



MOMENTUM Sport

Sports earbuds

Model: MSPORT1, MSPORT1 R, MSPORT1 L, MSPORT1 C



Instruction manual

Use the search function, the navigation (left) or the following links:

“Start”

“Product overview”

“Getting started”

“Using the earbuds”

“FAQ/If a problem occurs ...”

“Specifications”

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Important safety instructions

- ▷ Read this instruction manual carefully and completely before using the product.
- ▷ Always include this instruction manual when passing the product on to third parties.
- ▷ Do not use the product if it is obviously defective or makes loud, unusual (whistling or beeping) noise.
- ▷ Only use the product in environments where **Bluetooth®** wireless transmission is permitted.

Preventing damage to health and accidents

- ▷ Protect your hearing from high volume levels. Permanent hearing damage may occur when earbuds are used at high volume levels for long periods of time. Sennheiser earbuds sound exceptionally good at low and medium volume levels. 
- ▷ Do not insert the earbuds too deep into your ears and never insert them without ear tips. Always remove the earbuds slowly and carefully from your ears.
- ▷ The product generates stronger permanent magnetic fields that could cause interference with cardiac pacemakers, implanted defibrillators (ICDs) and other implants. Always maintain a distance of at least 3.94"/10 cm between the product component containing the magnet (earbuds and charging case) and the cardiac pacemaker, implanted defibrillator, or other implant.  
- ▷ Keep the product, accessories and packaging parts out of reach of children and pets to prevent accidents. Swallowing and choking hazard.
- ▷ Do not use the product in an environment that requires your special attention (e.g. in traffic). Especially the product's active noise cancellation can make ambient sounds inaudible or drastically change the perception of acoustic warning signals.
- ▷ Do not use the product and the health data collection sensors to diagnose or treat diseases or for medical purposes.

Preventing damage to the product and malfunctions

- ▷ Always keep the product dry and do not expose it to extreme temperatures (hairdryer, heater, extended exposure to sunlight, etc.) to avoid corrosion or deformation. The normal operating temperature is from 0 °C to 40 °C/32 °F to 104 °F.
- ▷ To avoid loud, unusual (whistling or beeping) noise and to ensure proper noise cancellation, do not cover the microphone openings of the active noise cancellation circuitry located on the outside of the earbuds.
- ▷ Use only attachments/accessories/spare parts supplied or recommended by Sonova Consumer Hearing.
- ▷ Clean the product only with a soft, dry cloth. Product parts with ingress protection (IP protection rating) can be cleaned with a slightly damp cloth.

Safety instructions for Lithium rechargeable batteries



WARNING

If abused or misused, rechargeable batteries may leak. In extreme cases, they may even present a risk of:

- explosion
- heat and fire development
- smoke and/or gas development
- damage to health and/or the environment

	Only use certified rechargeable batteries and suitable chargers recommended by Sonova Consumer Hearing.
	Do not leave the product/rechargeable batteries unattended while charging.
	Only charge the product/rechargeable batteries at ambient temperatures between 5 °C and 35 °C/41 °F and 95 °F and do not charge them near easily flammable objects.
	Do not charge the product/rechargeable batteries in a damp or humid environment. Make sure that the charging socket is free from moisture and contamination.
	Do not heat the product/rechargeable batteries above 70 °C/158°F. Avoid exposure to sunlight and do not throw the product/rechargeable batteries into fire.
	Switch rechargeable battery-powered products off after use.
	When not using the product/rechargeable batteries for extended periods of time, charge them regularly (about every 3 months).
	This product contains coin rechargeable batteries. If you think the product/a coin rechargeable battery has been swallowed or is lodged in the body, seek medical assistance immediately.
	Avoid prolonged skin contact with the product, rechargeable battery, charger or charging cable when connected to a power source. These components can heat up during charging and cause skin irritation.
	Dispose of defective products with built-in rechargeable batteries at special collection points or return them to your specialist dealer to facilitate recycling.

Notes on the ingress protection rating of the earbuds

The earbuds feature an IP55 ingress protection rating which means they are protected from the ingress of water (protection class according to International Protection Marking (IP code), IEC standard 60529, tested under laboratory conditions). The charging case has an IP54 protection rating and is protected against dust and splash water.

Important safety instructions

The earbuds can be used in the rain, for example. However, they are not suitable for immersion in water or for wearing in the shower. In case of permanent moisture/wetness, the ingress protection can be reduced and the product can be damaged.

- ▷ Do not charge wet earbuds. Completely dry wet earbuds with a dry cloth before charging them.
- ▷ Always keep the charging case dry.
- ▷ Make sure that the charging socket of the charging case is free from moisture and contamination.

If the charging case has become damp or wet:

- ▷ Dry the outside of the charging case with a dry cloth.
- ▷ Open the charging case and dry both charging compartments, especially the charging contacts, with a dry, lint-free cloth.
- ▷ Leave the charging case open and dry at room temperature before using and charging it again.
- ▷ Do not continue to use the product if it is obviously defective.

If the earbuds have become damp or wet:

- ▷ Dry the charging contacts of both earbuds with a dry, lint-free cloth.
- ▷ Remove the ear tips and ear fins and dry them with a dry cloth.
- ▷ Allow the ear tips and ear fins to dry at room temperature before reattaching them to the earbuds.

Notes on the collection and processing of health and usage data and firmware updates

The product has sensors for collecting health data (e.g. heart rate and body temperature). It is not intended to diagnose or treat any disease and should not be used for medical purposes. Do not use the product to control your body temperature if you are likely to have a fever. The product is intended for fitness and wellness purposes only and is intended to provide information to enhance well-being.

Always consult your physician for medical issues. If a medical emergency is suspected, always call emergency medical services.

This product stores individual settings such as the volume and the Bluetooth addresses of paired devices. This data is required for the operation of the product and is not transferred to Sonova Consumer Hearing GmbH or companies commissioned by Sonova Consumer Hearing GmbH and is not processed.

Using the “Sennheiser Smart Control” app, you can update the firmware of the product for free via an Internet connection. If the device on which the app is installed is connected to the Internet, the following data is automatically transferred to and processed by Sonova Consumer Hearing servers in order to provide and transfer suitable firmware updates: hardware identifier, hardware revision number, firmware version of the product, operating system type (Android, iOS) and version, version of the app. The data is only used for the purpose of providing and transferring the firmware updates and is not stored permanently.

If you do not want this data to be transferred and processed, do not connect to the Internet.

Improper use/Liability

This product has been designed as an accessory for Bluetooth compliant devices. It is intended for wireless audio communication as well as music playback and phone calls via Bluetooth wireless technology.

It is considered improper use when the product is used for any application not named in the corresponding product documentation.

Sonova Consumer Hearing GmbH is not liable for damages to devices that are not consistent with the interface specifications (USB). Sonova Consumer Hearing GmbH is not liable for damages resulting from the loss of connection due to exceeding the Bluetooth transmission range.

Sonova Consumer Hearing GmbH does not accept liability for damage arising from misuse or improper use of this product and its attachments/accessories.

Before putting into operation, please observe the respective country-specific regulations.

Package contents



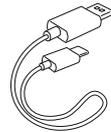
Earbud L for left ear (model: MSPORT1 L) and earbud R for right ear (model: MSPORT1 R)



Charging case (model: MSPORT1 C) with built-in rechargeable battery for the earbuds and with wireless Qi charging function



Finger strap for the charging case



USB charging cable with USB-C and USB-A connector, approx. 0.4 m



Transparent silicone ear tips (size S, M (pre-mounted to the earbuds) and L)



Silicone ear fins (size N (pre-mounted to the earbuds), S, M and L)



Quick guide



Safety guide

Online you can find:

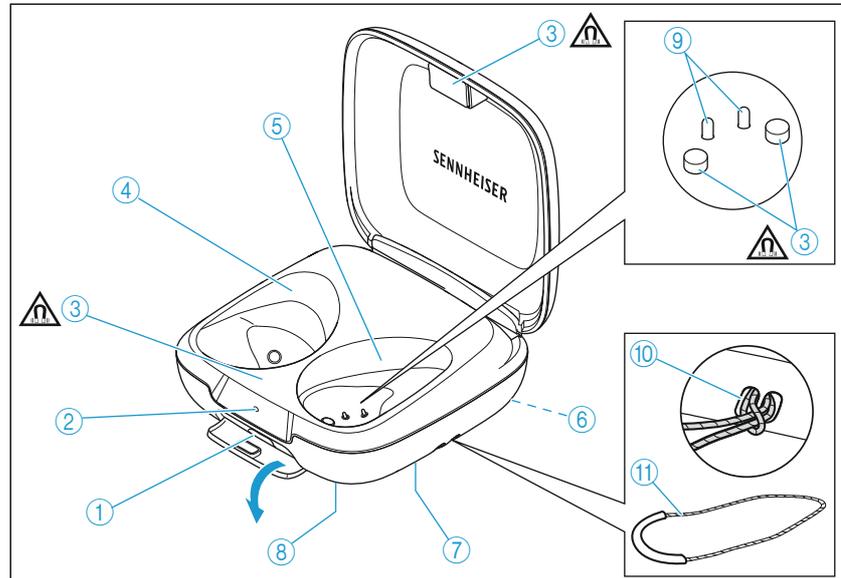
- this detailed instruction manual and additional information (www.sennheiser-hearing.com/download)
- the Sennheiser Smart Control app for configuring the earbuds and for additional functions:
 - Google Play Store: [click](#)
 - Apple App Store: [click](#)
- a list of accessories on the MOMENTUM Sport product page at www.sennheiser-hearing.com/momentum-sport (to purchase online or contact your local Sonova Consumer Hearing partner: www.sennheiser-hearing.com/service-support)

Use your earbuds for a personalized training experience with the digital ecosystem for sports applications: see page > 29

Product overview

Charging case

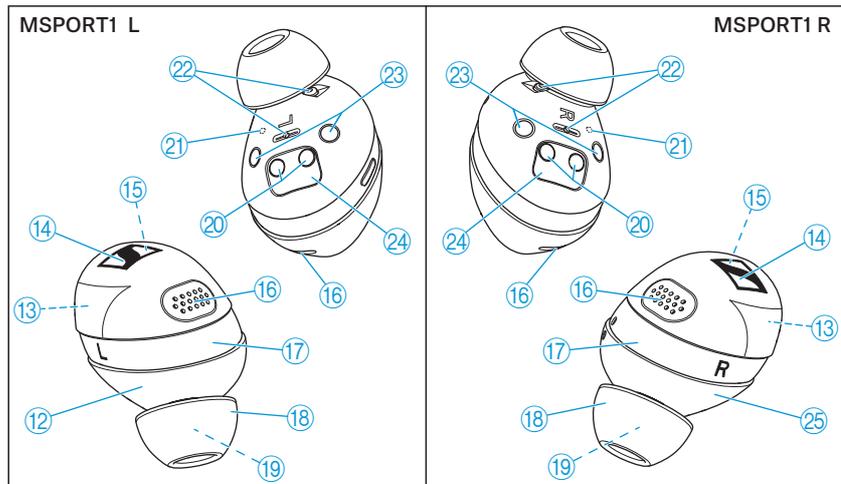
Model: MSPORT1 C



- ① Input for USB-C connector with protective cover for charging the rechargeable battery
- ② LED display indicates the charging process/charge status of the rechargeable battery of the charging case or of the earbuds (when inserted into the charging case)
- ③ Magnetic holders
- ④ Charging compartment for the left earbud **L**
- ⑤ Charging compartment for the right earbud **R**
- ⑥ Built-in rechargeable battery for charging the earbuds on the go
- ⑦ Type plate
- ⑧ Contact surface for the wireless Qi charging function
- ⑨ Charging contacts for charging the earbuds
- ⑩ Grommet for attaching the finger strap (see page > 18)
- ⑪ Finger strap

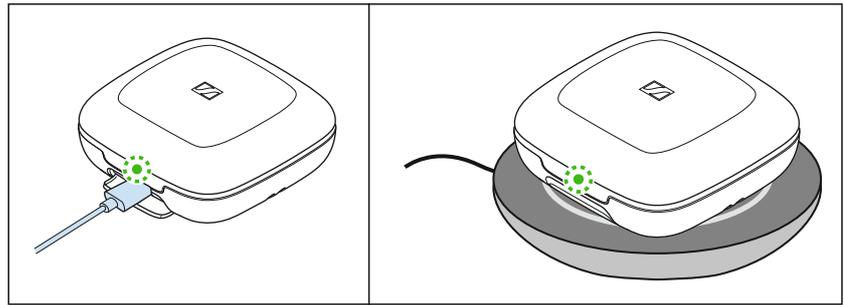
Earbuds

Model: MSPORT1 R and MSPORT1 L



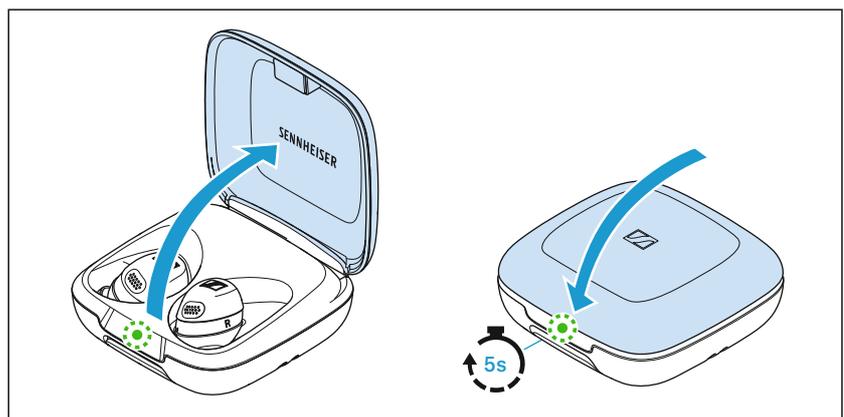
- ⑫ Left earbud **L**
- ⑬ Built-in rechargeable battery
- ⑭ Touch control panel
- ⑮ Tap control sensors
- ⑯ Microphones for the active noise cancellation ANC, for the perception of your surroundings (“Transparency Mode”) and for phone calls
- ⑰ Changeable ear fins for the secure fit of the earbuds in the ears
- ⑱ Changeable silicone ear tips, transparent for sensor function
- ⑲ Sensors for body temperature measurement and heart rate tracking (left side only)
- ⑳ Charging contacts
- ㉑ Status LED
- ㉒ Acoustic opening for impact sound reduction
- ㉓ Magnetic holders
- ㉔ Infra-red proximity sensor
- ㉕ Right earbud **R**

Overview of the LED display of the charging case



When a USB cable is connected or the charging case is placed on a wireless Qi charging pad, the LED display of the charging case permanently indicates the charging process: If the charging case is disconnected from the charging source, the LED display goes off after 5 seconds.

	pulses yellow	Earbuds and charging case are being charged.	Charging case is being charged.
	lights up green	Earbuds and charging case are fully charged.	Charging case is fully charged.
	flashes red	At least one earbud has a charging error/battery error (see page > 60).	Charging case has a charging error/battery error (see page > 60).



