

WH1000XM6/B

WH-1000XM6 Best Wireless Noise Canceling Headphones | Black

Powered by our next-gen processor and intelligent algorithms, the WH-1000XM6 premium headphones deliver studio-quality sound and our most advanced noise cancellation. Co-created with mastering audio engineers, every detail and note are heard as the artist intended. Enjoy a pure, uninterrupted listening experience anywhere with crystal-clear call quality and pro-level audio.



Bullets

- The Best Noise Cancellation¹ - Powered by advanced processors and an adaptive microphone system, noise cancellation is optimized in real time.
- Co-Created with Mastering Audio Engineers – Precision-tuned for studio-quality clarity, with every note and vocal true to the artist's intent.
- HD Noise Canceling Processor QN3 - The HD Noise Canceling Processor QN3 is 7x faster than the QN1 (found in our WH-1000XM5 headphones), optimizing 12 microphones in real time—for better noise cancellation, sound quality, and call clarity.
- Adaptive NC Optimizer - Our new Adaptive NC Optimizer automatically adjusts to external noise, air pressure, and wearing style for uninterrupted, immersive sound.
- Auto Ambient Sound Mode – Balance music and external sounds with Auto Ambient Sound Mode, allowing you to stay aware of your surroundings.
- Authenticity, in every note – Advanced noise-shaping D/A conversion technology reduces distortion and enhances bass delivering crisp and accurate sound.
- High-Resolution Audio – Supports High-Resolution Audio and LDAC for exceptional sound quality, even wirelessly.
- Real-time File Restoration - Edge-AI and DSEE Extreme™ upscale compressed music, restoring high-range sound lost during compression.⁵
- Ultra-clear calls, from anywhere. – Six-microphone AI-based beamforming system, isolates your voice, filtering out background noise for crystal-clear calls.
- Tailored Comfort, Thoughtfully Designed – Wider, asymmetrical headband with synthetic leather for all-day comfort, paired with a foldable design perfect for traveling.
- Intuitive Controls – Effortlessly adjust the volume and play music without reaching for your phone. The headphones can detect when you're speaking and pause the music seamlessly.
- Sound Connect app – Customize noise cancellation, adjust ambient sound, and access personalize EQ settings with the Sony | Sound Connect app.^{2, 9}
- Long Battery Life and Convenient Charging – Up to 30 hours of playback, with up to 3 hours of music using 3-minute quick charge. Bluetooth and audio cable charging supported.^{12, 13}

Features

The next evolution in noise cancellation

Powered by advanced processors and an adaptive microphone system, noise cancellation is optimized in real time—so your world stays undisturbed, and your sound remains pure down to the finest detail.

7x Faster. Flawless control.

With processing speeds seven times faster than its predecessor (found in our WH-1000XM5 headphones), the HD Noise Canceling Processor QN3 fine-tunes 12 microphones in real time—delivering a dramatic leap in noise cancellation, sound quality, and call clarity.

12 microphones. Precise detection.

With optimally placed microphones, noise cancellation adapts more precisely to your wearing situation and environment—so your sound feels effortless and powerful.

Real-time analysis maintains the quiet

Our new Adaptive NC Optimizer delivers unmatched noise-canceling precision—adjusting to external noise, air pressure, and even your wearing style for uninterrupted, immersive sound.

Designed for superior noise cancellation and sound

Lose yourself in the details. The specially designed driver is optimally tuned for enhanced noise cancellation and supported by a lightweight carbon fiber dome that keeps high frequencies crisp and clear.

Stay in sync. Wherever you are.

Our Auto Ambient Sound mode is even better at adapting to your surroundings in real time by balancing music and external sound. The multiple microphones can filter out the noise or let in what matters: announcements, conversations, or the world around you. Adjust settings automatically or fine-tune them manually in the Sony| Sound Connect app.^{2, 9}

Engineered to perfection

A specially designed driver delivers clarity that feels almost tangible—highs shimmer, vocals breathe, and every detail comes through with precision. With optimized circuitry and premium materials, sound flows effortlessly, pure and balanced.

Richer detail. Clearer vocals.

A high-rigidity carbon fiber dome and uniquely developed voice coil structure bring out the subtleties in every frequency—so vocals sound richer, instruments feel more defined, and every track carries more emotion.

