

# MOMENTUM Wireless

Around-ear headphones  
M3AEBTXL



**Instruction manual**

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

Start

“Product overview”

“Getting started”

“Using the headphones”

“FAQ/If a problem occurs ...”

“Specifications”



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Version: 01/20 A02

## 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 headphones are used at high volume levels for long periods of time. Sennheiser headphones sound exceptionally good at low and medium volume levels. 
- ▷ 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 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 or when performing skilled jobs). Especially the product's active noise cancellation can make ambient noise inaudible or drastically change the perception of acoustic warning signals.

### 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 ear cups.
- ▷ Use only attachments/accessories/spare parts supplied or recommended by Sennheiser.
- ▷ Clean the non-leather parts of the product only with a soft, dry cloth

### Caring for leather parts

- ▷ Gently wipe leather parts periodically with a clean, soft cloth dampened with water.
- ▷ Do not use leather polish, detergents or harsh soaps to clean leather parts.
- ▷ Do not store the headphones in a damp or humid environment.

Safety instructions for the lithium polymer rechargeable battery



**WARNING**

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

- heat generation,
- fire development,
- explosion,
- smoke or gas development.

	Only use rechargeable batteries and chargers recommended by Sennheiser.
	Only charge the product / rechargeable batteries at ambient temperatures between 0 °C to 40 °C/32 °F to 104 °F.
	Do not heat the product / rechargeable batteries above 60 °C/140 °F. Avoid exposure to sunlight and do not throw the product / rechargeable batteries into fire.
	When not using the product / rechargeable batteries for extended periods of time, charge them regularly (about every three months).
	Switch rechargeable battery-powered products off after use.
	Dispose of defective products with built-in rechargeable batteries at special collection points or return them to your specialist dealer.

Notes on data collection and processing and on firmware updates

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 Sennheiser or companies commissioned by Sennheiser and is not processed.

This product collects usage data such as switch-on cycles and operating times (e.g. music playback, ANC programs, EQ settings), which is transferred to Sennheiser or companies commissioned by Sennheiser via the “Sennheiser Smart Control” app in encrypted and anonymous form, and stored and processed there. The data is processed to determine statistical parameters for the purpose of providing and maintaining functions and for product improvements. At no time can reference be made to a specific person. If this data is not to be transferred and processed, you can object to its use in the “Privacy” section of the app menu.

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 Sennheiser 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 will only be used as specified and will not be stored permanently. If you do not want this data to be transferred and processed, do not connect to the Internet.

### Intended use/Liability

These headphones have been designed as an accessory for Bluetooth compliant devices. They are intended for wireless audio communication such 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.

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

Sennheiser is not liable for damages to USB devices that are not consistent with the USB specifications.

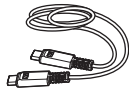
Sennheiser is not liable for damages resulting from the loss of connection due to flat or overaged rechargeable batteries or exceeding the Bluetooth transmission range.

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

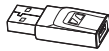
## Package contents



MOMENTUM Wireless M3AEBTXL around-ear headphones



USB cable with USB-C connectors,  
length approx. 1.2 m



USB adapter  
USB-C to USB-A connector



Analog audio cable with 3.5 mm jack plug,  
length approx. 1.4 m



Carry case



Quick guide



Safety guide



Online you can find:

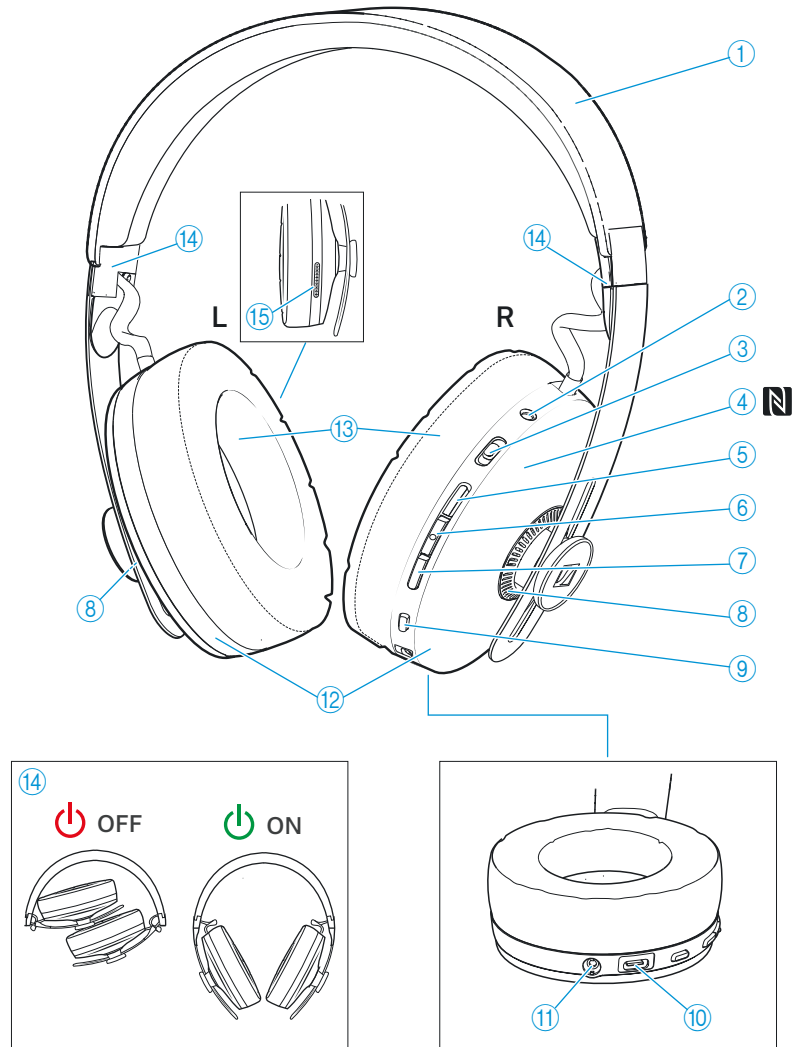
- this detailed instruction manual and additional information ([www.sennheiser.com/download](http://www.sennheiser.com/download))
- the Sennheiser Smart Control app for configuring the headphones and for additional functions ([www.sennheiser.com/smartcontrol](http://www.sennheiser.com/smartcontrol))



A list of accessories can be found on the MOMENTUM Wireless product page at [www.sennheiser.com](http://www.sennheiser.com).

Contact your local Sennheiser partner: [www.sennheiser.com](http://www.sennheiser.com) > “Service & Support”.