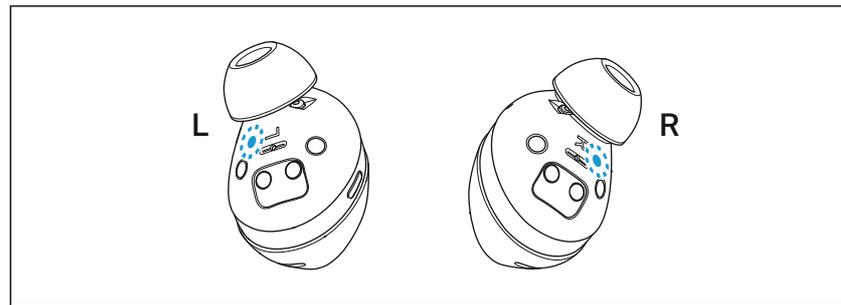
If no USB cable is connected and the charging case is not placed on a wireless Qi charging pad, the LED display of the charging case indicates the battery charge status or the charging process of the earbuds as soon as you open the lid of the charging case. If you close the lid of the charging case, the LED display goes off after 5 seconds.

	lights up green	Earbuds are fully charged, charging case can still charge at least one complete cycle.	Charging case is fully charged.
	pulses yellow	Earbuds are being charged via the rechargeable battery of the charging case.	–
	lights up yellow	Earbuds are fully charged, charging case is more than 10 % and less than 50 % charged.	Charging case is more than 10 % and less than 50 % charged.
	lights up red	Rechargeable battery of the charging case is almost empty. The earbuds cannot be charged.	Rechargeable battery of the charging case is almost empty.
	flashes red	At least one earbud has a charging error/battery error (see page > 60).	Charging case has a charging error/battery error (see page > 60).

i If the LED display does not light up:

- Clean the contacts on the earbuds and in the charging case (see page > 55).
- Make sure that the charging case rests on the wireless charging pad (maximum distance 3 mm).
- Wait for at least 10 seconds. With some wireless charging pads the charging process starts delayed.
- Observe the installation instructions of the wireless charging pad and make sure that no electromagnetic fields or materials influence the charging pad (see instruction manual of the wireless charging pad).
- Charge the rechargeable batteries of the charging case and the earbuds until the LED display lights up again (at least 30 minutes) (see page > 21).

Overview of the LED indications of the earbuds



	flashes red-blue for approx. 2 minutes	Earbuds are in Bluetooth pairing mode.
3x	flashes blue 3x	Bluetooth pairing or earbud pairing was successful.
3x	flashes red 3x	Bluetooth pairing or earbud pairing failed.
	lights up blue	Earbuds are connected to a device via Bluetooth.
	lights up red	Earbuds are not connected to a device via Bluetooth or the connection has been interrupted.
	flashes red quickly	Rechargeable battery is almost empty.
	flashes red slowly	System error is present. Perform a reset (see page > 63).
	flashes red-green	Earbuds are in earbud pairing mode (peer pairing mode) to pair the right and left earbud.
	flashes green-purple	Firmware update is being performed.
	flashes red-purple (left earbud only)	Firmware update of the sensors is being performed (not with every firmware update).

i When you insert the earbuds into your ears, the LEDs of the earbuds automatically go off.

When you do not insert the earbuds into your ears, the LEDs of the earbuds go off after 30 seconds.

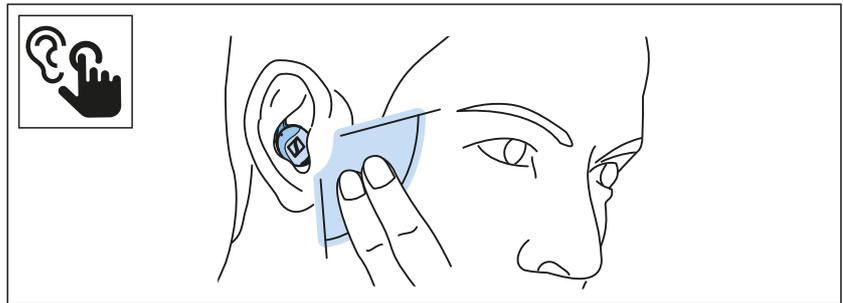
Notes on the control options

The earbuds are controlled via the two functions [Touch control](#) and [Tap control](#).

Refer to the table with the control commands (see page > 13).

Tap control

- ▷ Briefly tap lightly on the control panel or near the respective earbud, e.g. next to the auricle or on a cap. Depending on the control function, you have to tap 2x or 3x.
- ▷ It is best to carry out the control commands for the Tap control with two fingers so that the sensors can optimally detect the gesture.

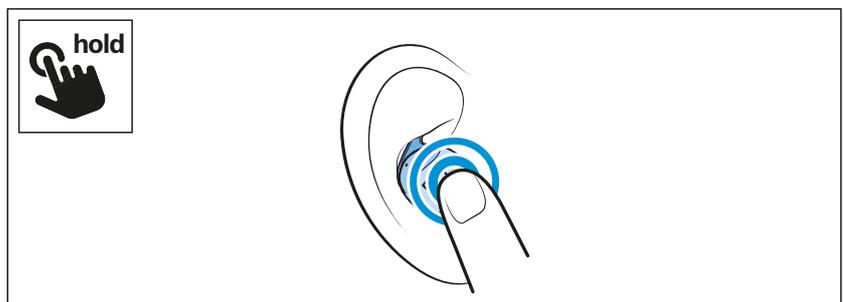


i Using the Smart Control app, you can adjust the sensitivity of the Tap control (“Customize Touch control”) (see page > 28). You can choose between three sensitivity levels: high, medium and low.

- ▷ Reduce the sensitivity if you notice that unwanted control commands are triggered or arbitrary gestures are interpreted as control commands while using the earbuds.
- ▷ Increase the sensitivity if you do not make direct contact with the earbuds when carrying out control commands, e.g. when wearing gloves or a hat.

Touch control

- ▷ Long-press the control panel of the respective earbud with a noticeable touch.

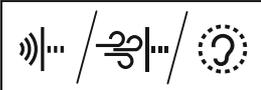


i You can use the Smart Control app to deactivate the Touch control (slider “Deactivate Touch-hold”) (see page > 28). The Tap control commands continue to work in this case.

Control commands

The following table shows the default settings.

In the Smart Control app (see page > 28), you can customize the control commands for audio playback (“Customize Touch control”) or completely deactivate the Touch/Tap control (slider “Touch control”). The earbuds can then only be controlled via your Bluetooth device.

 Page > 43	 2x Tap control	 Page > 43
 Page > 39	 3x Tap control	 Page > 43
 Page > 37	 Touch-hold	 Page > 37

 Page > 44	 2x Tap control	 Page > 44
 Page > 44	 3x Tap control	 Page > 44
 Page > 45		 Page > 45

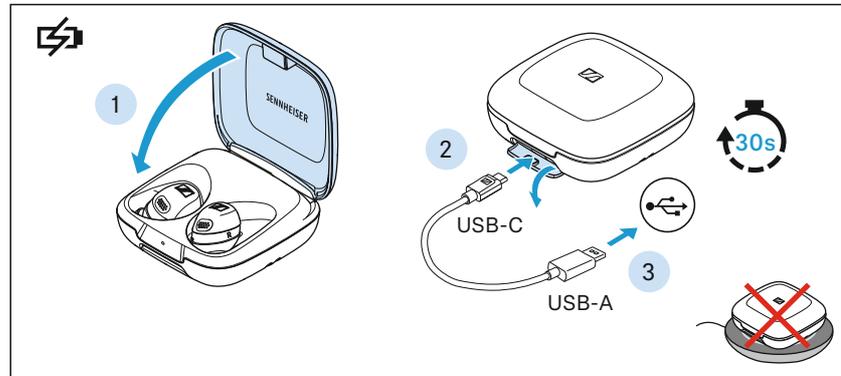
Notes on voice prompts

The earbuds output voice prompts for events (the table gives some examples). Using the Smart Control app, you can choose between voice prompts and beep sounds, or deactivate the status messages with a few exceptions (e.g. rechargeable battery is empty).

“Power on”	Earbuds are switched on.
“Power off”	Earbuds switch off.
“Connected”	Earbuds are connected via Bluetooth.
“No connection”	Earbuds are not connected via Bluetooth.
“Pairing”	Earbuds are in Bluetooth pairing mode.
“Pairing cancelled”	Bluetooth pairing mode was cancelled.
“Pairing successful”	Bluetooth pairing was successful.
“Pairing failed”	Bluetooth pairing was not successful.
“Recharge headset”	Rechargeable battery is almost empty. Recharge the rechargeable battery.
“ANC”	ANC mode is selected.
“Anti Wind”	Anti-wind mode is selected.
“Transparency”	Transparency Mode is selected.
“Call rejected”	Incoming call rejected.
“Call ended”	Active call ended.
“Mute on”	Muting of the microphones during an active call.
“Mute off”	Muting of the microphones is canceled.
“Volume min”	Volume is set to minimum.
“Volume max”	Volume is set to maximum.
“Bass Boost on”	Equalizer preset for bass boost is activated.
“Bass Boost off”	Equalizer preset for bass boost is deactivated.
“Podcast”	Equalizer preset for podcasts is activated (improved speech intelligibility).

Getting started

1. Waking up the earbuds and the charging case and charging the rechargeable batteries



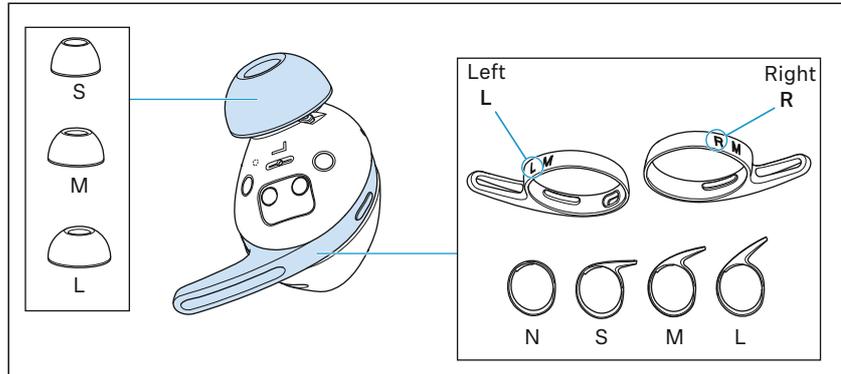
Upon delivery, the rechargeable batteries of the earbuds and the charging case are in sleep mode and have to be woken up by connecting them to a USB power source once.

1. Insert the earbuds into the charging case and close the lid of the charging case. Make sure that the earbuds are inserted correctly into the charging case. If the left and right earbud are inserted into the wrong charging compartment, the charging contacts of the earbuds will not make contact with the charging pins in the charging case. This will impair the charging process of the earbuds.
2. Open the protective cover of the USB socket on the charging case and connect the USB-C cable to the charging case.
3. Connect the cable to a USB power source (see page > 21) and charge the rechargeable batteries for at least 30 seconds. The earbuds and the charging case are woken up and the rechargeable batteries are being charged. The earbuds are now ready for use.

i Waking up the rechargeable batteries is only possible when a USB cable is connected to the charging case. The wireless charging function cannot be used to wake up the rechargeable batteries.

i We recommend charging the earbuds and the charging case for a complete charging cycle without interruption before using for the first time.

2. Selecting suitable ear fins and transparent ear tips for optimum fit of the earbuds in the ears

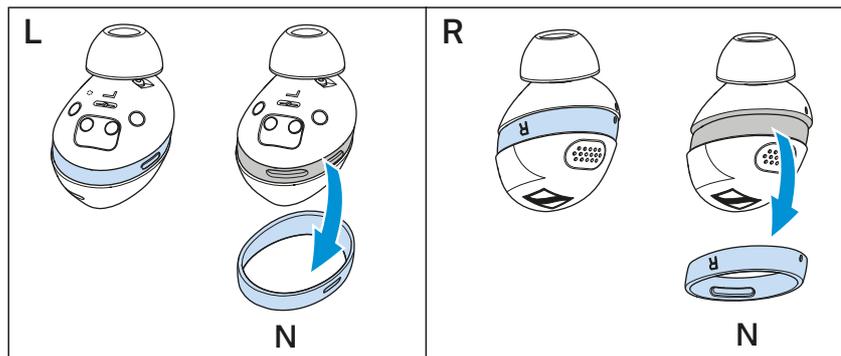


The perceived sound quality including bass performance, the best possible noise cancellation, the best voice quality for phone calls and the secure hold of the earbuds in the ears depend to a large extent on the correct fit of the earbuds. Therefore, you can choose between ear fins and transparent ear tips in different sizes.

- ▶ Test which ear tip size and which ear fins give you the best sound quality and the best wearing comfort. You can choose between 3 different transparent ear tips in size S, M and L and 4 different ear fins in size N, S, M and L (see page > 30).

Information on changing the ear fins

- If the ear tips are not fitted correctly, the subsequent charging process of the earbuds may be impaired as the charging contacts are not connected to the charging pins in the charging case.
- Upon delivery, size N ear fins (N rings) are attached to the earbuds. When changing the ear fins, first remove the existing ear fins.



i You can find the detailed procedure for changing the ear fins here: page > 31

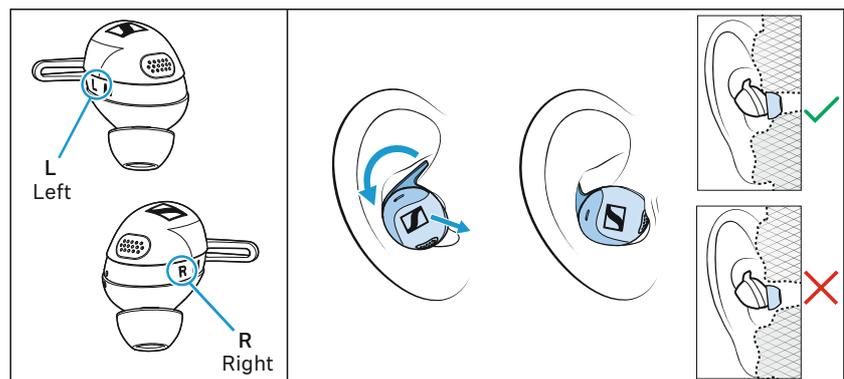
Information on changing the transparent ear tips

- Only use the transparent ear tips supplied by Sonova Consumer Hearing to ensure that the sensors for body temperature measurement and heartbeat tracking work properly.
- If the ear tips are not fitted correctly, the subsequent charging process of the earbuds may be impaired as the charging contacts are not connected to the charging pins in the charging case. In addition, the data collection of the sensor on the left earbud can be distorted.
- Incompletely fitted ear tips may remain in the ear canal when the earbuds are removed from the ear.

i You can find the detailed procedure for changing the ear tips here: page > 30

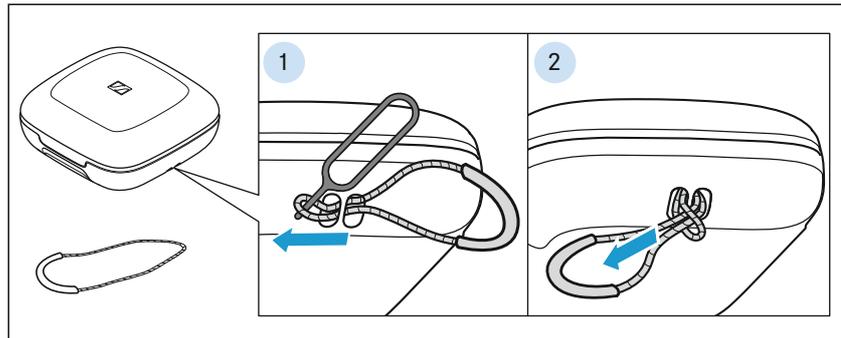
Information on the correct insertion of the earbuds into the ears

- ▷ Assign the right earbud to your right ear and the left earbud to your left ear.
- ▷ Insert the earbuds at a slight angle into the ears and twist them into the ear canal so that they sit comfortably and snugly in the ear canal and auricle (see page > 34).



i You can use the Fit Test function in the Smart Control app to test the fit of the earbuds in your ears.