Authenticity, in every note

The newly developed look-ahead noise shaper D/A conversion technology in our HD Noise Canceling Processor QN3, better anticipates and adjusts the combined output—reducing distortion, enhancing bass energy, and delivering crisp, fast sound that stays true to your music.

Enjoy High-Resolution Audio with and without wires

The WH-1000XM6 headphones support High-Resolution Audio and High-Resolution Audio Wireless, thanks to LDAC, our industry-adopted audio coding technology. LDAC transmits approximately three times more data³ than conventional Bluetooth® audio for exceptional High-Resolution Audio quality.^{4, 13}

Real-time restoration of all your compressed files

Using Edge-AI (Artificial Intelligence), DSEE Extreme™ upscales compressed digital music files in real time. It dynamically identifies instrumentation, musical genres, and individual elements of each song, restoring high-range sound lost during compression.⁵

Fine-tune your entertainment experience

With the Sony | Sound Connect app^{2, 9}, it's easy to personalize your sound. Compare settings, tweak the details, and find the perfect balance for every song, scene, and game session.

Listening to music

Dial in your perfect sound with the 10-band equalizer (EQ) or create a spacious feel with a Background Music Effect.

Playing games

Game Equalizer (EQ), developed with Sony's gaming gear lineup, INZONE, enhances sound clarity for FPS gaming across our headphone range.

Cinema comes alive

Human voices, environmental sounds and effects are placed in a spherical field with location data, expanding audio beyond your headphones for a theatre-like experience.

360 Reality Audio Upmix for Cinema makes playback of stereo audio sound like spatial audio in your headphones by using Sony's 360 Spatial Sound technology.⁶

A new sound experience for AR gaming

If you're looking for new entertainment options beyond music and movies, the WH-1000XM6 headphones use new sensors and spatial sound technology to deliver immersive sound for Augmented Reality games like "Ingress" from Niantic.⁷

When playing "Ingress" with the WH-1000XM6 headphones, sensor and spatial sound technologies deliver a new experience: using head tracking, the sound is conveyed from different directions to line up perfectly with the action on the screen.

Head tracking function

Head tracking ensures a realistic and compelling listening experience by automatically adjusting sound fields to compensate for your head movement. Sounds are precisely aligned with your headphones, even as you move, to completely involve you in your listening, when paired with compatible devices and services.⁸

Certified headphones for a personalized experience

With 360 Reality Audio Certified headphones and our Sony | Sound Connect app you can optimize your experience by analyzing your individual ear shapes so you can enjoy the ultimate immersive music experience.²

An advanced personal optimization algorithm gives an even greater sense of sound space, distance and height, allowing you to become even more immersed in the music.⁹

A personal cinematic experience with BRAVIA¹⁰

Enjoy a thrilling Dolby Atmos[®] experience and 360 Spatial Sound that adapts to your ears with BRAVIA[™] and these headphones.¹⁰

360 Spatial Sound Personalizer

With the Sony | 360 Spatial Sound Personalizer app¹¹, you'll enjoy a sound experience that's optimized for you. The app captures and analyses your ear shape, allowing these headphones to create your spatial sound field when paired with select BRAVIA TVs.¹³

Ultra-clear calls

Clarity in every call. Intelligent beamforming isolates your voice from background noise, so you're always heard—even when others are talking. Need to mute? Do it instantly, right from your headphones.

Focused on your voice

With a six-microphone AI-based beamforming system, the WH-1000XM6 headphones focus on your voice while filtering out background noise—so every word comes through sharp and clear.

Intelligent noise reduction

The AI-optimized noise reduction algorithm suppresses background sounds while isolating your voice. Beamforming microphones and Precise Voice Pickup Technology ensure every word is heard clearly—even in noisy settings.

Wind noise reduction

Refined microphone placement and structure minimizes wind interference—reducing noise on your calls and ensuring a clearer, more comfortable listening experience.

Tailored comfort. Masterfully crafted.

Comfort you can wear all day with a wider headband and smooth, synthetic leather ensure a pressure-free fit. With supple, stretchable material, providing a secure fit —reducing pressure while blocking external noise.¹⁴

Seamless design

With a stepless slider and seamless swivel, every adjustment is smooth—so all you feel is comfort. The asymmetrical headband design makes it easy to identify the left and right sides at a quick glance.