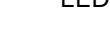
# Product overview




- ① Sheepskin headband
- ② LED
- ③ Active noise cancellation (ANC) switch  
On/off, Transparent Hearing mode
- ④ NFC antenna
- ⑤ Volume + button (volume up)
- ⑥ Multi-function button for music and call functions
- ⑦ Volume - button (volume down)
- ⑧ External microphones for active noise cancellation ANC

- ⑨ Voice assistant button; pressing for 5 seconds activates the Bluetooth pairing mode
- ⑩ Input for USB-C; for charging and music playback/data connection
- ⑪ Input for analog audio cable; when a cable is connected, flight mode is activated/Bluetooth is deactivated
- ⑫ Ear cups (steplessly adjustable) with internal microphones for active noise cancellation ANC
- ⑬ Sheepskin ear pads
- ⑭ Ear cup joint with on/off function for the headphones
- ⑮ Microphones for phone calls

Overview of the LED display

LED		Meaning; the headphones...
	lights up green for approx. 2 seconds	... switch on
	lights up blue for approx. 2 seconds	... are connected to a device via Bluetooth
	lights up red for approx. 2 seconds	... are not connected to a device via Bluetooth or the connection has been lost
	flashes red-blue for approx. 5 minutes	... are in Bluetooth pairing mode
	flashes green	... indicate an incoming call
	flashes red quickly	... have a very low battery level
	flashes red 3x	... switch off
	pulses red	... are being charged (charge level is very low)
	pulses yellow	... are being charged
	lights up green	... are fully charged
	flashes red	A charging error/battery error has occurred (> 32)

 If the LED does not light up immediately during charging, clean the charging contacts and charge the headphones until the LED lights up again (> 10).

### Notes on voice prompts

The headphones output voice prompts for various functions (see examples below). Using the Smart Control app, you can change the language of the voice prompts, choose between voice prompts and beep sounds, or deactivate the status messages with a few exceptions (e.g. rechargeable battery is empty).

Voice prompt	Meaning/headphones
“Power on”	switched on
“Power off”	switched off
“Device (1) (2) connected”	are connected to device 1 or 2
“No connection”	not connected via Bluetooth
“Pairing”	are in Bluetooth pairing mode
“Pairing successful”	Bluetooth pairing successful
“No device found”	cannot connect to a paired device
“Volume min”	volume set to minimum
“Volume max”	volume set to maximum
“Call rejected”	incoming call rejected
“Call ended”	call ended
“Mute on”	Microphone is muted, active call is put on hold
“Mute off”	Microphone is reactivated
“More than xx % battery left”	Rechargeable battery has the stated charge level
“Recharge headset”	Rechargeable battery is empty. Recharge the headphones.

### Notes on vibration prompts

The headphones output vibration prompts for the following functions.

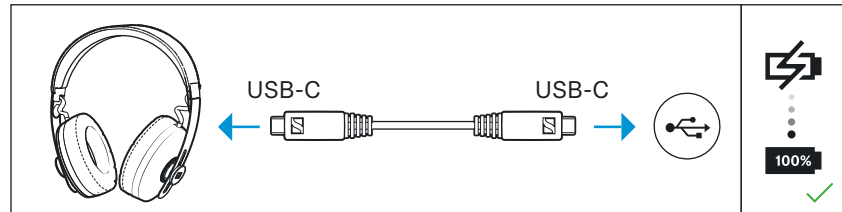
Event	Comment
Incoming call	Headphones vibrate only when not put on.
Locating the headphones using the TILE app	Using the TILE app you can make the registered MOMENTUM 3 vibrate to locate it when it is nearby (> 28).



# Getting started

## 1. Charging the rechargeable battery

The headphones' rechargeable battery is not fully charged upon delivery. Before using the headphones for the first time, charge the rechargeable battery for a complete charging cycle without interruption (> 10).



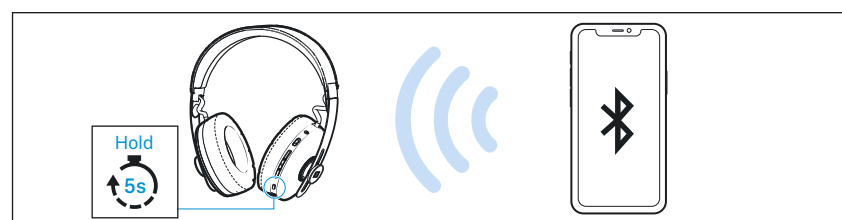
## 2. Installing the Smart Control app on your smartphone

The Sennheiser Smart Control app allows you to use all functions and settings of the headphones and to e.g. adjust the sound to your liking using the equalizer (> 15).



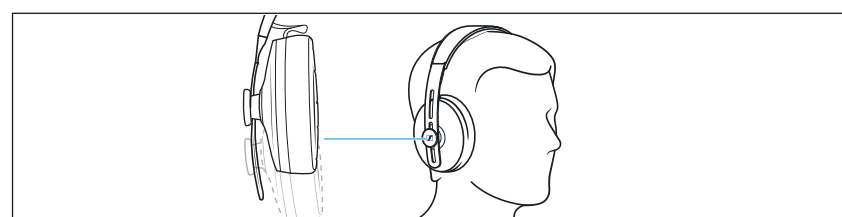
## 3. Connecting the headphones to a Bluetooth device

Connect the headphones to your smartphone via Bluetooth (> 11).



## 4. Putting the headphones on and adjusting the headband

For good sound quality and best possible wearing comfort, the headband can be adjusted to properly fit your head (> 19).



## Using the headphones

### Information on the rechargeable battery and the charging process

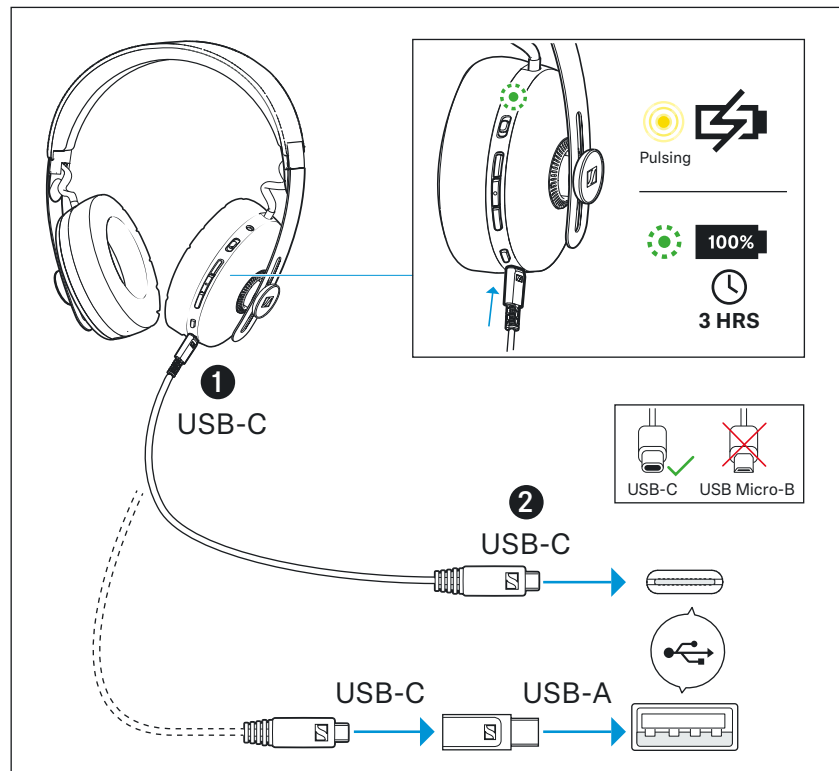
The headphones have a built-in rechargeable battery. A complete charging cycle takes approx. 3 hours. The headphones provide 1.5 hours of playback time with a charging time of approx. 10 minutes. Before using the headphones for the first time, charge the rechargeable battery for a complete charging cycle without interruption.

When the headphones are being charged, the LED lights up (> 7). When the battery charge drops to a critical level, a voice prompt asks you to recharge the headphones (“Recharge headset”).