3. Attaching the finger strap to the charging case

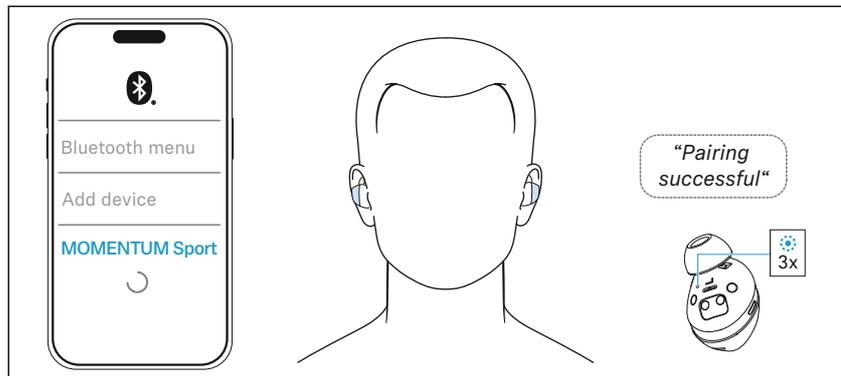


Use the charging case in combination with the supplied finger strap to hold and transport your earbuds safely and comfortably.

To attach the finger strap to the housing of the charging case:

1. Pass the thinner, flexible strap end through the grommet on the bottom of the charging case. To make insertion easier, you can use a SIM needle or a paper clip, for example.
2. Pull the larger, sheathed strap end through the small strap end and pull it tight.

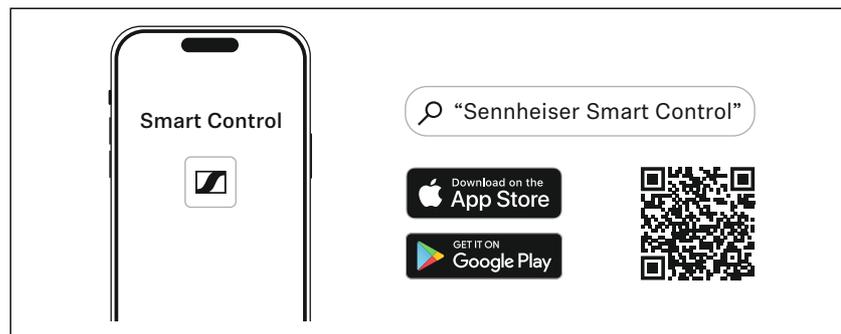
4. Connecting the earbuds to a Bluetooth device



When you switch on the earbuds for the first time after initial charging, they automatically switch to Bluetooth pairing mode. If the earbuds have not yet been paired with any Bluetooth device (the pairing list is empty), pairing mode remains permanently activated.

- ▷ Connect the earphones to your smartphone via Bluetooth (see page > 27).

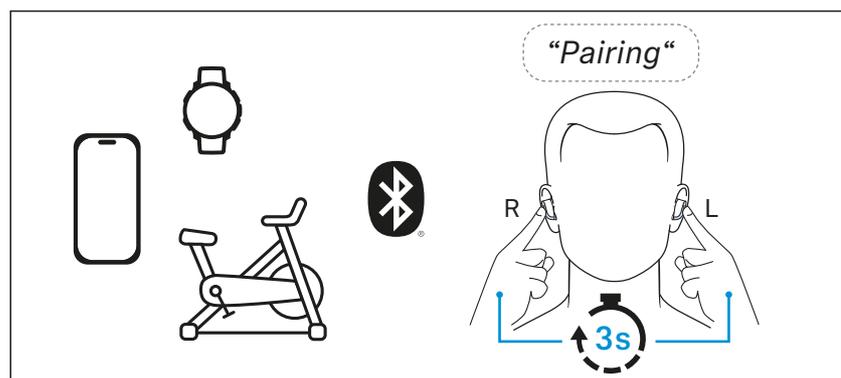
5. Installing the Smart Control app on your smartphone



The Sennheiser **Smart Control** app allows you to use all functions and settings of the earphones and to e.g. adjust the sound to your liking using the equalizer (see page > 28).

- Google Play Store: [click](#)
- Apple App Store: [click](#)

6. Connecting additional Bluetooth devices



▷ If desired, connect the earbuds to additional devices via Bluetooth (see page > 27).

The earbuds can save the connection profiles of up to six Bluetooth devices with which they have been paired. Audio playback is only possible from one device at a time.

Using the Smart Control app (“Connection management”), you can view the list of paired devices and selectively connect and disconnect devices (see page > 29).

i You can connect the earbuds to two Bluetooth devices at the same time, e.g. to a sports watch and your smartphone with a fitness app or to an indoor fitness bike and a sports watch.

Using the earbuds

Information on the rechargeable battery, the charging process and the first use

The earbuds and the charging case each have a built-in rechargeable battery.

To charge the rechargeable batteries, you can use one of the following options:

- the supplied USB cable
- a wireless charging pad (Qi-compatible, to be ordered separately)

The earbuds must be inserted into the charging case for charging. Thus, even on the go, the earbuds are always safely stored and charged.

Upon delivery, the rechargeable batteries of the earbuds and the charging case are in sleep mode and have to be woken up by connecting them to a USB power source for at least 30 seconds. The lid of the charging case must be closed during this process.

A complete charging cycle of the charging case and the earbuds takes about 1.5 hours. The quick charge function gives you approx. 1 hour of playback time after 10 minutes of charging. The charging time can vary depending on the power source used and the ambient temperature.

We recommend charging the earbuds and the charging case for a complete charging cycle without interruption before using for the first time.

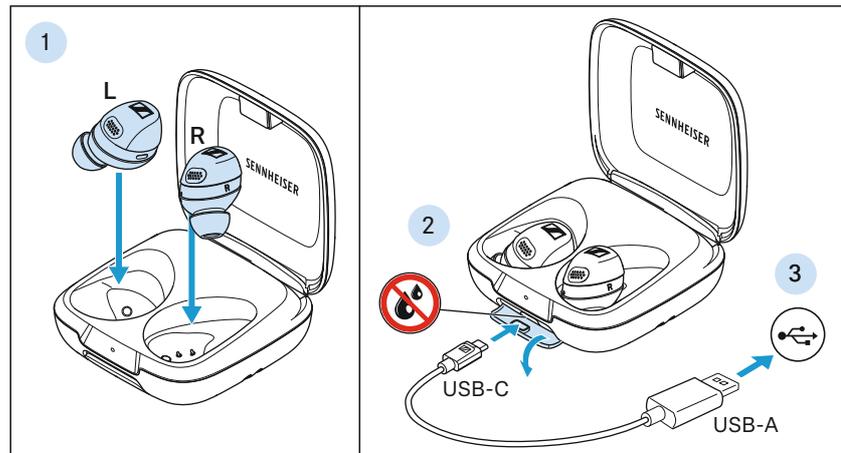
When a USB cable connected to a power source is also connected to the charging case or when you place the charging case on a wireless Qi charging pad, the rechargeable battery of the charging case is being charged. When the earbuds are inserted into the charging case, their rechargeable batteries are being charged at the same time. The LED display of the charging case indicates the charging process (see page > 9).

When the charge status of the earbuds' rechargeable batteries drops to a critical level, a voice prompt asks you to recharge the earbuds ("Recharge headset").

The charge status of the rechargeable battery of the charging case is indicated by the LED display on the charging case (see page > 9).

At the end of its operational lifetime, this product with its built-in rechargeable battery must be disposed of separately from normal household waste. You can find more information here: page > 66.

Charging the rechargeable batteries using the USB cable



1. Open the charging case by overcoming a slight magnetic resistance and insert the left earbud into the left charging compartment and the right earbud into the right charging compartment. The earbuds are magnetically pulled into the charging compartments.
If the battery charge status of the charging case is still sufficient, the batteries of the earbuds are already charged without the charging case being connected to a power source.
2. Open the cover of the USB socket on the charging case and make sure that the USB socket is free of moisture and dirt. Connect the USB-C connector of the charging cable to the USB socket of the charging case.
3. Connect the USB-A connector to a corresponding socket of a USB power source (to be ordered separately). Make sure that the USB power source is connected to the power supply system. The rechargeable batteries of the charging case and the earbuds are being charged. If no earbuds are inserted into the charging case, only the rechargeable battery of the charging case is being charged.

The LED display of the charging case indicates the charge status:

	pulses yellow	Earbuds and charging case are being charged.	Charging case is being charged.
	lights up green	Earbuds and charging case are fully charged.	Charging case is fully charged.
	flashes red	At least one earbud has a charging error/battery error (see page > 60).	Charging case has a charging error/battery error (see page > 60).

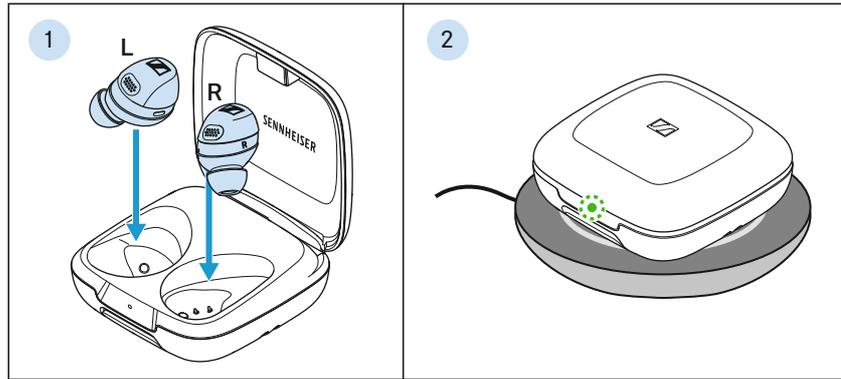
i If you notice that the earbuds are not being charged in the charging case:

- ▷ Check if the transparent ear tips and the ear fins are fully and correctly attached to the earbuds and correct the fit if necessary (see page > 30).
- ▷ Clean the contacts on the earbuds and in the charging case (see page > 55).

If you notice that the charging case is not being charged or that the LED display of the charging case does not light up even though it is connected to the power source via the USB cable:

- ▷ Clean the USB-C socket of the charging case.
- ▷ Charge the rechargeable batteries of the charging case and the earbuds until the LED display lights up again (at least 30 minutes).

Charging the rechargeable batteries wirelessly



1. Open the charging case by overcoming a slight magnetic resistance and insert the left earbud into the left charging compartment and the right earbud into the right charging compartment. The earbuds are magnetically pulled into the charging compartments.
2. Place the bottom of the charging case centered on a wireless charging pad (Qi-compatible, to be ordered separately). The rechargeable batteries of the earbuds and the charging case are being charged.

If no earbuds are inserted into the charging case, only the rechargeable battery of the charging case is being charged.

The LED display of the charging case indicates the charge status:

	pulses yellow	Earbuds and charging case are being charged.	Charging case is being charged.

	lights up green	Earbuds and charging case are fully charged.	Charging case is fully charged.
	flashes red	At least one earbud has a charging error/battery error (see page > 60).	Charging case has a charging error/battery error (see page > 60).



If you notice that the earbuds are not being charged in the charging case:

- ▷ Check if the transparent ear tips and the ear fins are fully and correctly attached to the earbuds and correct the fit if necessary (see page > 30).
- ▷ Clean the contacts on the earbuds and in the charging case (see page > 55).

If you notice that the charging case is not being charged or that the LED display of the charging case does not light up even though it is placed on a Qi charging pad:

- ▷ Check the proper functioning of the Qi charging pad. Also observe the instruction manual of the charging pad used.
- ▷ Charge the rechargeable batteries of the charging case and the earbuds until the LED display lights up again (at least 30 minutes).

Connecting the earbuds to Bluetooth devices

The earbuds have a multipoint function, i.e. they can simultaneously establish two connections via Bluetooth Classic (audio playback, telephony) and two additional connections via Bluetooth Low Energy (sensor data transmission). You can find more information on Bluetooth wireless connections here: page > 25

Audio playback is only possible from one device at a time.

You can use the earbuds together with audio sources, apps and devices for displaying health data, e.g:

- with a sports watch and an indoor fitness bike that display the measured heart rate (sensor data) and a smartphone that streams music to your earbuds (2 x Bluetooth Low Energy, 1 x Bluetooth Classic)
- with a smartphone for making phone calls, a device for audio playback and a sports watch for displaying sensor data (2 x Bluetooth Classic, 1 x Bluetooth Low Energy)



If there are already two Bluetooth connections of one type (Classic or Low Energy) to other devices, no additional connection of the same type is possible.

Information on connecting the earbuds to a sports ecosystem or sports equipment can be found here: page > 29

To be able to use the Bluetooth wireless connection, you must register both devices (earbuds and Bluetooth device, e.g. smartphone) via

Using the earbuds

the settings of the respective Bluetooth device. This process is called pairing.

If operation differs from the steps mentioned, also refer to the instruction manual of the Bluetooth device you are using.



When you switch on the earbuds for the first time after initial charging, they automatically switch to Bluetooth pairing mode.

Information on the Bluetooth wireless connection

The earbuds are Bluetooth 5.2 certified.

The use of the two Bluetooth wireless technologies **Bluetooth Classic** and **Bluetooth Low Energy** ensures flexible use of the earbuds with other devices and apps. The earbuds can simultaneously establish two connections via Bluetooth Classic and two additional connections via Bluetooth Low Energy (multipoint function).

To connect to a device or an app, the earbuds must first be paired (see page > 27).

i If there are already two Bluetooth connections of one type (Classic or Low Energy) to other devices, no additional connection of the same type is possible.

Bluetooth Classic connections

In the following cases, a connection is established via **Bluetooth Classic**:

- during audio playback (see page > 43)
- during phone calls (see page > 44)
- when using the Smart Control app on devices running the Android operating system (see page > 28)

Paired devices establish a Bluetooth wireless connection immediately after switch-on and are ready for use.

When switched on, the earbuds will automatically try to connect to the last two Bluetooth devices used. The earbuds can save the connection profiles of up to six Bluetooth devices with which they have been paired. Audio playback is only possible from one device at a time.

If you pair the earbuds with the seventh Bluetooth device, the connection profile of the least used Bluetooth device will be overwritten. If you want to connect to this Bluetooth device again later, you have to pair the earbuds again.

Using the Smart Control app (“Connection management”), you can view the list of paired devices and selectively connect and disconnect devices (see page > 29).

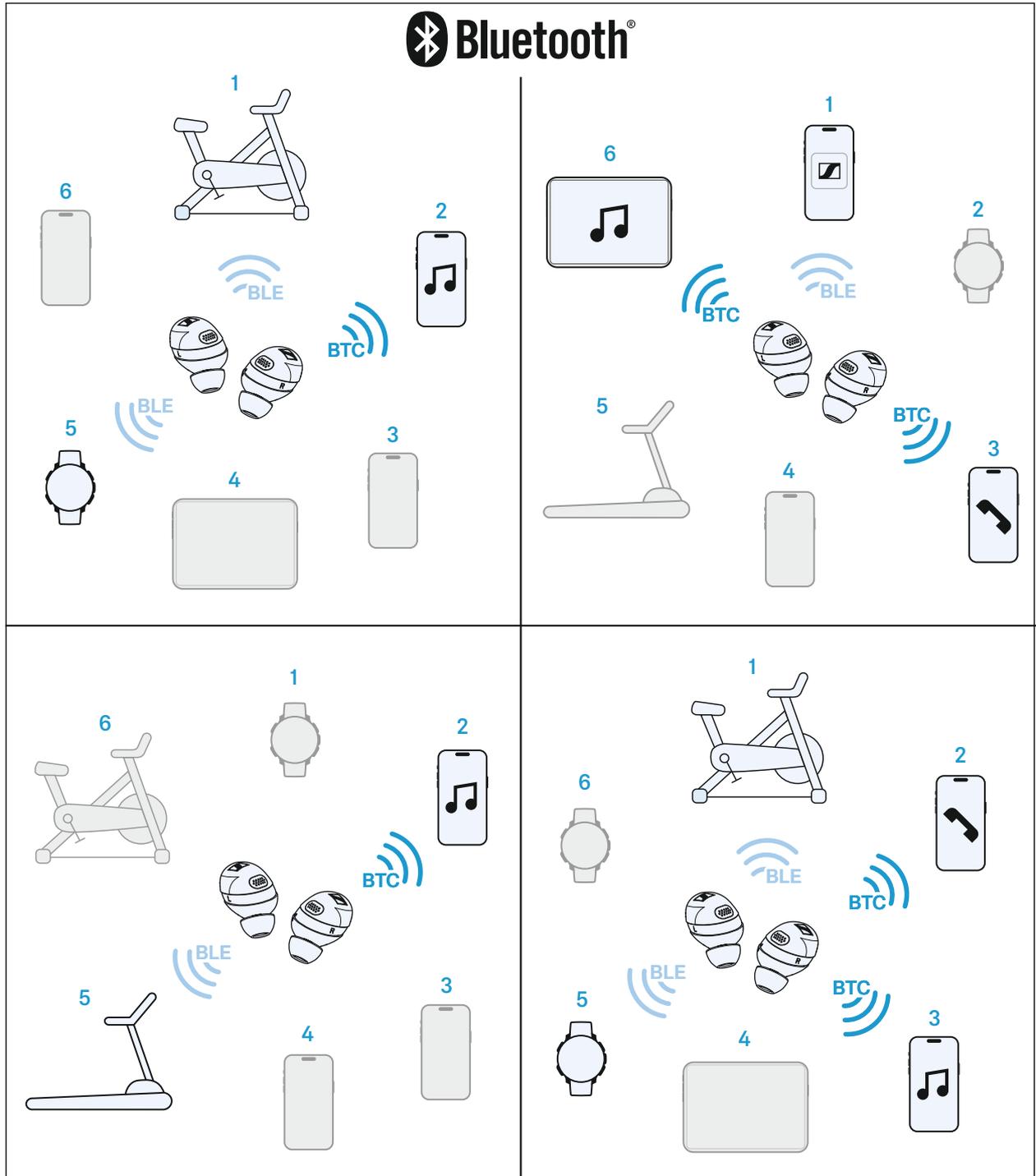
If your audio source supports one of the following high-resolution audio encoding methods, music is automatically played in high audio quality: aptX™, aptX™ Adaptive or AAC. Otherwise the earbuds will play back your music in normal audio quality (SBC). The used audio coding is displayed via the Smart Control app.