Intuitive controls

Easily switch between noise canceling, ambient sound, and muting your mic with tactile buttons and a responsive touch panel. Fine-tune your settings in the app for a personalized experience.^{15, 16, 17}

Foldable design

Inspired by products with handcrafted precision workmanship, the folding mechanism is crafted using advanced metal injection techniques for a seamless durable fold, ensuring a design that is as refined as it is resilient.

Compact carrying case

Designed to slip seamlessly into bags and airplane pockets, the compact case now features a magnetic closure for easy access—so your headphones are always ready to go.

Premium colors

No matter your style, choose between three premium colors; Black, Platinum Silver, Midnight Blue.¹⁸

Sustainably crafted

These headphones are designed with sustainable materials, including a carrying case crafted to reduce our environmental impact. Both the headphones and the carrying case are made with recycled material from post-consumer waste.

More intuitive and smarter than ever²¹

With intuitive controls, you can adjust volume and play music without reaching for your phone. The headphones can detect when you're speaking, pausing the music to let you engage seamlessly with your surroundings.

Quick Access

A shortcut to your music with simple taps, and no need to touch your smartphone¹⁹. You can enjoy your music in an effortless way.^{31,32}

Scene-based listening

Provides a sound experience just tailored to you by sensing the current situation and scene.

Plays music automatically

Auto Play delivers music and audio notifications exactly when you need them. Playback starts automatically when you put your headphones on—no need to touch your smartphone—and plays the right music for the moment, based on your daily routines or sensing activities like a daily walk, gym workout, or commute. And, with Voice Cue you'll still be notified of important information including appointments and reminders, so you can always stay connected to both life and entertainment wherever you go.

Adjusts to the world around you

Adaptive Sound Control senses where you are and what you're doing, then uses AI to change ambient sound settings for the ideal listening experience. Over time, it can learn your behavior, recognize locations you visit often, and tailor the sound to suit your location.

Total convenience, total customization

Your headphones are even better with the Sony | Sound Connect app.² The simple, intuitive interface lets you dial in your ideal audio experience and shortcut settings while keeping track of your recent listening history. Safe Listening lets you check you're in line with healthy listening habits.

Instant pause. Instant play.

Just take the headphones off and the music stops—a capacitive sensor knows when you are wearing them. It also helps improve detection accuracy and design. The music will start again as soon as you put your headphones back on.

Control headphones with head gestures

You can operate your headphones using natural head gestures, like receiving or declining calls²³, or operating Auto Play¹⁹ by nodding or shaking your head.

Talk and hear the world around you with ambient sound

You can set Speak-to-Chat to automatically pause the music as soon as you speak to someone, so you can hear ambient sound and conduct a conversation²¹— handy if you want to keep your headphones on or your hands are full. And once your conversation is over, your music starts playing again automatically.²²

Control with your voice

Get hands-free help—just say “Hey Google” to activate your preferred voice assistant. Listen to music, connect with friends, get notifications, set reminders, and more when connected to your smartphone. Or you can also use built-in voice control for noise cancellation, volume, and playback when connected to any device.³⁰

Smooth and fast. Ultra-low latency.

Sound that keeps up with you. The WH-1000XM6 are ready for LE Audio, delivering ultra-low latency for gaming and more. Multi-Point and Auto Switch make switching between devices seamless, while the long-lasting battery keeps you connected longer.¹²

Next-generation Bluetooth audio

Enjoy ultra-low latency for flawless gaming, effortless access to public broadcasts with Auracast™, and—of course—exceptional sound quality. Multi-point and auto-switching keep you connected without interruption.¹³

Multipoint Connection

For total convenience, your headphones can be paired with two Bluetooth® devices at the same time, automatically switching when a call is received, or playback is started on either device.¹³

Find your headphones with Fast Pair

In one tap, the WH-1000XM6 headphones enables quick effortless Bluetooth® pairing with your Android™ devices.^{13, 23} You can even check to see where you last used it, if misplaced.