Sennheiser recommends to charge the headphones using the supplied USB-C cable and a compatible standard USB-C power supply unit.





While the headphones are being charged, you can still listen to music or make phone calls. In this case, however, the charging time may be longer.

### Charging the headphones' rechargeable battery



1. Connect the USB-C connector of the USB cable to the USB-C socket of the headphones.

2. Connect the other USB-C 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 charging process of the headphones begins. The LED displays the charge status:

LED		Meaning
	pulses red	Rechargeable battery is being charged (charge level is very low)
	pulses yellow	Rechargeable battery is being charged
	lights up green	Rechargeable battery is fully charged
	flashes red	A charging error/battery error has occurred (> 32)

**i** If you do not have a USB power source with a USB-C socket, use the USB adapter (supplied) for connection to a USB-A socket.

## Connecting the headphones to a Bluetooth device

To be able to use the Bluetooth connection, you must register both devices (headphones and e.g. smartphone) once. This process is called pairing.

If your Bluetooth device supports auto pairing via NFC (Near Field Communication), the connection is automatically established.

If your Bluetooth device does not support NFC, use the device settings for the pairing process.

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

**i** When you switch on the headphones for the first time, they automatically switch to pairing mode.

## Information on the Bluetooth wireless connection

The headphones are compatible with Bluetooth 5.0.

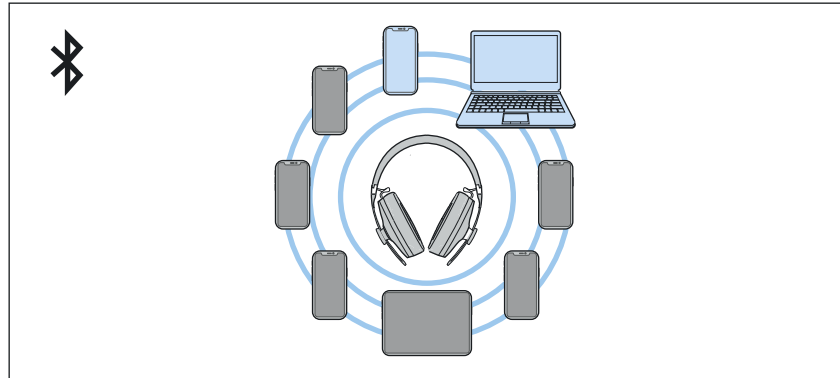
If your audio source supports one of the following high-resolution audio encoding methods, music is automatically played in high audio quality: aptX, aptX LL or AAC. Otherwise the headphones will play your music in normal audio quality (SBC).

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

On switch-on, the headphones automatically try to connect to the last two connected Bluetooth devices. The headphones can save the connection profiles of up to eight Bluetooth devices with which they have been paired.

## Using the headphones

If you pair the headphones with the ninth Bluetooth device, the saved connection profile of the least used Bluetooth device will be overwritten. If you want to re-establish a connection with the overwritten Bluetooth device, you have to pair the headphones again.



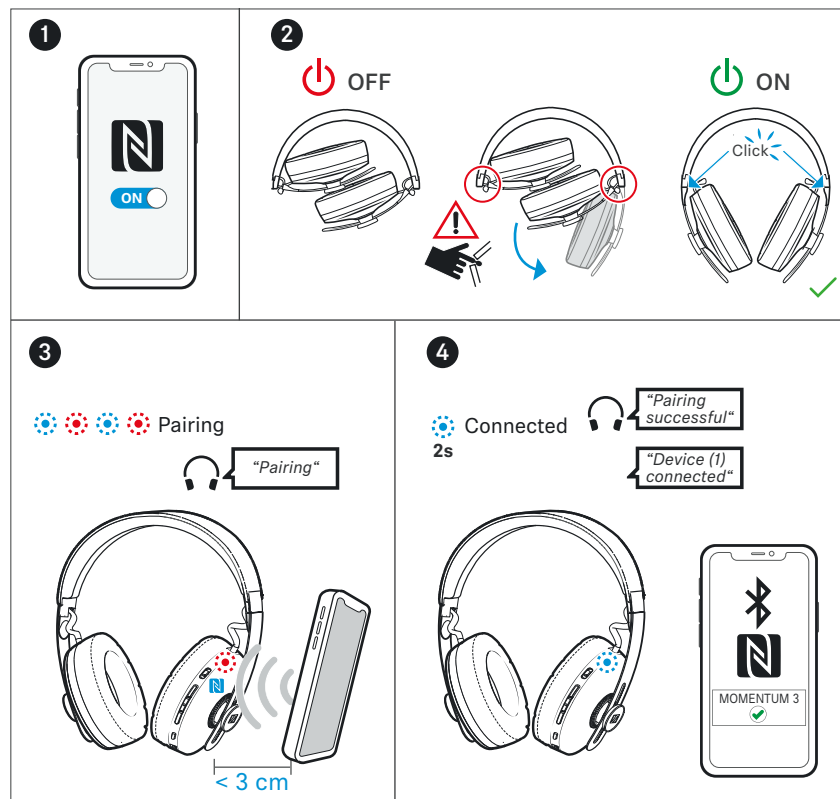
Paired and connected Bluetooth device



Paired Bluetooth device (currently not connected)

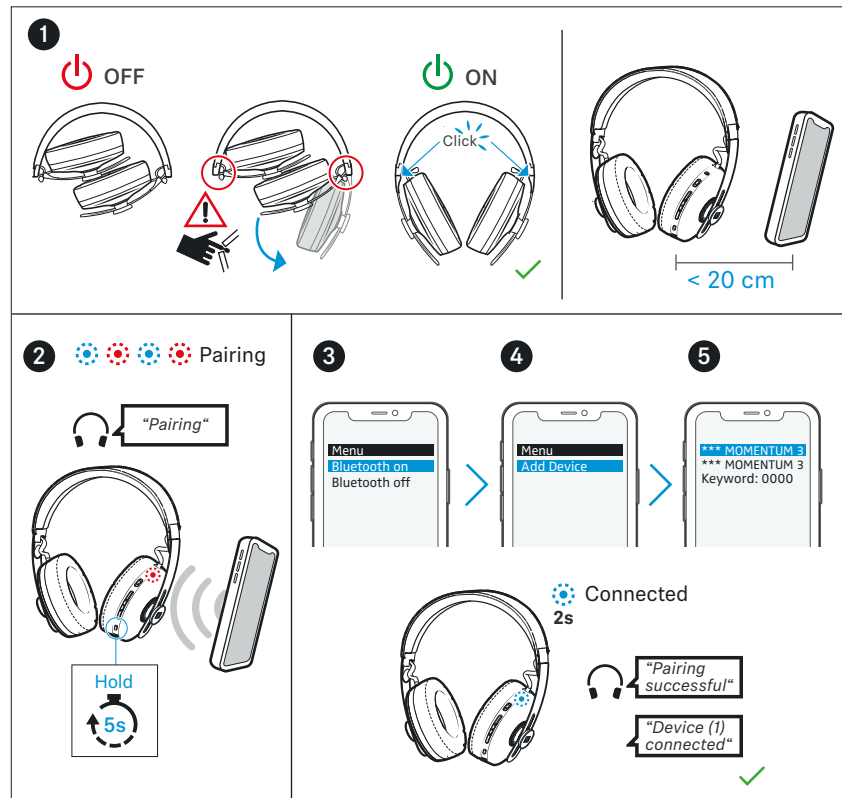
## Pairing the headphones with a Bluetooth device using NFC

1. Activate NFC on your Bluetooth device.
2. Switch the headphones on (> 16).
3. Place your Bluetooth device close (less than 3 cm) to the NFC antenna in the right ear cup of the headphones.  
You hear the voice prompt "Pairing" and the LED flashes blue and red.
4. Click "Yes" if a confirmation dialog for Bluetooth pairing appears on the screen of your Bluetooth device (this step may vary depending on your Bluetooth device).  
If pairing was successful, you hear the voice prompts "Pairing successful" and "Device (1) connected". The LED lights up blue for 2 seconds.