Bluetooth Low Energy connections

In the following cases, a connection is established via **Bluetooth Low Energy**:

- when transmitting data from the sensors (health data) to a fitness device or an app (see page > 48)
- when using the Smart Control app on devices running the iOS operating system (see page > 28)

Examples of use



Paired and connected Bluetooth device



Paired Bluetooth device (currently not connected)

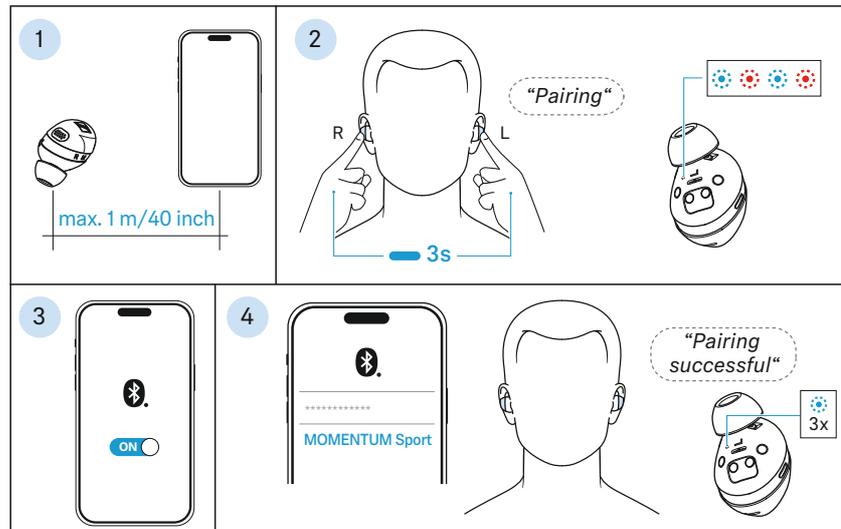


Active connection via Bluetooth Classic



Active connection via Bluetooth Low Energy

Pairing the earbuds with a Bluetooth device (pairing via Bluetooth Classic)



i If you have completely deactivated the control functions for Touch and Tap control via the Smart Control app (see page > 53):

- The earbuds can only be controlled via the Smart Control app and the connected Bluetooth device.
- If the earbuds are inserted into the ears (proximity sensors are triggered), pairing with another Bluetooth device is not possible.
- If you remove the earbuds from your ears, pairing with another Bluetooth device is possible as long as the proximity sensors are not triggered (e.g. by placing the earbuds on a tabletop or holding the earbuds in your hand).

1. Take both earbuds out of the charging case and insert them into your ears (see page > 34). The distance between the earbuds and the Bluetooth device should not exceed 40"/1 m.
2. Simultaneously touch and hold the right and the left control panel for 3 seconds until you hear the voice prompt "Pairing" and a beep.
The LEDs of the earbuds flash blue and red. The earbuds are in pairing mode.
3. Activate Bluetooth on your Bluetooth device.
4. Via the menu of your Bluetooth device, start the search for new Bluetooth devices.
All active Bluetooth devices in the immediate vicinity are displayed.
From the list of found Bluetooth devices, select "MOMENTUM Sport". If necessary, enter the default pin code "0000".
If pairing was successful, you hear the voice prompt "Pairing successful" and the LEDs of the earbuds flash blue 3x.

i If no connection is established within 2 minutes, pairing mode is terminated (voice prompt “Pairing cancelled”) and the earbuds switch to idle mode. If necessary, repeat the steps described above.

If the earbuds are not paired with any Bluetooth device (the pairing list is empty), pairing mode is permanently active.

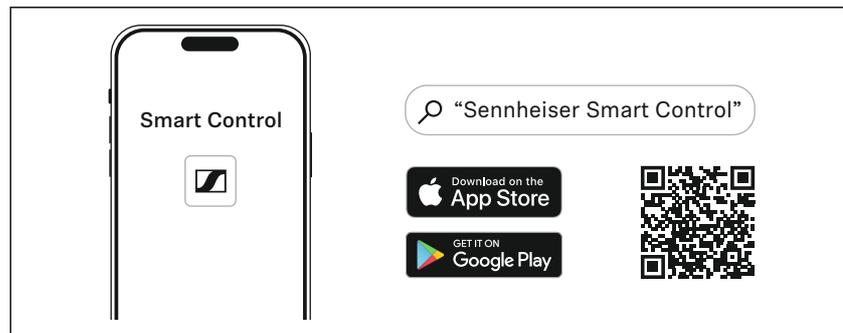
Installing the Smart Control app

To be able to adjust the settings of the earbuds to your individual needs and to fully use all functions of the earbuds, you require the free Sennheiser **Smart Control** app on your smartphone.

- ▷ Download the app from the Apple App Store or from Google Play and install it on your smartphone.
 - Google Play Store: [click](#)
 - Apple App Store: [click](#)

Alternatively, you can use your smartphone to scan the following QR code or to call up the following Internet site:

www.sennheiser-hearing.com/smartcontrol



- ▷ Connect your smartphone to the earbuds using Bluetooth (see page > 23).
- ▷ Start the Smart Control app.
- ▷ Follow the instructions in the app.

Connecting the earbuds to a sports ecosystem or sports equipment

The earbuds can be used in combination with various sports equipment and fitness apps for audio playback and health data collection. You can find more information on health data collection here: page > 48.

To display the measured body temperature and heart rate, you require a suitable app on your smartphone or your sports watch or a sports device that supports the display of these functions.

We recommend using the latest devices and apps from the manufacturer Polar (e.g. Polar Flow® app), as these are compatible with your earbuds and allow you to make full use of the sensor data collected (measurement of body temperature and heart rate).

- ▷ Pair your earbuds with the desired Bluetooth device, e.g. a sports watch or an indoor fitness bike, that is to display the health data (see page > 27).
- ▷ If you want to use a fitness app, install the app on your smartphone or your sports watch. Follow the instructions in the app.
- ▷ On the device, establish a connection to the sensors of the earbuds, e.g. on your smartphone in the Polar Flow® app (see page > 50) or on a Polar watch (see page > 51).
Your earbuds send the collected health data to the device or app during your training.

Audio data, e.g. music, can be transmitted from the device to the earbuds if this is supported by the device.

Switching the connection to paired Bluetooth devices/“Connection management”

To selectively switch the Bluetooth Classic connection to paired Bluetooth devices using the “Connections management” function, you require the Smart Control app (see page > 28).

- ▷ In the Smart Control app, tap “Connection management”.
The list of Bluetooth devices paired with the earbuds appears.
- ▷ From the list, select the paired device to which you want to connect the earbuds. Make sure that the desired device is switched on and Bluetooth is activated.
The Bluetooth connection to the desired device is established.
The app connection between the primary device on which the Smart Control app is currently running and the earbuds is always maintained.

i You can also use the “Connection management” function to cancel pairing with devices without resetting the earbuds to the factory default settings (“Delete devices”).

Disconnecting the earbuds from a Bluetooth device

- ▷ Via the menu of your Bluetooth device, disconnect the connection to the earbuds.

You hear the voice prompt “No connection”.

The Bluetooth connection is disconnected.

The earbuds search for other paired devices. If no device is found, the earbuds switch to idle mode.

i Using the “Connection management” function in the Smart Control app, you can also selectively connect the earbuds to paired devices without terminating an existing connection and deleting the pairing information of certain devices (see page > 29).

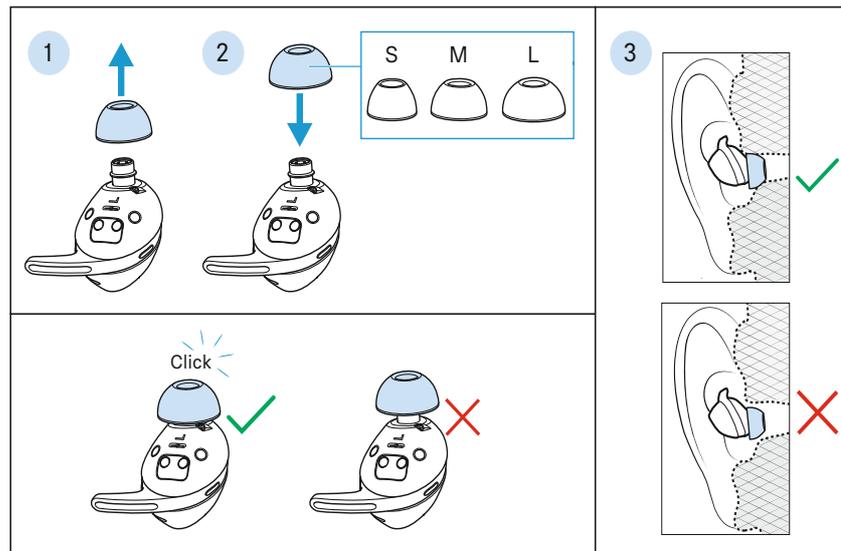
i If you want to clear the Bluetooth pairing list of the earbuds, use the Smart Control app or reset the earbuds to the factory default settings (see page > 63).

Selecting suitable ear fins and transparent ear tips for optimum fit of the earbuds in the ears

The perceived sound quality including bass performance, the best possible noise cancellation, the best voice quality for phone calls and the secure hold of the earbuds in the ears depend to a large extent on the correct fit of the earbuds. Therefore, you can choose between ear fins and transparent ear tips in different sizes.

Transparent silicone ear tips

- ▷ Observe the following instructions:
 - Only use the transparent ear tips supplied by Sonova Consumer Hearing to ensure that the sensors for body temperature measurement and heartbeat tracking work properly.
 - If the ear tips are not fitted correctly, the subsequent charging process of the earbuds may be impaired as the charging contacts are not connected to the charging pins in the charging case. In addition, the data collection of the sensor on the left earbud can be distorted.
 - Incompletely fitted ear tips may remain in the ear canal when the earbuds are removed from the ear.



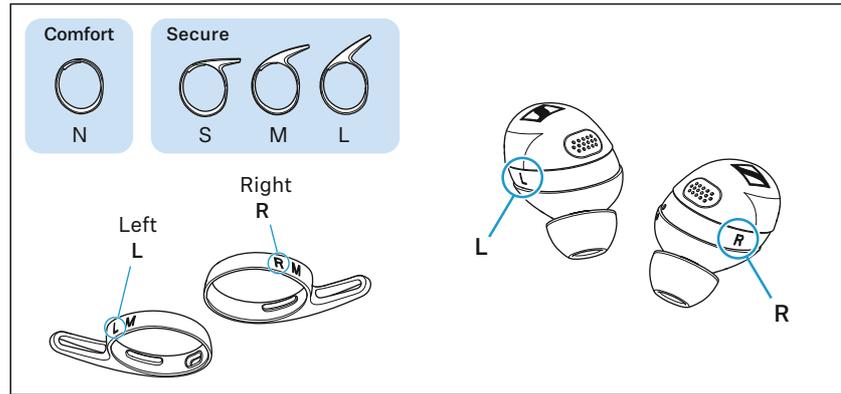
1. Pull the ear tip away from the in-ear sound tunnel.
2. Mount the new ear tip to the in-ear sound tunnel. Ensure that it locks into place.
3. Test which ear tip size gives you the best fit and the best wearing comfort.
You can choose between 3 different ear tips in size S, M and L. The ear tips should fit securely in the ear canal, close the ear canal completely and be comfortable to wear. We recommend using the largest possible ear tip that fits comfortably in your ear canal.

i You can use the Fit Test function in the Smart Control app to test the fit of the earbuds in your ears.

Silicone ear fins

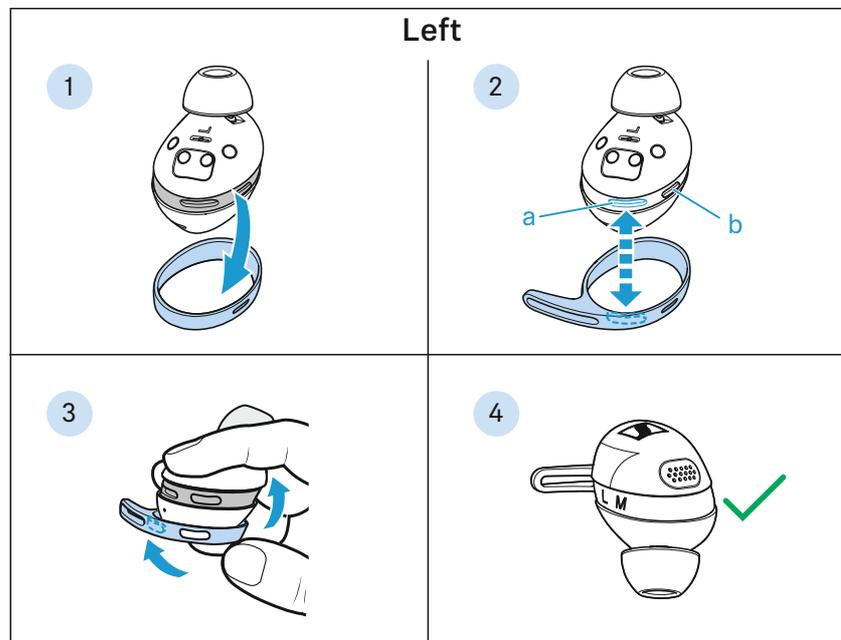
- ▷ Observe the following instructions:
 - If the ear tips are not fitted correctly, the subsequent charging process of the earbuds may be impaired as the charging contacts are not connected to the charging pins in the charging case.
 - Upon delivery, size N ear fins (N rings) are attached to the earbuds. When changing the ear fins, first remove the existing ear fins.