Easy pairing with your computer

Swift Pair makes it quick and easy to pair your headphones with your Windows 11 or Windows 10 laptop, desktop PC or tablet. Pop-up pairing guidance appears on nearby Windows 11 or Windows 10 devices when pairing mode is selected.¹³

Listen and charge, all at once

Need to keep going when the battery's low? Simply plug in the USB charging cable and keep listening. Both Bluetooth and audio cable connections are supported. Even quicker charging is possible with the headphones off—3 minutes gives you up to 3 hours of playback with an optional USB-PD compatible AC adapter.^{12, 24, 25}

Mute and unmute, easily

Mute or unmute by double pressing the NC/ASM button. No need to reach for your device.²⁶

All day power and quick charging

With up to 30 hours of battery life you'll have enough power even for long trips. If you need to top up in a hurry, you can get up to 3 hours' worth of charge after just 3 minutes with an optional USB-PD compatible AC adapter.^{12, 25, 27}

What's in the box

When you open the packaging of your WH-1000XM6 headphones you'll find a carrying case, headphone cable (approx. 1.2m) and USB charging cable.

Aiming to achieve a zero environmental footprint

Inspired by the beauty of the world, Sony is doing its part to help preserve the Earth, while still offering superior sound quality and listening experiences. With a goal of achieving a zero environmental footprint across the entire Sony Group by the year 2050, we are accelerating numerous green initiatives.

Made with recycled plastic

Both the WH-1000XM6 headphones and carrying case are made with recycled material from post-consumer waste.²⁸

Packaging made from 100% paper materials

We continue to advance the adoption of Sony's proprietary paper, Original Blended Material, for the packaging of our flagship headphone model, the 1000X series (the WF-1000XM5, WF-1000XM4, WH-1000XM5 and WH-1000XM6). Original Blended Material is an environmentally conscious paper material made from bamboo, sugarcane fibers, and post-consumer recycled paper.²⁹

Accessibility

We believe technology should make the world more interactive, more creative, more entertaining, and more inclusive. By incorporating a human-centric, inclusive design into our audio products, we deliver our Kando experience to all our users, regardless of age, ability or environment.

Specification

Battery	
Battery Life (Continuous Communication Time)	Max. 24 hours(NC ON), Max. 28 hours(NC OFF)
Battery Charge Method	USB
Battery Life (Continuous Music Playback Time)	Max. 30 hours(NC ON), Max. 40 hours(NC OFF)
Lithium Battery	Yes
Bluetooth® Specification	
Bluetooth® Version	BLUETOOTH Specification Version5.3
Effective Range	Approx. 10 m
Frequency Range	2.4 GHz band (2.400 0 GHz - 2.483 5 GHz)
Profile	A2DP, AVRCP, HFP, HSP, TMAP, PBP
Supported Audio Format(s)	SBC, AAC, LDAC, LC3
Supported Content Protection	SCMS-T

General Features	
Ambient Sound Mode	Yes
Cord Length	Approx. 1.2 m
Cord Type	Single-sided (detachable)
Driver Unit	30 mm
Frequency Response	4 Hz - 40,000 Hz (JEITA)
Frequency Response (Active Operation)	4 Hz - 40,000 Hz (JEITA)
Frequency Response (Bluetooth® Communication)	20 Hz-20,000 Hz(44.1 kHz sampling) 20 Hz-40,000 Hz(LDAC 96 kHz sampling 990 kbps)
Headphone Type	Closed
Impedance (Ohm)	48 ohm (1 kHz) (when connecting via the headphone cable with the unit turned on), 16 ohm (1 kHz) (when connecting via the headphone cable with the unit turned off)
Magnet	Neodymium
Passive Operation	Yes
Plug	Gold-plated L-shaped stereo mini plug
Sensitivities (dB/mW)	103 dB/mW (when connecting via the headphone cable with the unit turned on), 102 dB/mW (when connecting via the headphone cable with the unit turned off)
Wearing Style	Over Ear
Noise Canceling	
Ambient Sound Mode - Normal	Yes
Personal NC Optimizer	Adaptive NC Optimizer
Quick Attention	Yes
Size & Weight	
Weight	Approx. 254 g
What's in the Box	
Supplied Accessories	Carrying case, Headphone cable (approx. 1.2m), USB charging cable