## Pairing the headphones with a Bluetooth device


1. Switch the headphones on (> 16) and place them close to the Bluetooth device (max. 20 cm).
2. Press and hold the voice assistant button for 5 seconds until you hear the voice prompt “Pairing”.  
The LED flashes blue and red. The headphones 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 proximity of your Bluetooth device are displayed.
5. From the list of found Bluetooth devices, select “MOMENTUM 3”.  
If necessary, enter the default pin code “0000”.  
If pairing was successful, you hear the voice prompts “Pairing successful” and “Device (1) connected”. The LED lights up blue for 2 seconds.



**i** If no connection is established within 5 minutes, pairing mode is terminated and the headphones switch to standby mode. If necessary, repeat the steps described above.

## Disconnecting the headphones from a Bluetooth device

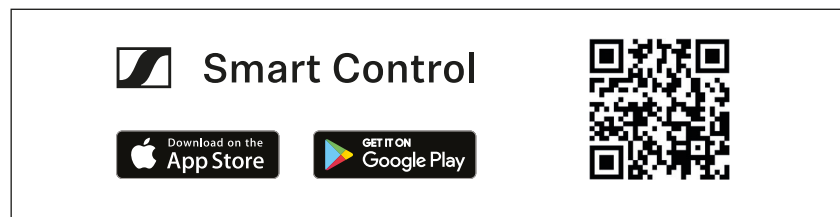
- ▷ Via the menu of your Bluetooth device, disconnect the connection to the headphones.  
The headphones are disconnected from the Bluetooth device. You hear the voice prompt “Device (1) disconnected”. The headphones switch to standby mode.

 To delete the Bluetooth pairing list of the headphones, > 33.


## Installing the Smart Control app

To make full use of all the settings and functions of the headphones, you need to have the free Sennheiser Smart Control app installed on your smartphone.

Download the app from the App Store or Google Play and install it on your smartphone. Alternatively, you can use your smartphone to scan the following QR code or to call up the following Internet site:  
[www.sennheiser.com/smartcontrol](http://www.sennheiser.com/smartcontrol)



- ▷ Connect your smartphone to the headphones via Bluetooth (> 11).
- ▷ Start the Smart Control app.  
The Smart Control app recognizes the headphones and activates all available settings and functions.

 For further functions of the headphones, you require the apps of the respective manufacturers:

- TILE app (> 28)
- Amazon Alexa app (> 26)

## Switching the headphones on



### WARNING

**Danger of hearing damage due to high volume levels!**  
Listening at high volume levels can lead to permanent hearing defects.

- ▷ Before putting the headphones on, adjust the volume to a low level (> 20).
- ▷ Do not continuously expose yourself to high volume levels.



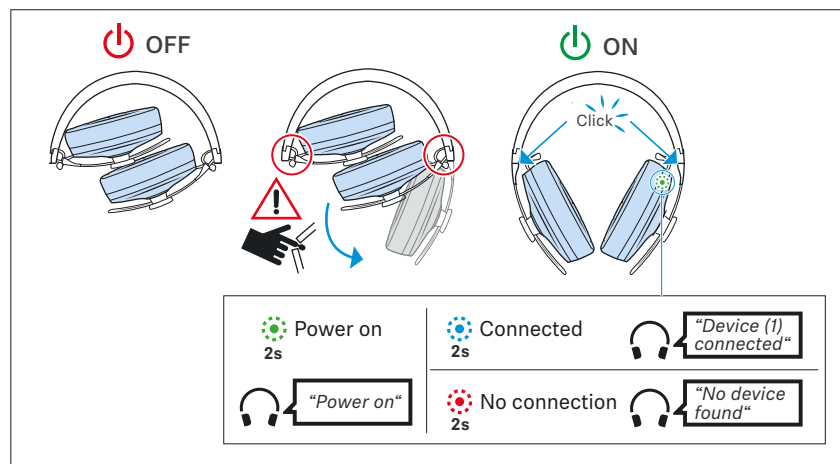
### WARNING

**Risk of getting caught when unfolding the ear cups!**

When the ear cups are unfolded, you may get caught in the joints and injure yourself.

- ▷ When unfolding the ear cups, keep sufficient distance to the joints so that no skin is caught in the joints.

- ▷ Unfold the two ear cups (right and left).  
The joints click into place. The headphones switch on. You hear the voice prompt “Power on” and the LED lights up green for 2 seconds.  
If a paired Bluetooth device is within the transmission range, you hear the voice prompt “Device (1) connected”. The LED lights up blue for 2 seconds.



**i** Make sure that Bluetooth is already activated on your Bluetooth device when switching on the headphones.

**i** If Bluetooth is activated and the headphones cannot find a paired Bluetooth device within a few minutes, you hear the voice prompt “No device found”. The LED lights up red for 2 seconds. The headphones switch to standby mode.

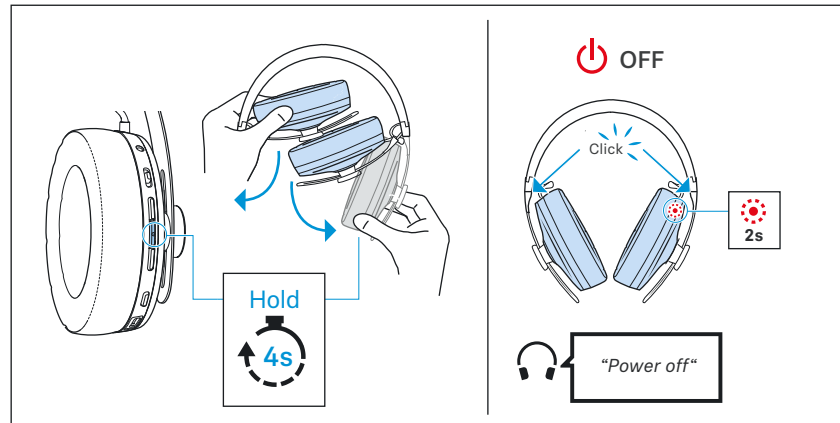


## Unfolding the ear cups without switching the headphones on

- ▷ Press the multi-function button while unfolding the ear cups and hold the button for at least 4 seconds.  
The headphones remain switched off. You hear the voice prompts “Power off”. The LED lights up red for 2 seconds.