Using the earbuds



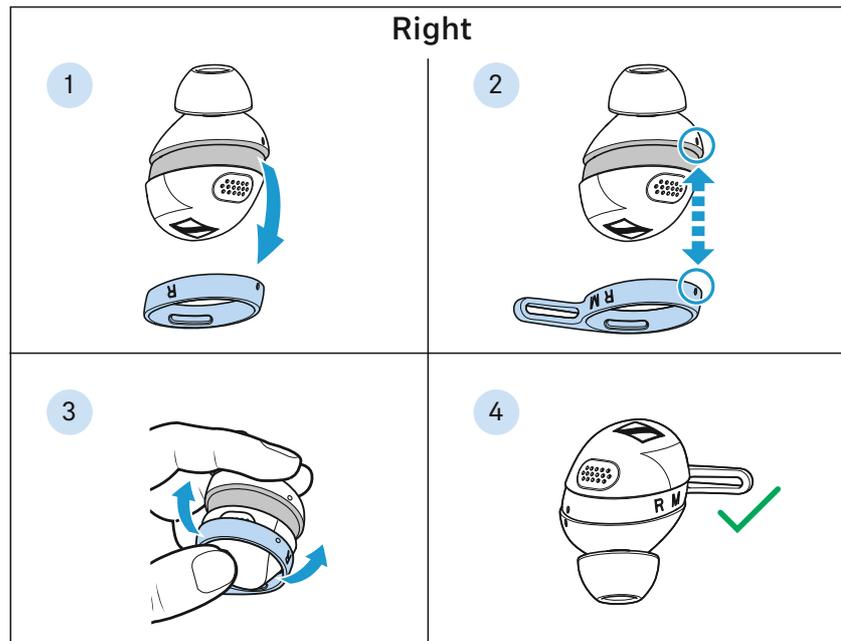
You can choose between 4 different ear fins in size N, S, M and L. The ear fin holds the earbud securely in the back of the ear. If you do not want to use an ear fin, put size N (N ring) on the earbud (pre-mounted upon delivery).

- ▷ Assign the ear fins that you want to attach to the right and left earbud (see embossing on the outside).



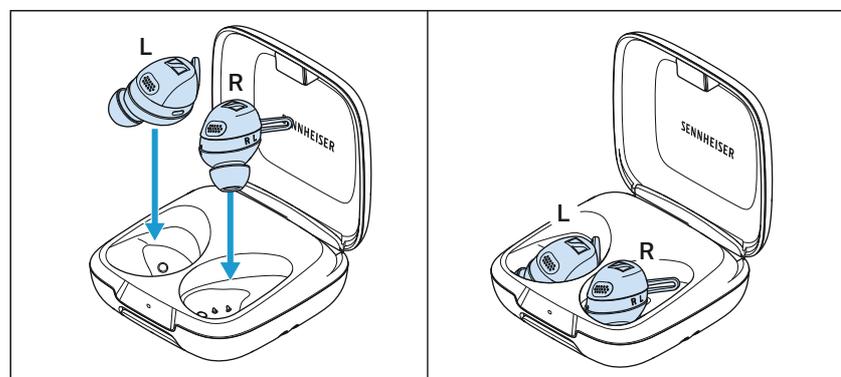
To change the **left** ear fin:

1. Carefully remove the attached ear fin from the earbud housing.
2. Position the new ear fin so that the latch on the inside of the ear fin ring is at the level of the corresponding recess of the earbud. The oval opening of the ear fin is located at the height of the center bracket (oval protrusion) (b) on the earbud housing.
3. Slip the ear fin ring over the earbud housing and insert the latch into the recess. The oval opening of the ear fin must enclose the center bracket of the earbud.
4. Make sure that the ear fin ring fits properly in the groove on the earbud housing.

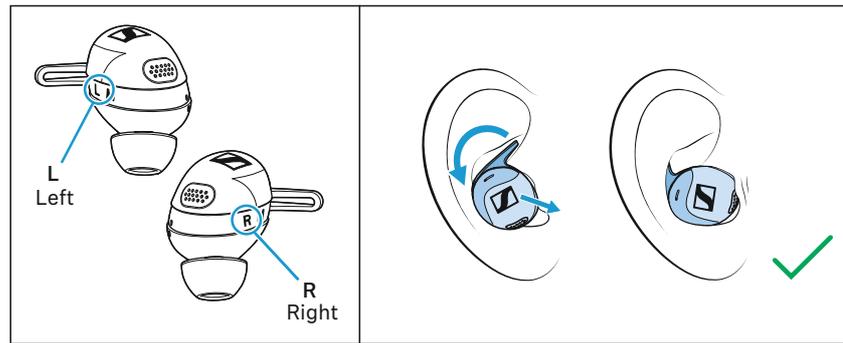


To change the **right** ear fin:

1. Carefully remove the attached ear fin from the earbud housing.
 2. Position the new ear fin so that the two marking points on the earbud and on the ear fin ring are at the same level.
 3. Slip the ear fin ring over the earbud housing and insert the latch into the recess.
 4. Make sure that the ear fin ring fits properly in the groove on the earbud housing.
- ▷ Test which ear fin size gives you the best fit and the best wearing comfort.
 - ▷ After changing the ear fins, make sure that the earbuds are inserted correctly into the charging case. If the left and right earbud are inserted upside down into the charging compartments, the charging contacts of the earbuds will not make contact with the charging pins in the charging case. This will impair the charging process of the earbuds.



Inserting the earbuds into the ears



- ▷ Assign the right earbud to your right ear and the left earbud to your left ear.
- ▷ Insert the earbuds at a slight angle into the ears and twist them into the ear canal so that they sit comfortably and snugly in the ear canal. If you are using ear fins in size S, M or L, make sure that the ear fins find support in the auricles (see page > 31).

i You can use the right or left earbud on its own. Note that the heart rate and body temperature can only be measured via the sensor in the left earbud.

If you insert one earbud into the charging case during audio playback, a short interruption of playback may occur in the other earbud.

i The Smart Pause function automatically stops music playback if you remove an earbud from your ear (see page > 43).

Switching the earbuds on

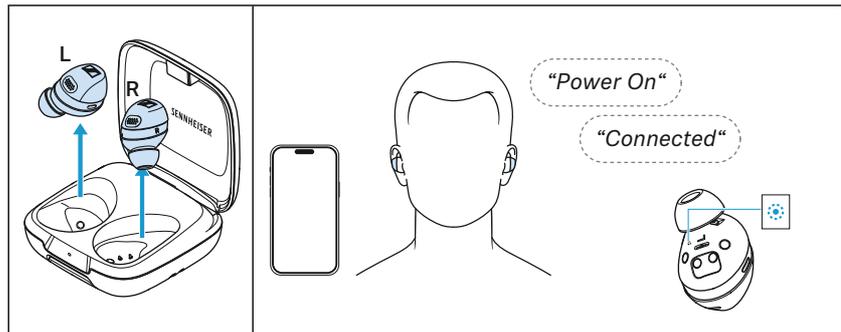


WARNING

Danger due to high volume levels!

Listening at high volume levels can lead to permanent hearing defects.

- ▷ Before inserting the earbuds into your ears, adjust the volume to a low level (see page > 37).
- ▷ Do not continuously expose yourself to high volume levels.

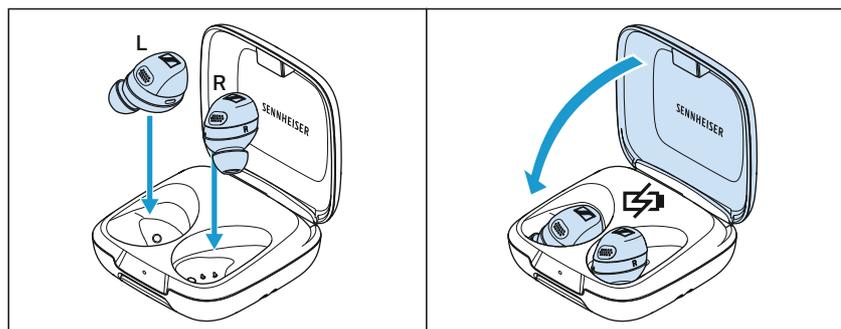


- ▷ Open the lid of the charging case.
- ▷ Take both earbuds out of the charging case and insert them into your ears (see page > 34).
You hear the voice prompt “Power on”.
If a paired Bluetooth device is within the transmission range, you hear the voice prompt “Connected”. The LEDs of the earbuds light up blue.

i If you take the earbuds out of the charging case during an incoming call, the call is automatically accepted and you can use the earbuds directly for making calls.
This Auto Call function can be deactivated via the Smart Control app (see page > 46).

i The earbuds automatically switch to idle mode if no paired Bluetooth device can be found within 15 minutes. You can also change this setting via the Smart Control app.
You can wake up the earbuds from idle mode by touching their control panels 1x or by briefly inserting them into the charging case.

Switching the earbuds off



Using the earbuds

The earbuds do not have to be switched off explicitly.

- ▷ Insert the earbuds into the charging case and close the lid to switch them off.

The earbuds switch off and are being charged (see page > 21).

i If you do not close the lid of the charging case, the Bluetooth connection is briefly interrupted but immediately restored and the earbuds are being charged.

i The earbuds automatically switch to idle mode if no paired Bluetooth device can be found within 15 minutes.

You can wake up the earbuds from idle mode by touching their control panels 1x or by briefly inserting them into the charging case.

Adjusting the volume



WARNING

Danger due to high volume levels!

Listening at high volume levels can lead to permanent hearing defects.

- ▷ Adjust the volume to a low level before inserting the earbuds or changing the audio source.
- ▷ Do not continuously expose yourself to high volume levels.

i Information on operating the earbuds via Touch control can be found here: page > 12

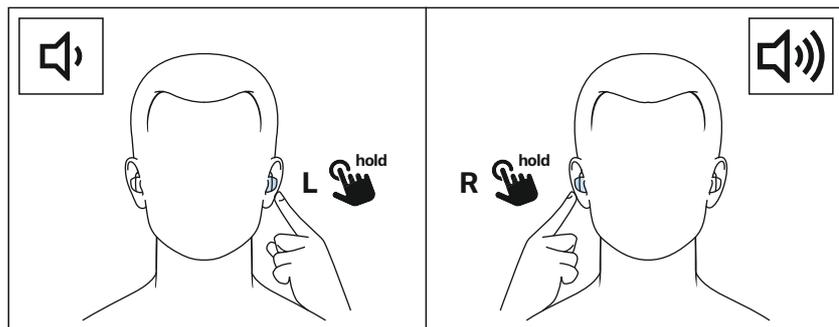
To **increase** the volume:

- ▷ Press and hold the control panel of the **right** earbud until the volume is increased.

To **reduce** the volume:

- ▷ Press and hold the control panel of the **left** earbud until the volume is reduced.

When the maximum or minimum volume is reached, you hear the voice prompt “Volume max” or “Volume min”.



		
Reduces the volume	Touch-hold	Increases the volume

i You can also adjust the volume using the connected Bluetooth device.

i If you have activated the voice assistant (see page > 41) and then change the volume of the earbuds, the volume of the voice assistant is adjusted accordingly and saved permanently.

Information on the noise cancellation modes including ANC

Due to the wearing style in the ear canal, the earbuds provide effective passive isolation from ambient sounds.

In addition, the earbuds are equipped with the active noise cancellation (ANC) function, which allows you to reduce ambient sounds to a minimum while the sound quality of the earbuds always remains optimal.

If you want to create a quiet space in a noisy environment, you can simply use the earbuds as noise protection by using ANC.

With the Smart Control app, you can select different ANC modes that provide the optimal settings for your application situation. The intensity of the noise cancellation is automatically adjusted depending on the noise conditions.

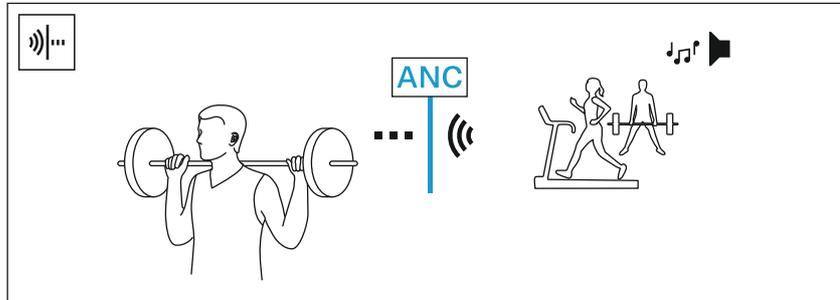
Notes on active noise cancellation

- Low-frequency noise such as the humming of motors or the hissing of fans is particularly well suppressed.
- Speech or high-frequency noise is significantly reduced, but can remain perceptible.
- Constant noise is suppressed just as well as transient noise, e.g. footsteps while walking.
- ANC can also adapt optimally to changing ambient sounds.
- If unusual (whistling or beeping) noise occurs, remove the earbuds from your ears and reinsert them. Make sure that the earbuds properly fit in your ears and make a good seal with the ear canal.
- To avoid loud, unusual (whistling or beeping) noise and to ensure proper noise cancellation, do not cover the microphone openings of the active noise cancellation circuitry located on the outside of the ear cups.

Changing the noise settings

Depending on the situation in which you use the earbuds, you can choose between three different modes to cancel out ambient sounds to a greater or lesser extent. Effective noise cancellation is also possible in windy conditions or during fast movements.

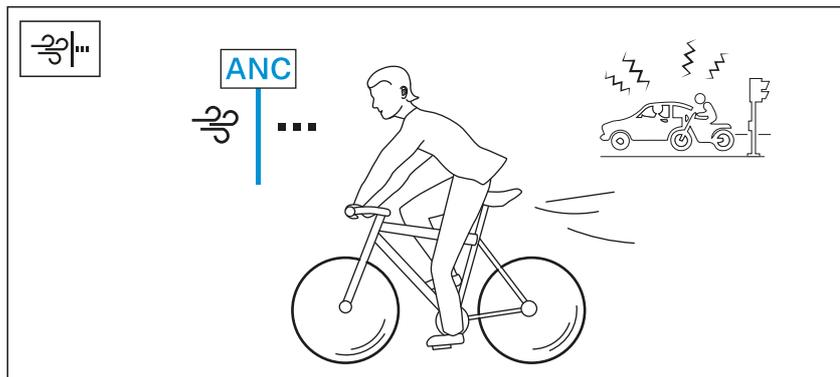
ANC Mode



ANC Mode*	Active noise cancellation is fully active.	In the gym or while relaxing at home

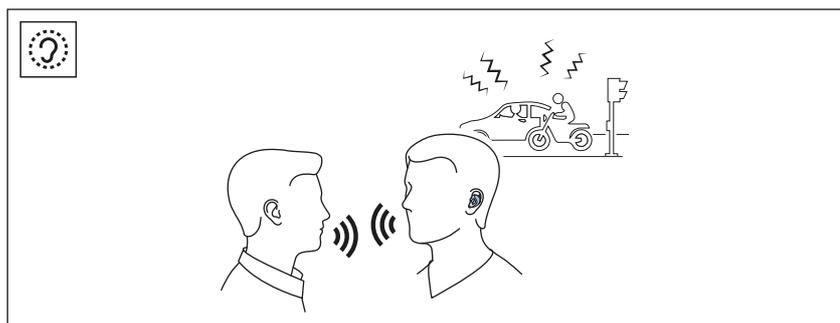
*default setting

Anti-wind Mode



Anti-wind Mode	Disturbing wind or movement noise is minimized, while a small amount of ambient sounds remains audible.	For high-speed sports or running in windy conditions

Transparency Mode



Transparency Mode	Audio playback is mixed with ambient sounds.	During conversations or when moving in traffic

Changing the mode

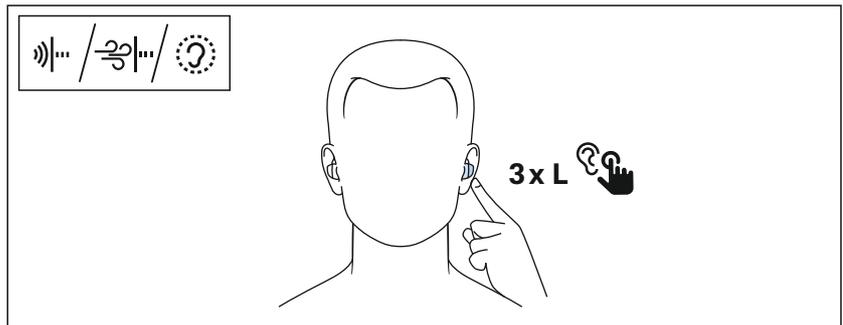
i Information on operating the earbuds via Tap control can be found here: page > 12

To change the noise settings:

- ▷ Briefly tap 3x on the control panel or near the **left** earbud. The earbuds switch between the modes ANC, Anti-wind and Transparency. Depending on your selection, you hear the voice prompt “ANC”, “Anti-wind” or “Transparency”.

i When the Transparency Mode is activated, you can also use the Smart Control app to

- adjust the intensity of the mode (low, medium or high),
- activate the automatic playback pause so that you only hear ambient sounds (see page > 41).