- As of March 1, 2025. Ambient noise reduction according to research by Sony Corporation, measured using IEC-compliant guidelines for the top 10 brands (by market share) of headband-style of wireless noise-canceling headphones market.
- Download app at Google Play and the App Store. Network services, content, and operating system and software subject to terms and conditions and may be changed, interrupted or discontinued at any time and may require fees, registration and credit card information.
- At the maximum transfer rate of 990 kbps.
- Need to set the function to "Priority on Sound Quality" using the Sony | Sound Connect app. Compatible devices supporting LDAC will be needed.
- Activate DSEE Extreme™ from the Sony | Sound Connect app.
- If you enable both 360 Reality Audio Upmix for Cinema and Xperia's 360 Upmix or Bravia's 360 Spatial Sound Personalizer at the same time, you may not be able to fully enjoy the features. It is recommended to turn off one of the spatial audio settings.
- The service may not be available in some countries/regions.
- You can experience spatial sound content (like Netflix, YouTube) with Android 13 smartphones capable of head tracking. Depending on your smartphone, applications that can use spatial sound content playback and head tracking will vary. Also, you can experience 360 Reality Audio content with Xperia 1 V/I/1 V/5 V on 360 Reality Audio Live app and Live Music Streaming Online | Live Concert Streams | nugs.net . Some services may not be available in certain countries/regions. The number of compatible devices is planned to increase. Not currently available with 360 Reality Audio content streamed from Amazon Music Unlimited.
- Sony | Sound Connect app is needed and may require a subscription to a music streaming service for which fees apply. Some services may not be available in certain countries/regions.
- Firmware update available and is required to enjoy 360 Spatial Sound on BRAVIA™. A network connection is required for the firmware update of BRAVIA™. Learn more about supported models: https://www.sony.net/hav_faq
- Sony | 360 Spatial Sound Personalizer is an app that personalizes your sound experience when connected to a BRAVIA TV.
- Actual performance varies based on settings, environmental conditions, storage, and usage. Batteries are consumable products and their capacity degrades over time as they age. Sony does not guarantee the life span of the battery.
- Interoperability and compatibility among Bluetooth® devices vary.
- Earpad replacement made simple for the user. Users can easily replace them by hand, without tools.
- This feature requires setting it up from Sony Sound Connect app beforehand.
- While the microphone is off, a notification tone will sound every 7 seconds to indicate that the microphone is off. This tone can be toggled on and off in the "Sony |

Sound Connect" application.

17. This feature mutes the microphone signal from the headset. The mute status doesn't link to the mute status of some call apps.
18. Color availability may vary by regions and countries.
19. Set up with Sony | Sound Connect app. *An update to the latest version is required. Terms and conditions for available partner services and their contents, as well as related software (including operating systems) apply. The contents of this application are subject to change without notice, and this application may be updated or terminated without notice. Install the YouTube Music, Spotify, Endel or Apple Music app and set up with Sony | Sound Connect app. YouTube Music, Spotify, Endel and Apple Music service may not be available in some countries/regions. Supported apps and services: <https://www.sony.net/supported-servicelink>
20. Calling App for Android excluded.
21. In rare cases, Speak-to-Chat may unintentionally start up in response to vibrations caused by devices such as electric toothbrushes, electric massagers and electric shavers, and activities such as brushing teeth, coughing or humming.
22. Set the function to "ON" from the Sony | Sound Connect app. To deactivate Speak-to-Chat and return to your music immediately, tap either the left or right touch panel. Otherwise, music will resume playing by default 15 seconds after your conversation ends in Speak-to-Chat mode. This timeframe can be customized using the Sony | Sound Connect app."
23. Android phones running 6+ are required.
24. DSEE Extreme EQ Off with AAC codec, charge with 1.5A USB-AC adaptor.
25. Actual performance varies based on USB PD adaptor, environmental conditions, and usage. USB Type-C to C cable is not included. USB PD AC adaptor is not included
26. You need to set the function using the Sony | Sound Connect app.
27. The adapter is not included with WH-1000XM6.
28. Recycled plastic is used in multiple parts of the headphone body and the case, subject to change.
29. Depending on geographical region. Coating and adhesive materials are excluded.
30. The feature to activate Google Assistant by saying "OK Google" is only available for Android devices. Google, Google Assistant and Android are trademarks of Google LLC. Amazon, Alexa and all related logos are trademarks of Amazon.com, Inc. or its affiliates. The Google Assistant and Alexa are not available in all languages and countries/regions. Install the Google Assistant app and set up with Sony | Sound Connect app. For Amazon Alexa, install the Amazon Alexa app and set up with Sony | Sound Connect app. Google Assistant is only available for Android devices.
31. (For Apple Music Quick Access) This feature is only available for users who are subscribed to Music Service.*Excludes child accounts on a family plan.
32. (For YouTube Music Quick Access) This is only available to users who are subscribed to the YouTube Premium or YouTube Music Premium plan.

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