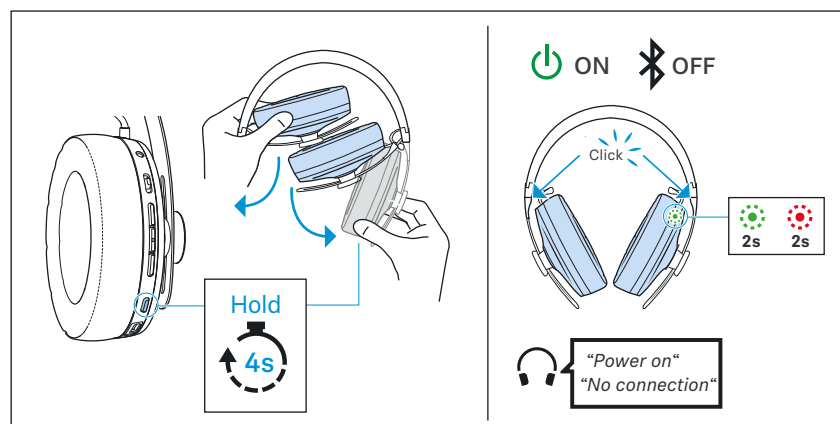
To switch the headphones on again:

- ▷ Fold both ear cups inward and unfold them again.  
The headphones switch on normally (> 16).



## Switching the headphones on without Bluetooth wireless connection (flight mode)

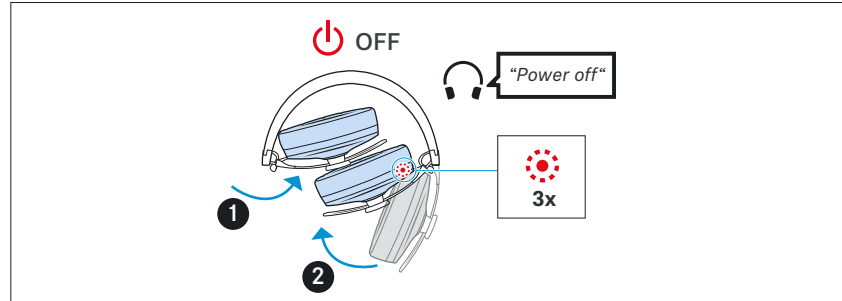
- ▷ Press the voice assistant button while unfolding the ear cups and hold the button for at least 4 seconds.  
The headphones switch on without Bluetooth wireless connection. You hear the voice prompts “Power on” and “No connection”. The LED lights up green for 2 seconds and then red for 2 seconds.



- i** If you connect the analog audio cable to the headphones, the flight mode is also activated (Bluetooth wireless connection is off) (> 28).

## Switching the headphones off

- ▷ Fold the left ear cup and then the right ear cup inward over a slight resistance of the joint.  
You hear the voice prompt “Power off” and the LED display flashes red 3x. The headphones switch off.



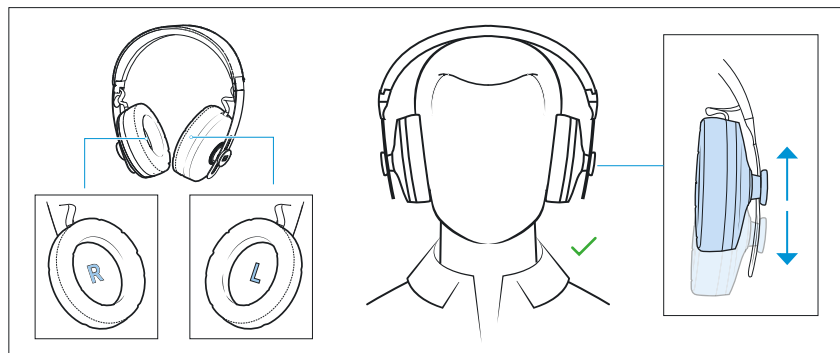
- i** When you remove the headphones and place them on your shoulders, the headphones switch to standby mode to save power. When you put the headphones on again, the standby mode is deactivated.
- i** When the headphones are switched off, keep a minimum distance of 10 cm between the headphones and strong magnets, as the headphones may switch on unintentionally.

## Putting the headphones on and adjusting the headband

For good sound quality and best possible wearing comfort, the headband can be adjusted to properly fit your head.

- ▷ Wear the headphones so that the headband runs over the top of your head. The markings **R** for the right side and **L** for the left side can be found in the ear cups.
- ▷ Move the ear cups up or down the headband slider until:
  - your ears are comfortably covered by the ear pads,
  - you feel even, gentle pressure around your ears,
  - a snug fit of the headband on the head is ensured.

For optimal sound quality and active noise cancellation ANC, the ear pads must completely surround your ears.



## Retrieving information on the battery charge status



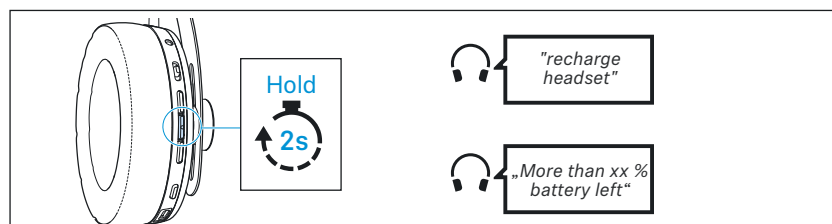
When the headphones are connected to your Bluetooth device, the battery charge status can be displayed on the screen of your smartphone (depending on the device and operating system used).

The Smart Control app also displays the battery charge status.

On the headphones, you can check the battery charge status via the voice prompts (not possible during a call):

- ▷ Press and hold the multi-function button for 2 seconds.

Voice prompt	Meaning
"Recharge headset"	The rechargeable battery is empty. Recharge the rechargeable battery (> 10). In addition, the LED flashes red.
"More than xx % battery left"	The remaining battery charge is displayed as a percentage.



## Adjusting the volume



### WARNING

#### Danger of hearing damage due to high volume levels!

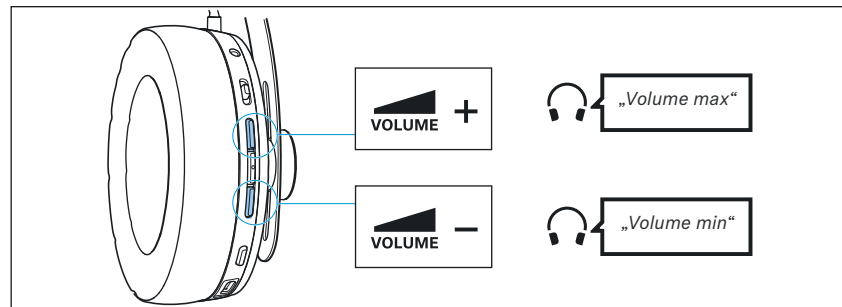
Listening at high volume levels can lead to permanent hearing defects. Toggling between the audio sources may cause enormous volume jumps that can permanently damage your hearing.

- ▷ Before putting the headphones on and before toggling between audio sources, adjust the volume to a low level.
- ▷ Do not continuously expose yourself to high volume levels.

You can adjust the volume for music, voice prompts, and phone calls.

- ▷ If you are playing music or are on a call: Press the volume + or - button to increase or reduce the volume.

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



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

## Information on active noise cancellation ANC

Due to its closed design, the headphones offer effective passive isolation from ambient noise.

In addition, the headphones have an active noise cancellation (ANC) function, which allows you to reduce ambient noise to a minimum.

Even when ANC is activated, your headphones' sound quality is always at its best.