 3x Tap control	 Noise settings

i You can also change the noise setting using the Smart Control app.

i For phone calls, the “Transparency during phone calls” function is activated by default to ensure the best possible voice quality and to allow you to hear your own voice through the earbuds.

You can adjust the intensity of this function in three levels via the Smart Control app (in the “Phone calls” area under “Noise settings”): low, medium or high.

Adjusting the playback pause in the Transparency Mode

You can select how audio playback behaves when the Transparency Mode is activated. To be able to adjust this setting, you require the Smart Control app (see page > 28).

- ▷ Make sure that the Transparency Mode is activated (see page > 39).
- ▷ In the Smart Control app, select the desired setting for audio playback in the “Noise settings” area:

activated	Audio playback (e.g. music) is paused and you hear only ambient sounds.
deactivated*	Audio playback (e.g. music) is continued and is mixed with ambient sounds.

*default setting

Using the voice assistant/voice dialing

This function is not preset. To be able to customize the control functions for music playback, you require the Smart Control app (see page > 28).

i Information on operating the earbuds via Tap control can be found here: page > 12

- ▷ Start the Smart Control app.
- ▷ In the “Touch control” area, tap on “Customize”.
- ▷ Tap on the control command to which you would like to assign the activation of the voice assistant, e.g. Tap 2x on the left earbud. The window for selecting the function (e.g. “Left earbud, tap 2x”) is displayed.
- ▷ Tap on the “Voice assistant” function. The assignment of the control commands is updated.

To activate the voice assistant:

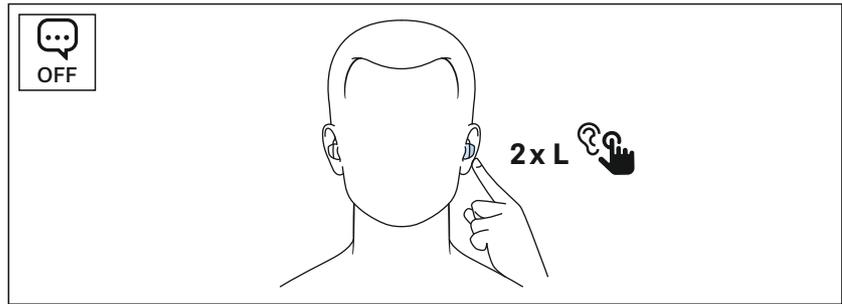
- ▷ Briefly tap 2x on the control panel or near the **left** earbud (depending on the previously selected control command). Alternatively: Activate the voice assistant directly via your Bluetooth device. The available voice assistant of your Bluetooth device is activated (depending on the system used or app installed: Siri, Google Assistant or similar).
- ▷ Speak your request.

To cancel the selection or input to the voice assistant:

- ▷ Briefly tap 2x on the control panel or near the **left** earbud. The voice assistant is deactivated.

i The control command for deactivating the voice assistant is not supported by some devices running the Android operating system. You can also deactivate the voice assistant via your Bluetooth device.

Using the earbuds



 2x Tap control	 Activates or deactivates the voice assistant
--	---

i If you have activated the voice assistant and then change the volume of the earbuds (see page > 37), the volume of the voice assistant is adjusted accordingly and saved permanently.

Using the Smart Pause function

The earbuds automatically detect whether you are wearing the earbuds in your ear or removing them.

Music playback pauses when you take one or both earbuds out of your ears and continues as soon as you insert one earbud again. If there is an interruption of more than 4 minutes, playback will not start automatically.

By placing the earbuds on a surface, such as a tabletop, the proximity sensors can be triggered and audio playback continues outside your ears. To prevent this, place the earbuds so that the charging contacts and magnetic holders are facing upwards.

You can activate (default setting) or deactivate the function via the Smart Control app.

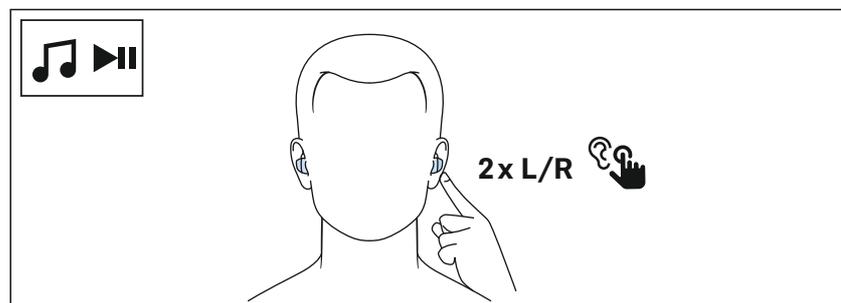
Controlling the music playback

The music playback functions are only available when the earbuds and the playback device are connected via Bluetooth. Some smartphones or music players may not support all functions.

i Information on operating the earbuds via Tap control can be found here: page > 12

Playing/pausing music

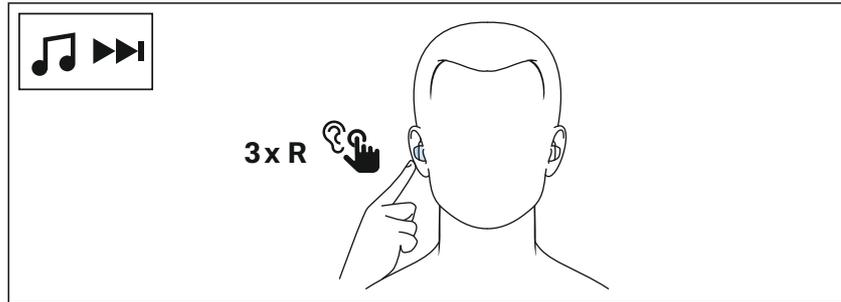
▷ Briefly tap 2x on the control panel or near the **left** or **right** earbud.



		
Starts/pauses playback	2x Tap control	Starts/pauses playback

Playing the next track

- ▷ Briefly tap 3x on the control panel or near the **right** earbud.



 3x Tap control	 Plays the next track in the playlist
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Playing the previous track

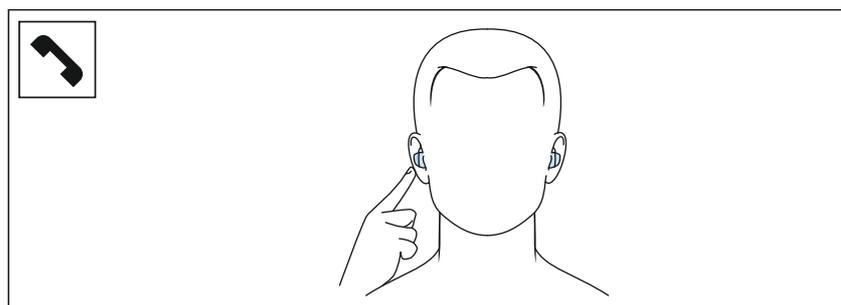
This function is not preset. To be able to customize the control functions for playback control, you require the Smart Control app (see page > 28).

Making calls using the earbuds

The call functions are only available when the earbuds and the Bluetooth device are connected. Some smartphones and telephony apps (e.g. WhatsApp, MS Teams, WeChat) may not support all call control functions.

During a call, you can use the **right** and/or **left** earbud to control the call functions via Tap control.

i Information on operating the earbuds via Tap control can be found here: page > 12



Making a call

- ▷ Dial the desired phone number.
If your smartphone does not automatically transfer the call to the earbuds, select "MOMENTUM Sport" as the output device (see the instruction manual of your smartphone if necessary).

Accepting/rejecting/ending a call

If your earbuds are connected to a Bluetooth device and you receive a call, you hear a ring tone in the earbuds.

If you receive a call during audio playback, playback is paused until you end the call or reject the call.

You can also accept calls if you are connected to **two** Bluetooth devices at the same time (multipoint function) (see page > 23).

Example:

- You are listening to music via the playback function of smartphone 1.
- You receive a call on smartphone 2.
You hear the ring tone in your earbuds.
Audio playback from smartphone 1 is paused until you end the call from smartphone 2 or reject the call.

		
Accepts a call		Accepts a call
	 2x Tap control	
Ends a call		Ends a call
		
Accepts an incoming call and ends the active call		Accepts an incoming call and ends the active call
	 3x Tap control	
Rejects a call		Rejects a call
		
Rejects an incoming call and continues the active call		Rejects an incoming call and continues the active call

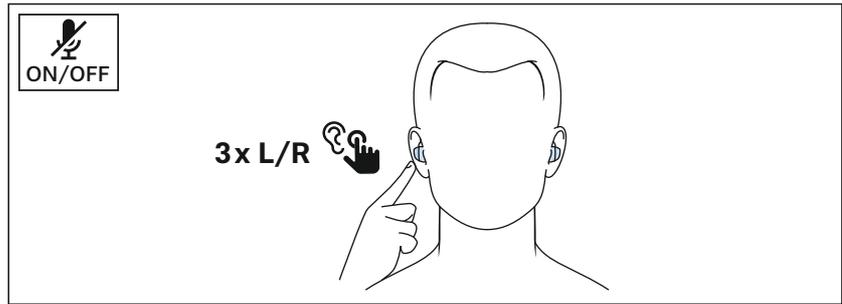
Muting the microphones

To mute the earbuds' microphones during a call:

- ▷ Briefly tap 3x on the control panel or near the **right** or **left** earbud.
You hear the voice prompt "Mute on".
The microphones are muted.

To activate the microphones again:

- ▷ Briefly tap 3x on the control panel or near the **right** or **left** earbud.
You hear the voice prompt "Mute off".
The microphones are activated again.



 Mutes/unmutes the microphones	 3x Tap control	 Mutes/unmutes the microphones
--	--	--

Using the Auto Call function

If you take the paired earbuds out of the charging case during an incoming call, the call is automatically accepted and you can use the earbuds directly for making calls.

You can activate (default setting) or deactivate the function via the Smart Control app. Note that both earbuds must be switched on to adjust the settings for both earbuds (right and left).

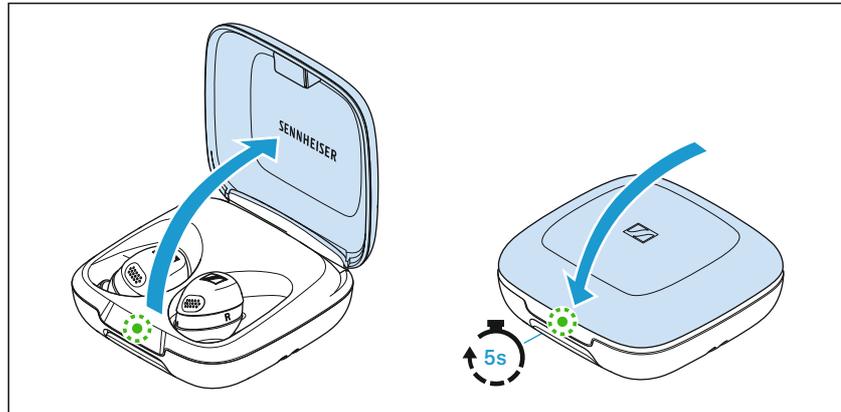
i You can use the right or left earbud on its own. If you insert one earbud into the charging case during use, a short interruption of playback may occur in the other earbud.

Displaying the battery charge status

When the earbuds are connected to your Bluetooth device, the battery charge status can be displayed on the screen of your device (depending on the device and operating system used).

The Smart Control app also displays the charge status of the rechargeable batteries of the earbuds and the charging case.

Displaying the battery charge status using the charging case



If no USB cable is connected to the charging case or the charging case is not placed on a wireless charging pad:

▷ Open the lid of the charging case.

If the earbuds are inserted, the LED display of the charging case indicates the battery charge status of the earbuds.

If the earbuds are not inserted, the LED display indicates the battery charge status of the charging case.

If you close the lid of the charging case, the LED display goes off after 5 seconds.

	lights up green	Earbuds are fully charged, charging case can still charge at least one complete cycle.	Charging case is fully charged.
	pulses yellow	Earbuds are being charged via the rechargeable battery of the charging case.	–
	lights up yellow	Earbuds are fully charged, charging case is more than 10 % and less than 50 % charged.	Charging case is more than 10 % and less than 50 % charged.

	lights up red	Rechargeable battery of the charging case is almost empty. The earbuds cannot be charged.	Rechargeable battery of the charging case is almost empty.
	flashes red	At least one earbud has a charging error/battery error (see page > 60).	Charging case has a charging error/battery error (see page > 60).

Information on health data collection

The earbuds offer the option of measuring your heart rate and body temperature. Sensors in the sound channel of the left earbud allow the values to be measured precisely during physical activity.

You can display the collected health data in the Smart Control app (see page > 28). To be able to use the values effectively, you also need a fitness app that supports the display of the data, e.g. the free Polar Flow® app (see page > 50).

Body temperature measurement is currently only supported by the Polar Flow® app and the latest Polar sports watches (from model year 2023). You can find more information on compatible products of the Polar brand on the Internet: www.polar.com

Health data collection in the ear has the following advantages:

- Accuracy
The proximity of the eardrum to the core body temperature provides reliable data.
Due to the dark location, the blood vessels in the ear are closer to the skin, providing reliable cardiovascular data.
- Stability
The ear is one of the most stable areas during physical activity, allowing for consistent measurements even during sports.
- Comfort
The earbuds have a lightweight design with many customization options to the ear thanks to the different ear tips and ear fins. This provides wearing comfort and a secure fit.
- Innovation
Health data collection via earbuds was previously only available at a high price for professional athletes.
- Practicality
The earbuds connect effortlessly with fitness devices and fitness apps. Minimal effort with no additional equipment.

Measuring the heart rate to track the physical activity level

The heart rate is measured in real time in beats per minute (BPM) and indicates the level of exertion during physical activity.

The higher the heart rate, the more exerted the body is and the more calories are burned. Heart rate tracking can help athletes to determine the intensity of their training and track their fitness progress. Heart rate tracking can also help to avoid overexertion and injury or to implement recovery phases.

Measuring the body temperature to prevent heat-related illnesses

The measured body temperature reflects the temperature of the internal organs and tissues in the core of the body, including the heart and lung.

In sports, maintaining a normal body temperature is crucial for an optimal performance and to avoid heat-related illnesses (e.g. heat cramps, heat exhaustion, heat stroke). The ideal body temperature during sports is 37 °C to 38 °C/98.6 °F to 100.4 °F, but it can rise depending on the energy spent and the resulting heat production. Athletes must therefore take measures to help regulate their body temperature, e.g. by drinking sufficient fluids and wearing suitable clothing.

Disclaimer

The product has sensors for collecting health data (e.g. heart rate and body temperature). It is not intended to diagnose or treat any disease and should not be used for medical purposes. Do not use the product to measure fever. The product is intended for fitness and wellness purposes only and is intended to provide information to enhance well-being. Always consult your physician for medical issues. If a medical emergency is suspected, always call emergency medical services.

Some fitness devices and apps may not be compatible with the earbuds or may not be available in your country. Sonova Consumer Hearing GmbH does not accept any liability for this.

