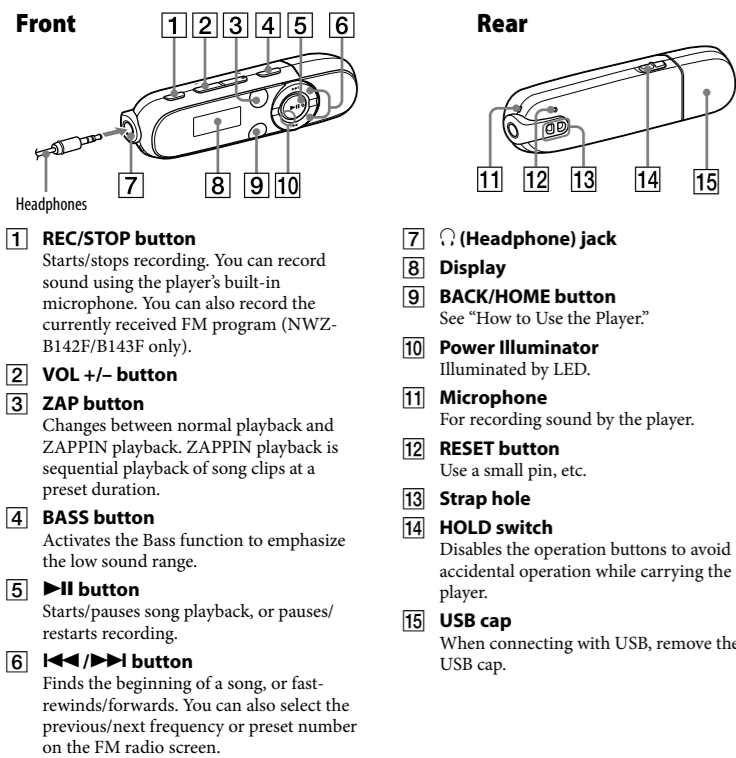
**Charging the Battery**

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



- Note**
- If the player is used for the first time, or left unused for an extended period, the player's display may remain blank for about 5 minutes after connecting to a computer or other device, or during charging. If the player's display remains blank for more than 5 minutes, press the RESET button to reset the player.

**Parts and Controls**



**Turning the Player On and Off**

To turn on	Press the ►   button.
To turn off	Press and hold the ►   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	Press the ◀◀/▶▶ button to select an item, and then press the ►   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.

	Voice	Plays back/deletes sound files recorded with the player's built-in microphone.
	Music Library	Plays back transferred songs on the player.
	FM*1	Plays FM radio, or plays back/deletes FM radio programs recorded with the player.
	Settings	Sets function settings of music, FM*1, voice recording, or the player.

\*1NWZ-B142F/B143F only

**Importing and Transferring Music**

You can transfer songs to the player using Windows Media Player 11 on your computer.

If you do not have Windows Media Player 11 in your computer, click a shortcut icon to the Windows Media Player 11 download site in the built-in flash memory of the player.

**1 Import songs from CDs, etc., to Windows Media Player 11 on the computer.**

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

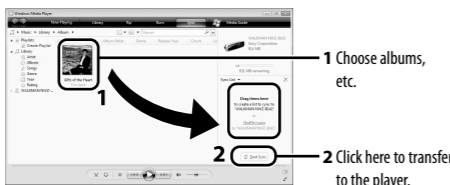


**2 Connect the USB connector of the player to your computer.**

Insert the USB connector fully.

**3 Transfer songs from Windows Media Player 11 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.

- 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 or Windows Explorer.

**Troubleshooting**

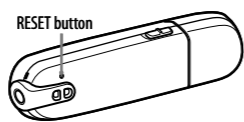
If the player does not function as expected, try the following steps to resolve the issue.

**1 Find the symptoms of the issue in "Troubleshooting" in the Operation Guide (PDF file), and try any corrective actions listed.**

About connecting with a computer, see the following "Connection with a computer."

**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 settings on the player may be deleted. After resetting the player, press the ►|| button to turn on the player.

**4 Check the information about the issue in the Help of the software.**

**5 Look for information about the issue on one of the customer support web sites.**

About the customer support web sites, see "For the latest information."

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

**Connection with a computer**

About connecting with a computer, check the following "System Requirements (for the player)" and tables.