You can activate or deactivate ANC when the headphones and your audio source are connected via Bluetooth, the USB cable, or the audio cable (provided that the battery is sufficiently charged).

If you want to create a quiet space in a noisy environment, you can simply use the headphones – without cable and disconnected from any Bluetooth device – with ANC activated (> 17).

The Smart Control app allows you to select different ANC modes that offer the optimal settings depending on the application/situation. For example, low-frequency noise can be suppressed, wind noise can be minimized or a possible feeling of pressure on the ears can be avoided.

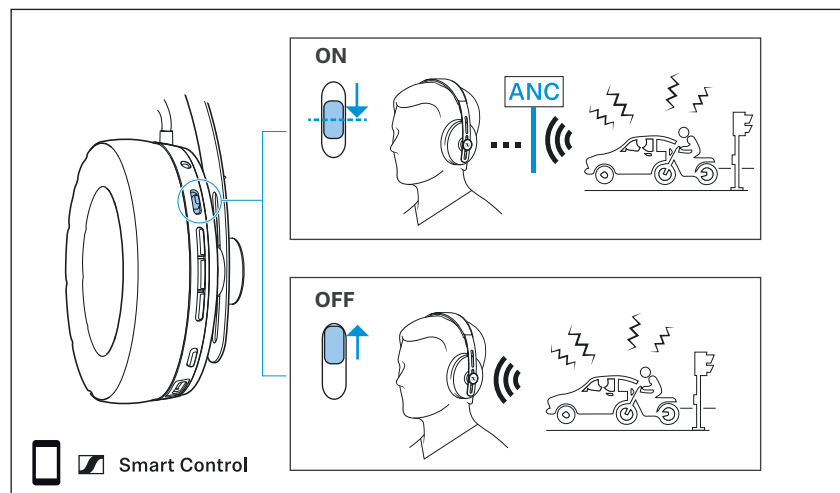
### Notes on active noise cancellation

- Continuous uniform noise, such as motor or fan noise, is particularly well suppressed.
- Speech or high-frequency noise is significantly reduced, but can remain perceptible.
- In very quiet environments, slight noise may occur. In this case, deactivate ANC.
- If unusual (whistling or beeping) noise occurs, take the headphones off and put them on again. Make sure that the ear cups properly fit around your ears.
- 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.

## Activating/deactivating the active noise cancellation ANC

- ▷ Slide the ANC switch to the middle position to activate ANC. The ANC mode set in the Smart Control app is activated (> 21).
- ▷ Slide the ANC switch to the upper position to deactivate ANC.

**i** If you are not wearing the headphones, ANC is automatically paused to save battery power.



## Setting the ANC mode

To make full use of all the ANC settings and functions of the headphones, you require the Smart Control app (> 15).

- ▷ In the Smart Control app, select the desired ANC mode:

ANC mode	Reduction of low-frequency noise and background noise	Used ANC microphones in the ear cups	Application
“Max” *	maximum reduction	directed toward the ear and directed toward the outside	in noisy environments such as aircraft/traffic
“Anti Wind”	slight reduction without disturbing wind or movement noise	directed toward the ear	outdoors and on the go
“Anti Pressure”	comfortable reduction without feeling pressure in the ears	directed toward the outside	at home or in a hotel

\* default setting

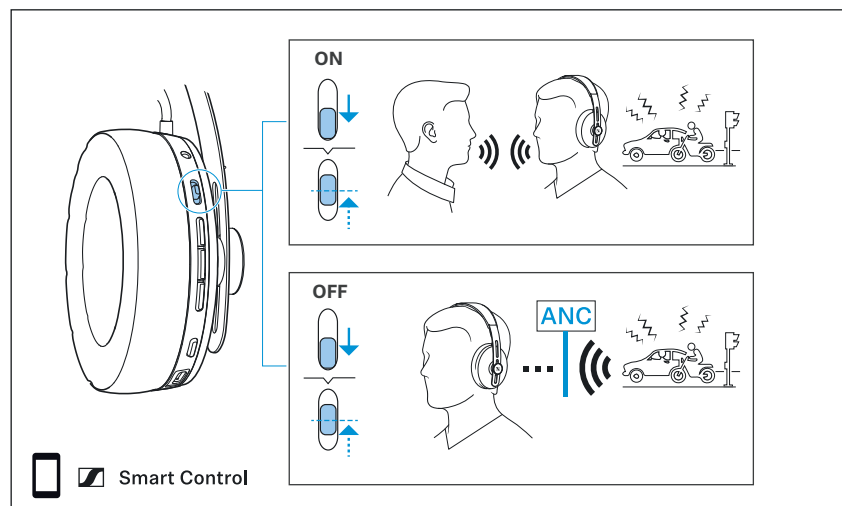
## Listening of ambient noise or conversations - activating/deactivating the Transparent Hearing function

The Transparent Hearing function allows you to still hear ambient noise or to communicate without having to remove the headphones when ANC is activated. This allows you to hear e.g. announcements in the train or aircraft or to have short conversations.

- ▷ Slide the ANC switch to the lower position and release it to activate Transparent Hearing. You hear two beeps. The Transparent Hearing mode set in the Smart Control app is activated (> 22). You can hear ambient sounds without having to remove the headphones.

To deactivate Transparent Hearing:

- ▷ Slide the ANC switch to the lower position again and release it. You hear one beep. The ANC mode set in the Smart Control app is activated (> 21).



## Adjusting the Transparent Hearing

## function

To be able to fully use Transparent Hearing, you require the Smart Control app (> 15).

- ▷ Select the desired Transparent Hearing function in the Smart Control app:

Transparent Hearing	Description
“Keep music playing and mix with ambient sound”	The audio playback (e.g. music) continues and is mixed with ambient sounds.
“No music playback, only ambient sound”	The audio playback (e.g. music) is muted and you hear only ambient sounds.

\* default setting

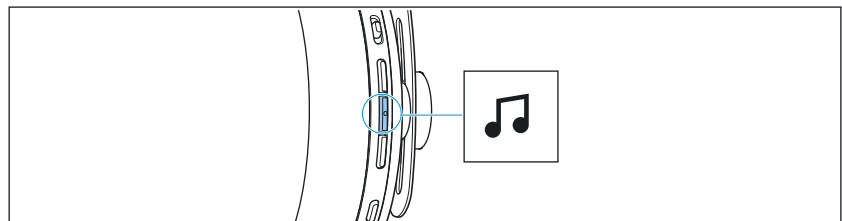


## Listening to music using the headphones

You can listen to music when the headphones and your audio source are connected via Bluetooth (> 11), the USB cable (> 29) or the audio cable (> 28).


## Controlling music playback

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



### Playing/pausing music



- ▷ Press the multi-function button 1x.

Multi-function button	Function
	Press 1x ● Plays or pauses music

- i** If music playback does not start:
  - Check if Transparent Hearing is activated (> 22) and deactivate the function if necessary.
  - Start the music playback app on your Bluetooth device.



### Playing the next track

- ▷ Quickly press the multi-function 2x.

Multi-function button	Function	
	Press 2x 	Plays the next track in the playlist



### Playing the previous track

- ▷ Quickly press the multi-function 3x.

Multi-function button	Function	
	Press 3x 	Plays the previous track in the playlist



### Fast-forwarding a track

- ▷ Quickly press the multi-function button 2x and keep it pressed until you have fast-forwarded to the desired position in the track.