Connecting the earbuds to the Polar Flow[®] app

To effectively use the health data collected by the earbuds for your training, we recommend using the free Polar Flow[®] app.

- ▷ Download the app from the Apple App Store or from Google Play and install it on your smartphone.
 - Google Play Store: [click](#)
 - Apple App Store: [click](#)
- ▷ Make sure that your earbuds are connected to your smartphone via Bluetooth (see page > 27).
- ▷ Open the Polar Flow[®] app. You can also open the app via the Smart Control app in the “Sports sensors” area. To be able to use the app, you have to set up a user account once. To do so, follow the instructions in the app.
- ▷ Insert the earbuds into your ears and make sure that the earbuds establish a Bluetooth connection to your smartphone.

i Note that you have to use the left earbud to measure the heart rate and body temperature.

- ▷ Select the “Start training” menu in the app.
- ▷ Tap on the “Training settings” icon. In the “HR sensor” area, “MOMENTUM Sport” is displayed.
- ▷ Tap on “Pair” to connect the earbuds to the app. The “MOMENTUM Sport” sensor is displayed.
- ▷ Switch back to the “Start training” menu and start your training. The earbuds transmit the measured heart rate and body temperature to the app during training.

i You can measure your heart rate and use audio playback at the same time. Playback does not affect the measurement.

i If you experience problems using the earbuds with Polar devices or the Polar Flow[®] app, visit the MOMENTUM Sport product page at

www.sennheiser-hearing.com/momentum-sport

There you will find a current list of frequently asked questions (FAQ) and suggested solutions.

Connecting the earbuds to a Polar sports watch

- ▷ Insert the earbuds into your ears.

i Note that you have to use the left earbud to measure the heart rate and body temperature.

- ▷ Press the “Back” button on your Polar watch.
- ▷ Select the “Settings” category and open the “General settings”.
- ▷ Select “Pair and sync”.
- ▷ Select “Pair sensor or other device”.
- ▷ Confirm the pairing with “MOMENTUM Sport”.
Pairing with your earbuds is performed.
As soon as pairing is complete, the message “Pairing complete” or “Sensor connected” is displayed.
- ▷ Open the “Pre-training mode” of your Polar watch.
The measured heart rate is displayed.
When training mode is active, the measured body temperature is also displayed.

i If you experience problems using the earbuds with Polar devices or the Polar Flow® app, visit the MOMENTUM Sport product page at www.sennheiser-hearing.com/momentum-sport. There you will find a current list of frequently asked questions (FAQ) and suggested solutions.

Adjusting sound effects/the equalizer

To be able to use the sound effects/equalizer, you require the Smart Control app (see page > 28).

- ▷ In the Smart Control app, select the desired sound effects via the equalizer. You can use predefined presets, define sound modes (e.g. bass boost) or define your own settings.
The sound effects are stored in the earbuds. These sound settings are active even without using the Smart Control app, i.e. when you are using a different Bluetooth device.
Note that both earbuds must be switched on to adjust the settings for both earbuds (right and left).

i The Sound Check function of the Smart Control app allows you to create customized equalizer presets. Sound Check guides you step by step to the optimal result.

Battery protection mode

When the battery protection mode is activated, the rechargeable batteries of the earbuds are charged in a particularly protective way and only up to a charge level of approx. 80 % in order to extend the battery life. The maximum playback time of the earbuds is reduced accordingly to approx. 80 % of the standard playback time.

You can activate the battery protection mode via the Smart Control app (see page > 28).

Eco mode

Eco mode maximizes the playback time of your earbuds by optimizing energy consumption and can be activated via the Smart Control app (see page > 28).

In Eco mode, the use of the aptX™ Bluetooth codec is deactivated and audio data is transmitted exclusively via SBC or AAC. This reduces the transmission bandwidth of the earbuds and increases the operating time of the battery.

The functions of all sensors are also deactivated in Eco mode.

Setting the voice prompts/beep sounds

To be able to set the voice prompts and beep sounds, you require the Smart Control app (see page > 28).

You can choose between voice prompts and beep sounds, or deactivate the status messages with a few exceptions (e.g. rechargeable battery is empty). Note that both earbuds must be switched on to adjust the settings for both earbuds (right and left).

Customizing the control functions

To be able to customize the control functions for audio playback, you require the Smart Control app (see page > 28).

The app allows you to customize the control functions and other commands of the earbuds and to select preset control functions. Some basic functions cannot be changed (e.g. call control).

You can deactivate the Touch control and Tap control functions completely (via the slider “Touch control”) or deactivate Touch control as an individual control function (via the slider “Deactivate touch-hold”).

The sensitivity of the Tap control can be adjusted in three levels (high, medium and low).

i If the control functions for the Touch and Tap control are completely deactivated:

- The earbuds can only be controlled via the Smart Control app and the connected Bluetooth device.
- The control functions remain permanently deactivated until you reactivate them via the app settings or reset the earbuds to the factory default settings.
- If the earbuds are inserted into the ears (proximity sensors are triggered), pairing with another Bluetooth device is not possible.
- If you remove the earbuds from your ears, pairing with another Bluetooth device is possible as long as the proximity sensors are not triggered (e.g. by placing the earbuds on a tabletop or holding the earbuds in your hand).

Storing or transporting the earbuds in the charging case

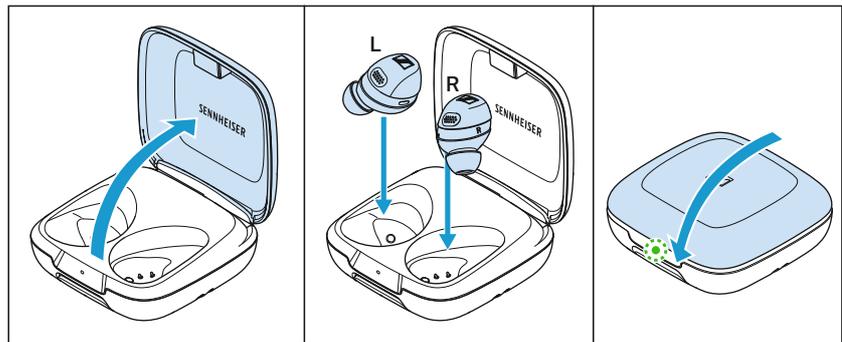
ATTENTION

Moisture and dirt can damage the electronics of the charging case! If moisture and dirt get inside the charging case, this can impair its function.

- ▷ Do not place the earbuds in the charging case when they are wet or dirty.

Store the earbuds in the charging case to prevent damage to the earbuds when not in use or during transport. The earbuds are automatically charged in the charging case so you always have the full battery life to work with.

- ▷ Open the charging case by overcoming a slight magnetic resistance and insert the left earbud into the left charging compartment and the right earbud into the right charging compartment. The earbuds are magnetically pulled into the charging compartments.
- ▷ Close the lid of the charging case.



Care and maintenance of the earbuds/charging case

ATTENTION

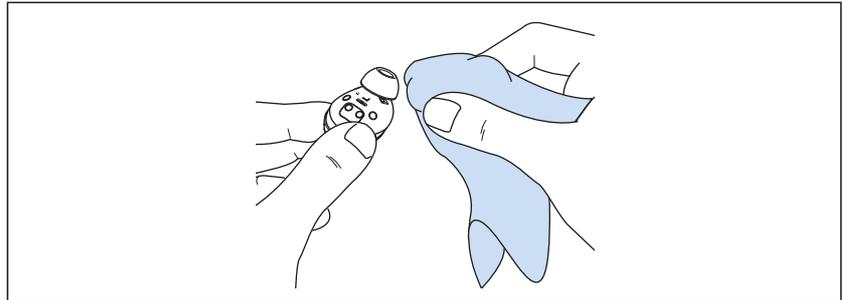
Liquids can damage the electronics of the product!

Liquids entering the housing of the product can cause a short-circuit and damage the electronics.

- ▷ Keep all liquids far away from the product.
- ▷ Do not use any solvents or cleansing agents.

Cleaning after each use

- ▷ Clean the earbuds with a slightly damp cloth.



If the charging case has become damp or wet:

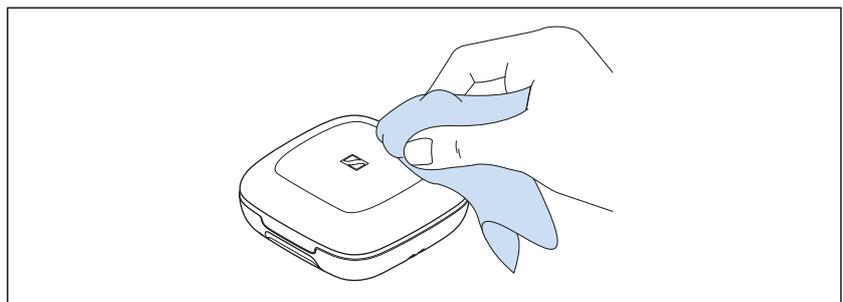
- ▷ Dry the outside of the charging case with a dry cloth.
- ▷ Open the charging case and dry both charging compartments, especially the charging contacts, with a dry, lint-free cloth.
- ▷ Open the cover of the USB socket on the charging case.
- ▷ Leave the charging case open and dry at room temperature before using and charging it again.

If the earbuds have become damp or wet:

- ▷ Dry the charging contacts of both earbuds with a dry, lint-free cloth.
- ▷ Remove the ear tips and ear fins and dry them with a dry cloth.
- ▷ Allow the ear tips and ear fins to dry at room temperature before reattaching them to the earbuds.

Weekly cleaning

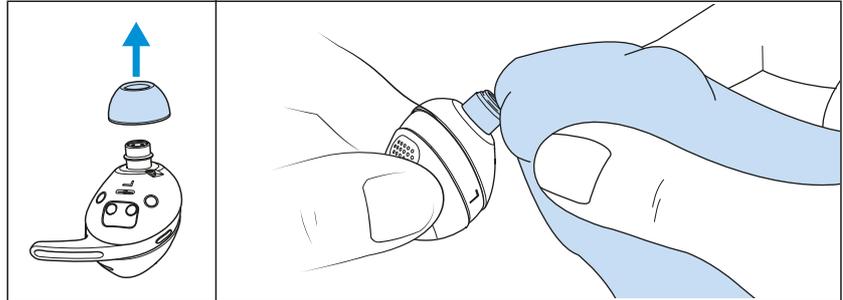
- ▷ Clean the charging case with a soft, dry cloth.



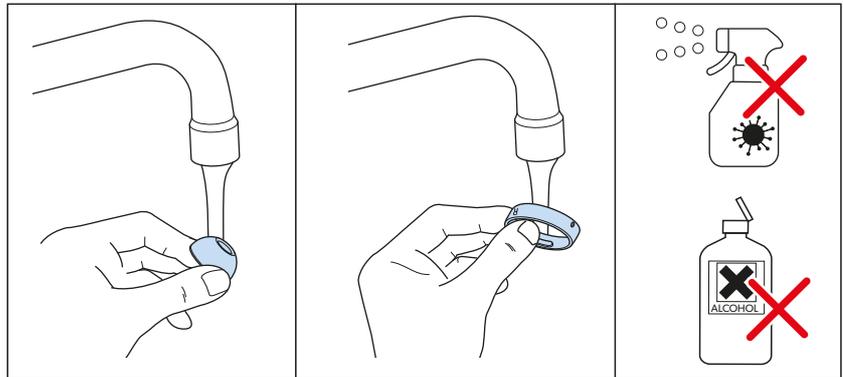
- ▷ Remove the ear tips from the earbuds' in-ear sound tunnels.

Care and maintenance of the earbuds/charging case

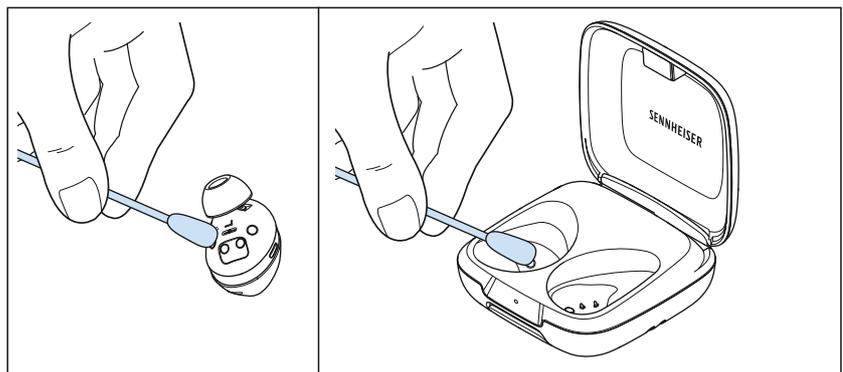
- ▷ Lightly wipe the openings of the in-ear sound tunnels with a dry, soft and lint-free cloth to remove any dirt above the protective fabric. Avoid damaging the protective fabric within the in-ear sound tunnels to prevent dirt or debris from entering the electronics.



- ▷ Clean the silicone ear tips and silicone ear fins. To do so, hold them under lukewarm running water.
- ▷ Allow the ear tips and ear fins to dry completely at room temperature before re-attaching them to the earbuds.



- ▷ Clean the charging contacts on the earbuds and in the charging case from time to time, e.g. with a cotton swab.



ATTENTION

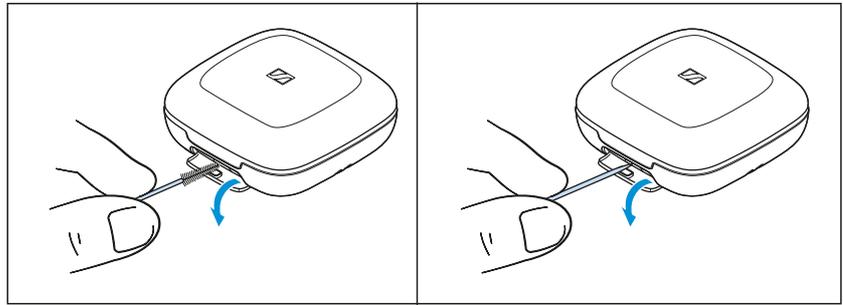
Danger of damage to the USB socket!

When using hard, sharp or excessively large objects for cleaning, the contacts of the USB socket on the charging case can be bent and destroyed.

- ▷ **Do not** use any metal objects such as safety pins or paper clips when cleaning.
- ▷ **Do not** use sharp objects such as the tip of a pocket knife or scissors.
- ▷ Use objects made from non-conductive, flexible material, e.g. an interdental brush.

To remove any dirt such as dust accumulation or lint from the USB socket of the charging case:

- ▷ Open the cover of the USB socket.
- ▷ Carefully swipe a fine object (e.g. toothpick or interdental brush) through the opening of the socket.



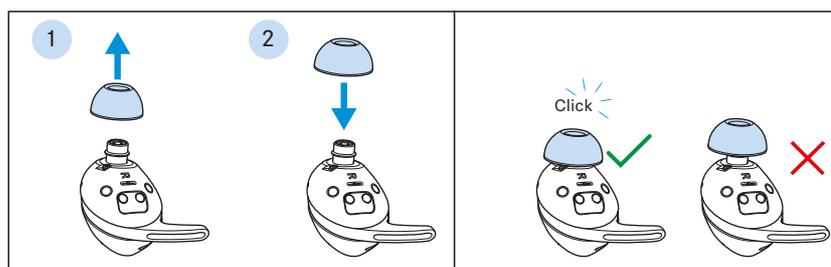
Replacing the ear fins and transparent ear tips

For reasons of hygiene, you should replace your ear tips and ear fins from time to time. Spare ear tips and spare ear fins can be found on the MOMENTUM Sport product page at www.sennheiser-hearing.com.

i You can use the Fit Test function in the Smart Control app to test the fit of the earbuds in your ears.