**System Requirements (for the player)**

- Computer
- IBM PC/AT or compatible computer preinstalled with the following Windows operating systems\*1:
- Windows XP Home Edition (Service Pack 2 or later) / Windows XP Professional (Service Pack 2 or later)\*2 / Windows Vista Home Basic (Service Pack 1) / Windows Vista Home Premium (Service Pack 1) / Windows Vista Business (Service Pack 1) / Windows Vista Ultimate (Service Pack 1)
- Not supported by OSs other than above.

\*1 Excluding OS Versions not supported by Microsoft.  
 \*2 Excluding 64-bit OS Version

- CPU: 300 MHz or more (For Windows Vista, 800 MHz or more)
- RAM: 128 MB or more (For Windows Vista, 512 MB or more)
- USB connector (Hi-Speed USB is recommended)
- Internet Explorer 6.0 or later, Windows Media Player 11 need to be installed.
- Broadband Internet connection is required to use Electronic Music Distribution (EMD) or to visit the web site.

- 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.	<ul style="list-style-type: none"> <li>• The player is not connected to a USB connector on your computer properly.                             <ul style="list-style-type: none"> <li>➔ Disconnect the player, and then reconnect it.</li> </ul> </li> <li>• The battery is charged in an ambient temperature outside the range of 5 °C (41°F) to 35 °C (95°F).                             <ul style="list-style-type: none"> <li>➔ Charge the battery in an ambient temperature of between 5 °C (41°F) to 35 °C (95°F).</li> </ul> </li> <li>• Your computer is not on.                             <ul style="list-style-type: none"> <li>➔ Turn on the computer</li> </ul> </li> <li>• Your computer enters Sleep or Hibernate status.                             <ul style="list-style-type: none"> <li>➔ Release the computer from Sleep or Hibernate status.</li> </ul> </li> </ul>
"CONNECTED USB" does not appear when the player is connected to the computer.	<ul style="list-style-type: none"> <li>• The player's USB connector is not connected to a USB connector on your computer properly.                             <ul style="list-style-type: none"> <li>➔ Disconnect the player, and then reconnect it.</li> </ul> </li> <li>• A USB hub is being used.                             <ul style="list-style-type: none"> <li>➔ 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.</li> </ul> </li> <li>• Another application is running on the computer.                             <ul style="list-style-type: none"> <li>➔ 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.</li> </ul> </li> <li>• The USB connector on your computer may have a problem. Connect the player's USB connector to another USB connector on your computer.</li> </ul>
The player becomes unstable while it is connected to the computer.	<ul style="list-style-type: none"> <li>• A USB hub is being used.                             <ul style="list-style-type: none"> <li>➔ Connect the player directly to a USB connector, as connection via a connected to the USB hub may not work. However, a USB hub that supplies power can be used.</li> </ul> </li> </ul>

**To initialize (format) the player**

You can format the built-in flash memory of the player. If the memory is formatted, all shortcut icons and files including the Operation Guide (PDF file) 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.** Press the ◀◀/▶▶ button to select the item, and then press the ►|| button to confirm. After selecting "OK" and confirming, "FORMATTING..." appears and formatting starts. When formatting is complete, "COMPLETE" appears.

- Notes**
- Do not format the built-in flash memory using Windows Explorer. If you format the built-in flash memory, format it on the player.
- If you format the built-in flash memory of the player by accident, download the Operation Guide (PDF file) 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.

**Notice for customers: the following information is only applicable to equipment sold in countries applying EU directives**

The manufacturer of this product is Sony Corporation, 1-7-1 Konan, Minato-ku, Tokyo, Japan. The Authorized Representative for EMC and product safety is Sony Deutschland GmbH, Hedelfinger Strasse 61, 70327 Stuttgart, Germany. For any service or guarantee matters please refer to the addresses given in separate service or guarantee documents.

**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.



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**For the latest information**

If you have any questions or issues with this product, or would like information on compatible items with this product, visit the following web sites.  
 For customers in the USA: <http://www.sony.com/walkmansupport>  
 For customers in Canada: <http://www.sony.ca/ElectronicsSupport/>  
 For customers in Europe: <http://support.sony-europe.com/DNA>  
 For customers in Latin America: <http://www.sony-latin.com/index.crp>  
 For customers in other countries/regions: <http://www.sony-asia.com/support>  
 For customers who purchased the overseas models:  
<http://www.sony.co.jp/overseas/support/>