Multi-function button	Function	
	Press 2x and hold 	Fast-forwards a track

### Rewinding a track

- ▷ Quickly press the multi-function button 3x and keep it pressed until you have rewound to the desired position in the track.

Multi-function button	Function	
	Press 3x and hold 	Rewinds a track



## Making phone calls using the headphones

The following call functions are only available when the headphones and smartphone are connected via Bluetooth. Some smartphones may not support all functions.

### Making a call

- ▷ Dial the desired number on your smartphone.  
If your smartphone does not automatically transfer the call to the earphones, select “MOMENTUM 3” as the audio source on your smartphone (see the instruction manual of your smartphone if necessary).

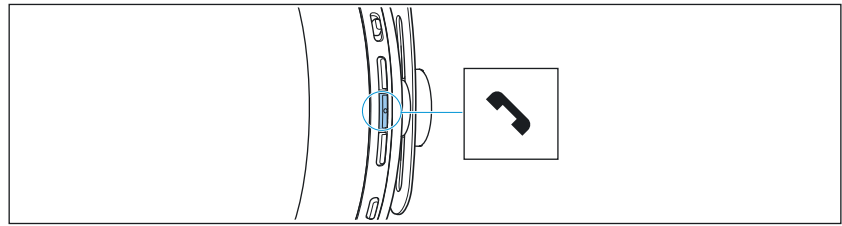
### Accepting/rejecting/ending a call

If your headphones are connected to a smartphone and you receive a call, you hear a ring tone in the headphones.

If you are playing music when you receive a call, the music pauses until you end the call.

If you have not put on the headphones and receive a call, they will vibrate.





Multi-function button		Function
	Press 1x ●	Accepts a call
	Press 1x ●	Ends a call Voice prompt "Call ended"
	Hold for 1 sec ●● Hold 1s	Rejects a call Voice prompt "Call rejected"
	Press 2x ● ●	Redials the last number Voice prompt "Redial" (only when music playback is NOT active)
	Press 1x ●	Accepts an incoming call and ends the active call
	Press 2x ● ●	Puts the active call on hold and accepts an incoming call
	Press 2x ● ●	Toggles between active call and call on hold

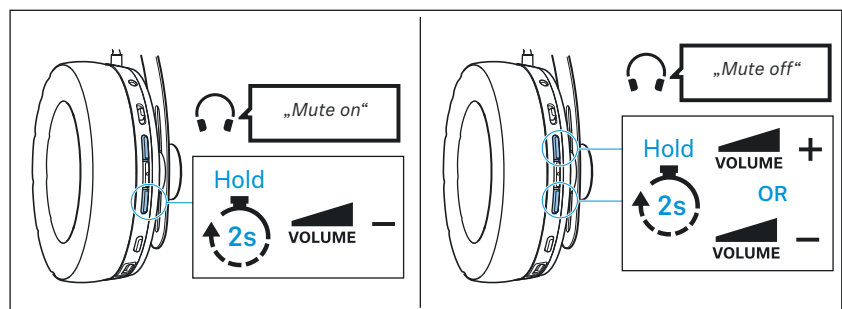
### Muting the microphone

To mute the headphones' microphone during a call:

- ▷ Press the volume - button for 2 seconds.  
The microphone is muted. You hear the voice prompt "Mute on".

To continue the call and reactivate the microphone:

- ▷ Press the volume - or the volume + button for 2 seconds.  
The microphone is reactivated. You hear the voice prompt "Mute off".



### Putting an active call on hold

If you remove the headphones during a call, the call is automatically put on hold and the microphone is muted. You hear the voice prompt “Mute on” every 30 seconds.

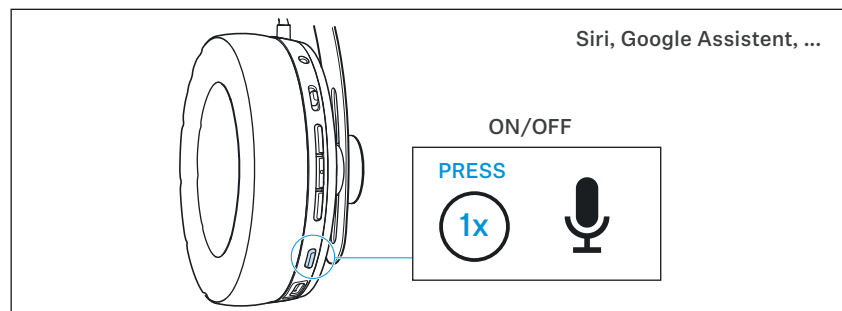
To continue the call and reactivate the microphone, simply put the headphones on again. You hear the voice prompt “Mute off”.

## Using the voice assistant/voice dialing

- ▷ Press the voice assistant button once.  
The available voice assistant of your smartphones is activated (\* depending on the system or app on your smartphone: Siri, Google Assistant, ...).
- ▷ Ask the voice assistant your question or make a request.

To cancel the voice assistant/voice dialing:

- ▷ Press the voice assistant button 1x.

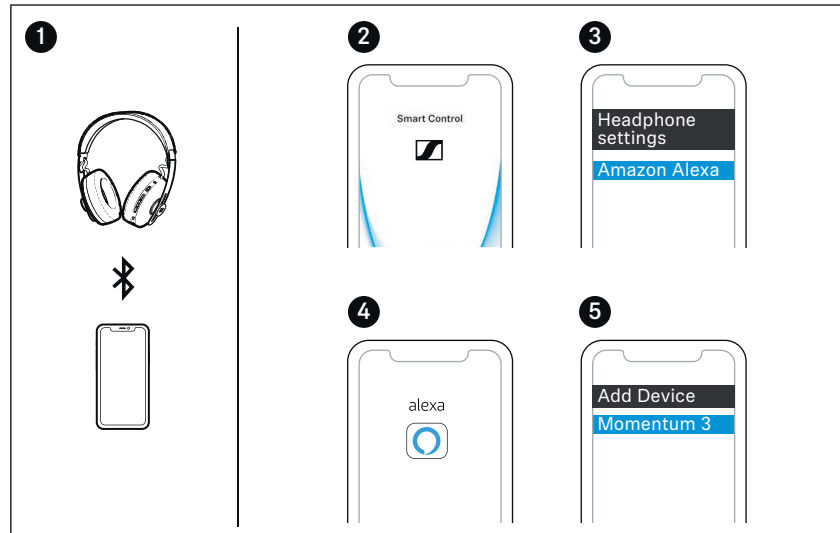


**i** If you want to use Amazon Alexa as your voice assistant, you have to configure the headphones once (> 26).

## Using Amazon Alexa as voice assistant

To use Amazon Alexa as a voice assistant, you have to add the headphones to the [Amazon Alexa app](#) as a device once and then activate Alexa via the settings of the [Sennheiser Smart Control app](#):

1. Make sure the headphones are connected to your smartphone via Bluetooth (> 11).
2. Start the [Sennheiser Smart Control app](#) (> 15).
3. In the Smart Control app, open the settings for your headphones and activate Amazon Alexa for the voice assistant button.
4. Start the [Amazon Alexa app](#) and select “Add Device”.
5. From the list of found devices, select “MOMENTUM 3”.  
You can now use Amazon Alexa by pressing the voice assistant button on your headphones.