Replacing the transparent ear tips

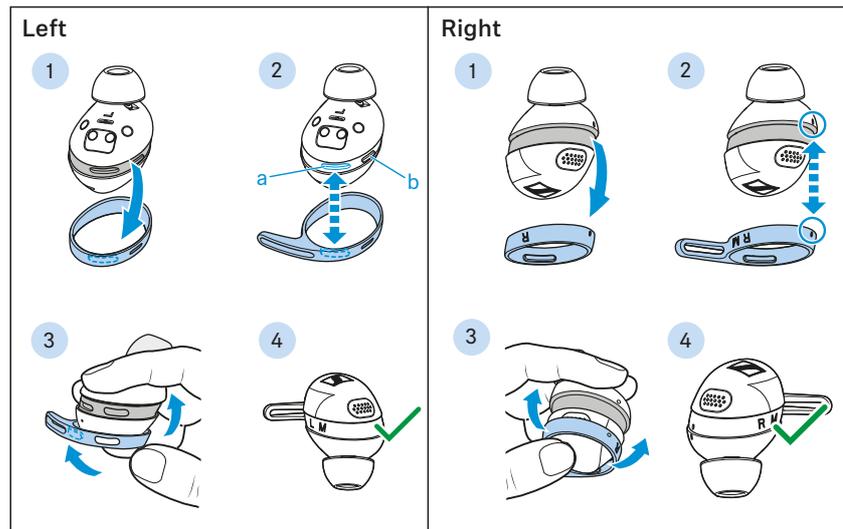
- ▷ Observe the following instructions:
 - Only use the transparent ear tips supplied by Sonova Consumer Hearing to ensure that the sensors for body temperature measurement and heartbeat tracking work properly.
 - If the ear tips are not fitted correctly, the subsequent charging process of the earbuds may be impaired as the charging contacts are not connected to the charging pins in the charging case. In addition, the data collection of the sensor on the left earbud can be distorted.
 - Incompletely fitted ear tips may remain in the ear canal when the earbuds are removed from the ear.



1. Pull the ear tip away from the in-ear sound tunnel.
2. Mount the new ear tip to the in-ear sound tunnel. Ensure that it locks into place.

Replacing the ear fins

- ▷ Observe the following instructions:
 - If the ear tips are not fitted correctly, the subsequent charging process of the earbuds may be impaired as the charging contacts are not connected to the charging pins in the charging case.
 - Upon delivery, size N ear fins (N rings) are attached to the earbuds. When changing the ear fins, first remove the existing ear fins.
- ▷ Assign the ear fins that you want to attach to the right and left earbud (see embossing on the outside).



To change the **left** ear fin:

1. Carefully remove the attached ear fin from the earbud housing.
2. Position the new ear fin so that the latch on the inside of the ear fin ring is at the level of the corresponding recess of the earbud. The oval opening of the ear fin is located at the height of the center bracket (oval protrusion) (b) on the earbud housing.
3. Slip the ear fin ring over the earbud housing and insert the latch into the recess. The oval opening of the ear fin must enclose the center bracket of the earbud.
4. Make sure that the ear fin ring fits properly in the groove on the earbud housing.

To attach the **right** ear fin:

1. Carefully remove the attached ear fin from the earbud housing.
2. Position the new ear fin so that the two marking points on the earbud and on the ear fin ring are at the same level.
3. Slip the ear fin ring over the earbud housing and insert the latch into the recess.
4. Make sure that the ear fin ring fits properly in the groove on the earbud housing.

Information on the built-in rechargeable battery

Sonova Consumer Hearing ensures and guarantees that the rechargeable batteries perform at their optimum upon purchase of the product. If, upon purchase or within the warranty period, you suspect that a rechargeable battery is obviously defective or if a charging error/battery error is displayed (see page > 9), stop using the product, disconnect it from the power supply system and contact your Sonova Consumer Hearing partner. Your Sonova Consumer Hearing partner will coordinate the repair/replacement with you.

Do not return a product with a defective battery to your dealer or Sonova Consumer Hearing partner unless requested to do so. To find a partner in your country, search at

www.sennheiser-hearing.com/service-support.

At the end of its operational lifetime, this product with its built-in rechargeable battery must be disposed of separately from normal household waste. You can find more information here: page > 66.

Installing firmware updates

Firmware updates can be downloaded free of charge from the Internet using the Sennheiser Smart Control app.

- ▷ Make sure that the batteries are fully charged before updating (see page > 21).
- ▷ Take the earbuds out of the charging case before updating and do not reinsert them into the charging case during the update.
- ▷ Connect your earbuds to your smartphone and start the Smart Control app (see page > 28).

The app provides information on available firmware updates and guides you through the installation process.

During the update, the LEDs on the earbuds alternately light up green and purple.

If the sensors for the collection of health data are also updated, the LED on the left earbud alternately lights up red and purple (not with every update).

FAQ/If a problem occurs ...

If a problem has occurred, proceed in the following order until the problem is solved and you can use the earbuds again:

1. Insert the earbuds into the charging case and close the lid. Wait for at least 10 seconds (see page > 62).
2. Connect the earbuds to the Smart Control app to install the latest firmware (see page > 60).
3. Reset the earbuds to the factory default settings (see page > 63).
4. Check the list of frequently asked questions to see if there is a solution to the problem (see page > 61).
5. Contact your Sonova Consumer Hearing partner to solve the problem (see page > 61).

Current list of frequently asked questions (FAQ)



Visit the MOMENTUM Sport product page at

www.sennheiser-hearing.com/momentum-sport

There you will find a current list of frequently asked questions (FAQ) and suggested solutions.

Your question has not been answered or the problem persists?

If a problem occurs that is not listed in the FAQ section or if the problem cannot be solved with the proposed solutions, please contact your Sonova Consumer Hearing partner for assistance.

To find a partner in your country search at

www.sennheiser-hearing.com/service-support

Leaving the Bluetooth transmission range

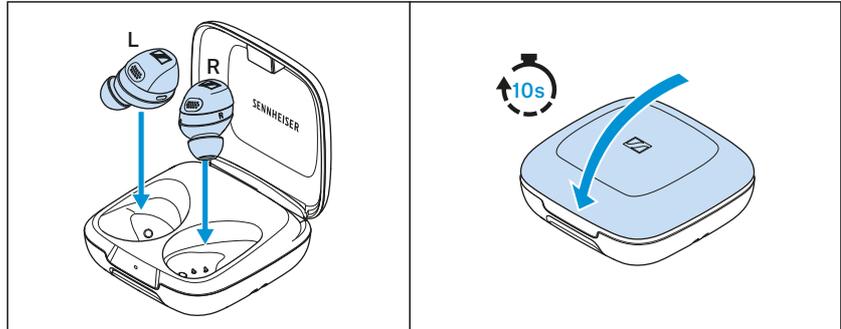
Wireless calling and streaming are only possible in the Bluetooth transmission range of your smartphone. The transmission range largely depends on environmental conditions such as wall thickness, wall composition etc. With a free line of sight, the transmission range of most smartphones and Bluetooth devices is up to 10 meters.

If you, and therefore the earbuds, leave the Bluetooth transmission range of the smartphone, the sound quality deteriorates increasingly until you hear the voice prompt “No connection” and the connection breaks down completely. If you immediately re-enter the Bluetooth transmission range, the connection is automatically re-established and you hear the voice prompt “Connected”. If this is not the case, tap the control panel of the earbud 1x.

Resetting the earbuds

If the function of the earbuds is disturbed, perform a reset. Individual settings such as the pairing settings are not deleted.

- ▷ Insert the earbuds into the charging case and close the lid. After 10 seconds, the earbuds will restart (reset).



Resetting the earbuds to the factory default settings

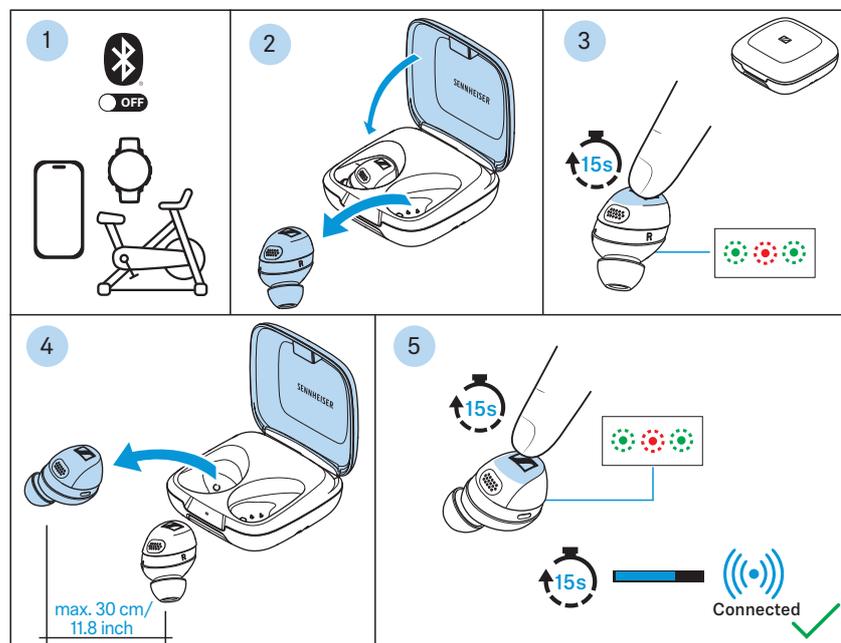
If the function of the earbuds is disturbed and a reset (see page > 62) does not improve, reset the earbuds to the factory default settings. This deletes, among other things, all pairing settings.

The easiest way to reset the earbuds to the factory default settings is using the Smart Control app.

Alternatively, you can manually proceed as follows:

1. Disconnect all existing connections between paired Bluetooth devices and your earbuds, e.g. by deactivating Bluetooth on the devices.
2. Insert one earbud into the charging case and close the lid of the charging case. The second earbud remains in the charging case.
3. Tap and hold the control panel of the earbud that is not in the charging case for 15 seconds.
The LED on this earbud alternately lights up green and red (peer pairing mode).
4. Take the second earbud out of the charging case. Make sure that both earbuds are in close proximity to each other (max. distance 30 cm).
5. Hold the control panel of the second earbud for 15 seconds.
The LED on this earbud alternately lights up green and red (peer pairing mode).
Both earbuds connect to each other within 15 seconds.
The earbuds are successfully reset to the factory settings and paired.

▷ Reconnect your earbuds to your Bluetooth device (see page > 27).



Specifications

MOMENTUM Sport

Model: MSPORT1, MSPORT1 R, MSPORT1 L, MSPORT1 C

Wearing style	True Wireless stereo earbuds
Ear coupling	ear canal, semi-open
Frequency response	15 Hz to 18 kHz
Transducer principle	dynamic
Transducer size	10 mm
Sound pressure level (SPL)	110 dB (1 kHz/0 dBFS)
THD (1 kHz, 94 dB SPL)	< 0.25 % (1 kHz/94 dB)
Noise cancellation	Hybrid Adaptive ANC technology
Microphone principle	MEMS
Microphone frequency response	100 Hz to 10 kHz
Microphone pick-up pattern (speech and ANC)	3 microphones per earbud beamforming array for active noise cancellation
Power supply	built-in lithium rechargeable batteries: earbuds (R and L): 3.8 V --- , 72 mAh, 0.274 Wh charging case: 3.6 V --- , 820 mAh, 2.952 Wh or 3.6 V --- , 900 mAh, 3.24 Wh input: earbuds (R and L): 5 V --- , max. 100 mA charging case: 5 V --- , max. 1000 mA output: earbuds (R and L): none charging case: 5 V --- , max. 100 mA x 2 (R and L)
Charging method via charging case	USB charging via USB-C socket: 5 V --- , 1000 mA; Qi wireless charging
Operating time	6 hrs with rechargeable battery of the earbud 24 hrs with rechargeable battery of the charging case (test conditions: smartphone within 1 m distance, Bluetooth AAC codec, volume level 50 %, ANC activated, health data sensors activated)
Charging time of rechargeable batteries	approx. 1.5 hours for full charge approx. 10 minutes for 1 hour of music playback (ANC mode)

Temperature range	<i>operation:</i> 0 to +40 °C <i>charging:</i> +5 to +35 °C <i>storage:</i> -20 to +60 °C
Relative humidity	<i>operation:</i> 10 to 80 %, non condensing <i>storage:</i> 10 to 90 %
Magnetic field strength	earbuds: 1.86 mT charging case: 250 mT
Ingress protection of the earbuds	earbuds: IP55 charging case: IP54
Weight	earbuds: 6.4 g each (with N-size ring and M-size ear tip) charging case: 78.4 g both earbuds and charging case: 91 g
Dimensions	earbuds: approx. 23.3 x 20.9 x 26.1 mm charging case: 63.7 x 64.8 x 30.0 mm
Sensors	heart rate, body temperature, 3-axis acceleration sensor, infrared in-ear sensor
Sensor measuring ranges	heart rate: 30 ~ 220 bpm body temperature: 35.5 to 42.0 °C (accuracy: ± 0.3 °C)

Bluetooth

Version	Bluetooth 5.2 certified, class 1
Transmission frequency	2,402 MHz to 2,480 MHz
Modulation	GFSK, $\pi/4$ DQPSK, 8DPSK
Profiles	AVRCP, A2DP, HFP
Output power	16 mW (max)
Codec	aptX™, aptX™ Adaptive, AAC, SBC
Device name	MOMENTUM Sport
Number of active connections	2
Required apps	Sennheiser Smart Control for Android and iOS Polar Flow® for full use of the sensor data

Manufacturer declarations

Warranty

Sonova Consumer Hearing GmbH gives a warranty of 24 months on this product.

For the current warranty conditions, please visit our website at www.sennheiser-hearing.com/warranty or contact your Sonova Consumer Hearing partner.

In compliance with the following requirements

- General Product Safety Directive (2001/95/EC)
- Compliant to **Sound Pressure Limits** according to country specific requirements

EU declaration of conformity



- RoHS Directive (2011/65/EU)

Hereby, Sonova Consumer Hearing GmbH declares that the radio equipment type MSPORT1 (MSPORT1 R, MSPORT1 L, MSPORT1 C) is in compliance with the directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following Internet address:

www.sennheiser-hearing.com/download

UK declaration of conformity



- RoHS Regulations (2012)
- Radio Equipment Regulations (2017)

Notes on disposal



- EU: WEEE Directive (2012/19/EU)
- EU: Battery Directive (2006/66/EC & 2013/56/EU)
- UK: WEEE Regulations (2013)
- UK: Battery Regulations (2015)

The symbol of the crossed-out wheeled bin on the product, the battery/rechargeable battery (if applicable) and/or the packaging indicates that these products must not be disposed of with normal household waste, but must be disposed of separately at the end of their operational lifetime. For packaging disposal, observe the legal regulations on waste segregation applicable in your country. Improper disposal of packaging materials can harm your health and the environment.

The separate collection of waste electrical and electronic equipment, batteries/rechargeable batteries (if applicable) and packagings is used to promote the reuse and recycling and to prevent negative effects on your health and the environment, e.g. caused by potentially hazardous substances contained in these products. Recycle electrical and electronic equipment and batteries/rechargeable batteries at the end of their operational lifetime in order to make contained recyclable materials usable and to avoid littering the environment.

If batteries/rechargeable batteries can be removed without damaging them, you are obliged to dispose of them separately (for the safe removal of batteries/rechargeable batteries, see the instruction manual of the product). Handle lithium-containing batteries/rechargeable batteries with special care, as they pose particular risks, such as the risk of fire and/or the risk of ingestion in the case of coin batteries. Reduce the generation of battery waste as much as possible by using longer-life batteries or rechargeable batteries.

Further information on the recycling of these products can be obtained from your municipal administration, from the municipal collection points, or from your Sonova Consumer Hearing partner. You can also return electrical or electronic equipment to distributors who have a take-back obligation. Herewith you make an important contribution to the protection of the environment and public health.

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