

Head Mounted Display
Startup Guide



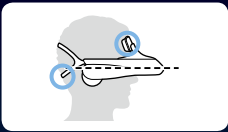
Enjoy Video in Four Steps

By design, the system will offer an impressive experience only after you take a moment to adjust it to fit you well. Confirm the following steps and prepare for use before enjoying content with this system.

1 Connect

2 Wear

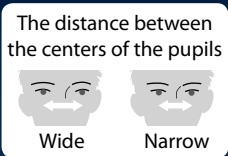
Adjust the head mounted unit correctly.



Adjust the head mounted unit securely to your head, so that the display stays directly in front of your eyes.

3 Set Up

Adjust the lens span correctly.



The distance between pupils varies from person to person. Wear the head mounted unit correctly and adjust the lens span to the correct width to align images on the left and right lenses and form images.

4 Enjoy

What's in the box



Head mounted unit



Processor unit



HDMI cable (1)



Accessories

AC power cord (2 for Dubai and Saudi Arabian models, 1 for other models)

Before use, also refer to “Health Precautions” and “Precautions” in the “Reference Guide.”

HMZ-T1

© 2011 Sony Corporation Printed in Japan



Printed using VOC (Volatile Organic Compound)-free vegetable oil based ink.

4-297-825-12(1)

1 Connect

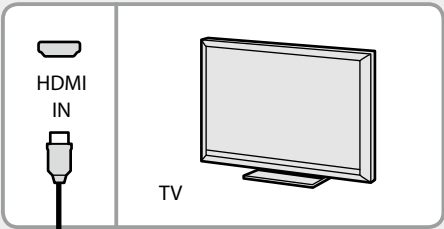
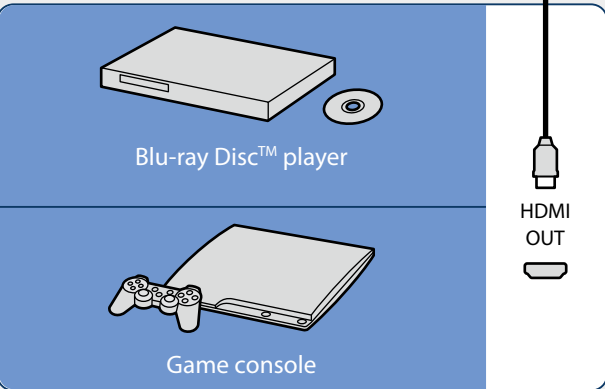
1 Connect a playback equipment and a TV.

If your playback equipment has only one HDMI OUT jack and you also want to watch content from it on a TV, connect it to the processor unit with the supplied High-Speed HDMI cable, and connect the processor unit to the TV with another High-Speed HDMI cable (recommended cable length: up to 5 m (17 ft)).

Notes

- Make sure to set “HDMI pass-through” to “On” in the “General Setup” menu when connecting a TV or other display device.
- Make sure that the system is in standby mode when watching content on a connected TV or other display device.

Playback Equipment



Processor unit (Back)

2 Connect the head mounted unit.



Head mounted unit

Processor unit (Front)

3 Connect the AC power cord and plug it in.

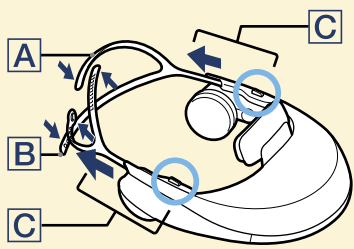
To wall outlet

4 Turn the playback equipment on.



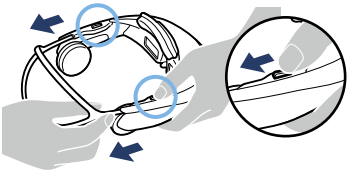
2 Wear

Wearing the unit will prevent you from seeing outside the display. Before you put it on, take a moment to review steps 2 – 4 (Wear, Set up, and Enjoy), so that you know the sequence of operations.

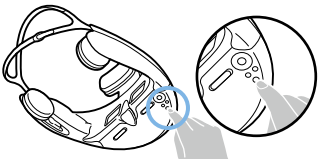


- Adjustable Parts**
- A Top headband strap
 - B Bottom headband strap
 - C Headband, release button

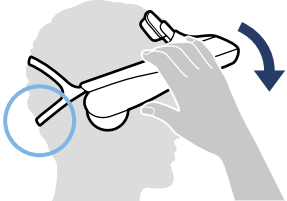
If you normally wear glasses or contact lenses, wear them as usual during use (with the exception of reading glasses). Note that watching with bifocals may be less than optimal.



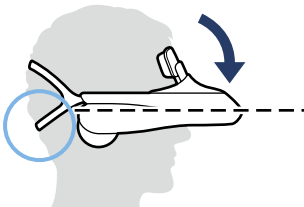
- 1 Pull out the headband.**
On one side after another, hold the band release button down and loosen the headband.



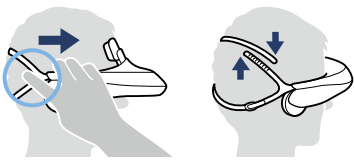
- 2 Turn the system on (power icon).**
The power indicator on the processor unit is now lit in green.



- 3 Bring the headband strap down around the back of your head.**
Lower the bottom headband strap to the base of your head.



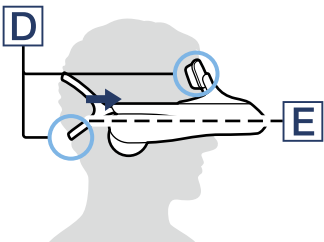
- 4 Straighten the unit on your head.**
Straighten the front of the unit, so that it is not tilted downward.



- 5 Tighten the headband gently.**
Gently tighten the headband, evenly on both sides. If the top or bottom headband strap is too loose, adjust the length.

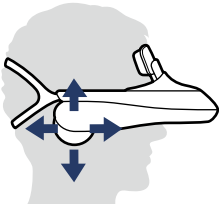


- 6 Adjust the position on your head.**
Carefully adjust the unit left and right (and up and down, as needed) to find the best position for viewing the center of the screens.



- 7 Tighten the headband securely.**
D Support the unit with both the forehead supporter and the bottom headband strap. Do not support the unit with the bridge of your nose.
E Fasten it to keep it level on your head.

Note
• If the unit tips forward, lower the bottom headband strap to balance the unit on your head.



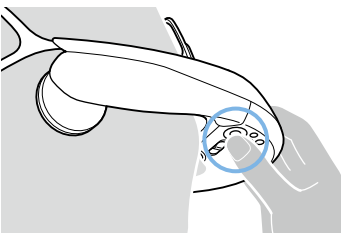
- 8 Adjust the headphones.**
Move the headphones forward, back, up, or down to position them over your ears.



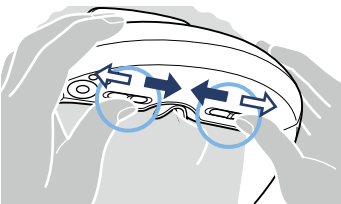
- To remove the head mounted unit**
Hold the band release buttons on both sides and pull the unit forward as you lift it off.

3 Set Up

Follow the instructions displayed on the screen for operations.



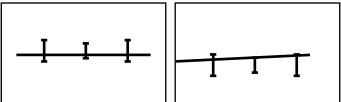
- 1 Select a display language (first time only).**
Press the ▲/▼ button to select a language, and then press the MENU or ► button.



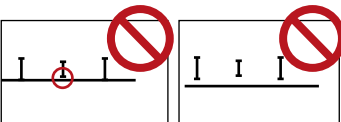
- 2 Adjust the lens span.**
Hold the lens span adjusters on both sides and slide them together until you can see the screen clearly. After adjustment, press the MENU button or ► button.



Note
• If you cannot see the screen clearly after lens span adjustment, start over from "2 Wear."



All three "I" marks and the horizontal line intersect.



More than one of the "I" marks and the horizontal line do not intersect.

- 3 Check display alignment.**
Confirm that all three "I" marks and the horizontal line intersect, and then press the MENU or ► button. It is acceptable if the "I" marks and the horizontal line intersect in a position other than the center of the screen.

Note
• If even one of the "I" marks and the horizontal line do not intersect, stop using the system. For details, see the "Reference Guide."

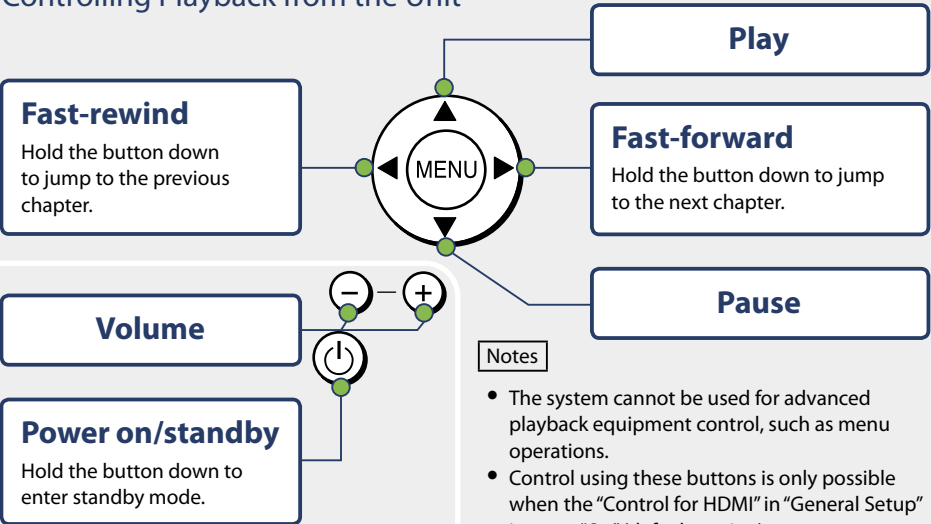
- 4 Follow the instructions displayed.**
After reading the information, press the MENU or ► button.

4 Enjoy



Control playback from compatible playback sources.

Controlling Playback from the Unit



For details on configuring menu settings and attaching accessories, see the "Reference Guide."