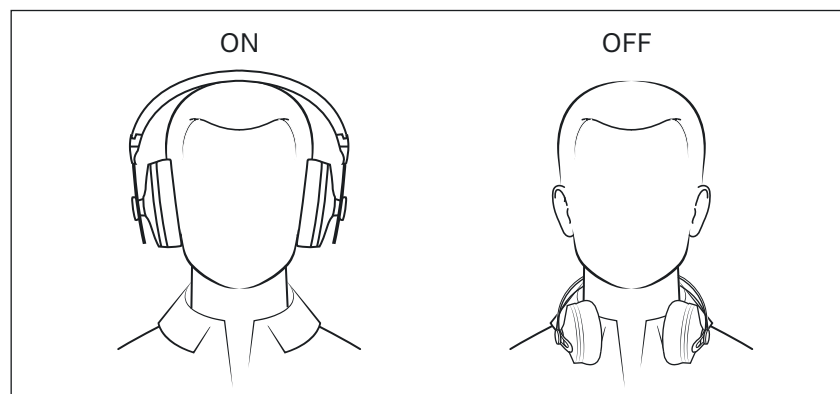


## Using the Smart Pause function

The headphones are equipped with a carrying sensor that automatically detects whether the headphones are worn or removed from your ears. You can use the following functions:

- ANC is deactivated when you remove the headphones and activated when you put them on again.
- Music playback pauses when you remove the headphones and continues when you put them on again.
- A call is accepted when you put on the headphones; a call is muted when you remove the headphones during a call and resumed when you put them on again.

You can also deactivate the function via the Smart Control app.



## Adjusting sound effects/the equalizer

To be able to use the sound effects/equalizer, you require the Smart Control app (> 15).

- ▷ In the Smart Control app, select the desired sound effects via the equalizer.

The sound effects are stored in the headphones. These sound settings are active even without using the Smart Control app, i.e. when you are using another Bluetooth device.

## Setting the voice prompts/beep sounds

To be able to set the voice prompts and beep sounds, you require the Smart Control app (> 15).

- ▷ You can change the language of the voice prompts, choose between voice prompts and beep sounds, or deactivate the status messages with a few exceptions (e.g. rechargeable battery is empty).

## Using TILE to locate the headphones

The TILE function allows you to locate the headphones at any time. If, for example, you have misplaced the headphones, the TILE function allows you to find them again quickly. For this purpose, the headphones and the smartphone (with the installed TILE app) use Bluetooth frequencies.

- ▷ Create a TILE user account and register the MOMENTUM Wireless via the TILE app.

## Using the audio cable/activating flight mode

If you connect the audio cable, flight mode is activated and the Bluetooth wireless connection is deactivated.

Use the audio cable when:

- wireless transmission is not allowed, e.g. during aircraft take-off and landing,
- the headphone's rechargeable battery is empty,
- your audio source doesn't offer a Bluetooth connection.

The functions for controlling music and/or calls or voice assistance are not possible. The active noise cancellation ANC can be fully used provided that the rechargeable battery is charged.

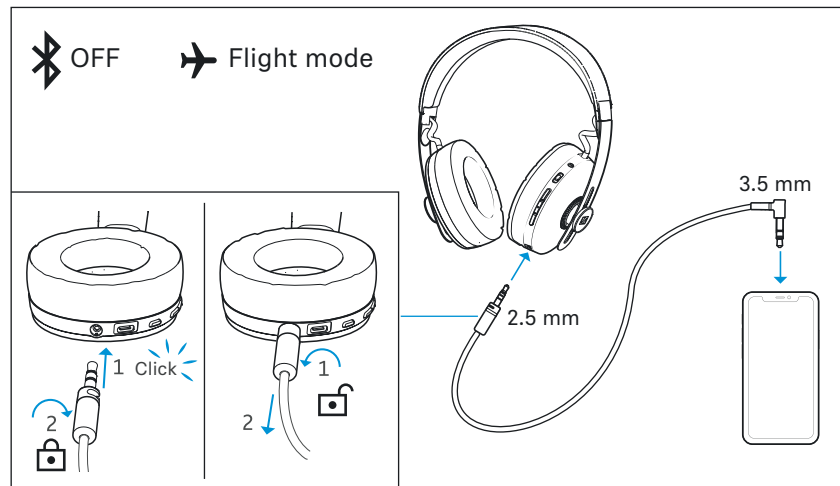
You can also activate the flight mode without connecting an audio cable to the headphones (> 17).

## Connecting the headphones using the audio cable

- ▷ Connect the 2.5 mm jack plug of the audio cable to the headphones' audio socket until it clicks into place. Secure the jack plug by turning it counterclockwise.  
The flight mode is activated and the Bluetooth connection is disabled.
- ▷ Connect the 3.5 mm jack plug to the audio output of your smartphone.

To disconnect the audio cable:

- ▷ Turn the jack plug counterclockwise and carefully pull it off.



## Connecting the headphones using the USB cable

When you connect the headphones to a Mac/PC/mobile device using the supplied USB cable, you can play audio content from your Mac/PC/mobile device directly through the headphones.

**i** The headphones are automatically charged when you connect them to a Mac/PC/mobile device using the USB cable.

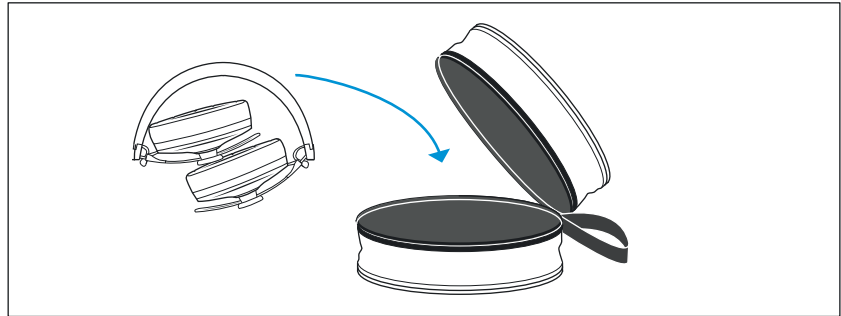
If you are using the USB cable and want to deactivate all wireless connections, you have to deactivate Bluetooth on the headphones (> 17).

### Setting up the headphones as the default audio output device for your Mac/PC/mobile device

- ▷ Make sure that the headphones are connected to the Mac/PC/mobile device using the USB cable.
- ▷ From the Systems Preferences or Control Panel of your Mac/PC/mobile device, select “MOMENTUM 3” as the default audio device.
- ▷ Start music playback from the Mac/PC/mobile device. The music is played through the headphones.

## Storing and transporting the headphones

Store the headphones in the carry case to prevent damage to the headphones when you are not using or transporting them.



## Care and maintenance

### CAUTION

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.

- ▷ Clean the non-leather parts of the product only with a soft, dry cloth

### Cleaning and maintaining leather parts

Regularly clean and maintain the leather parts to keep the product in pristine condition and increase its lifespan.

- ▷ Gently wipe leather parts periodically with a clean, soft cloth dampened with water.
- ▷ Do not use leather polish, detergents or harsh soaps.
- ▷ Do not store the headphones in a damp or humid environment.

### Replacing the ear pads

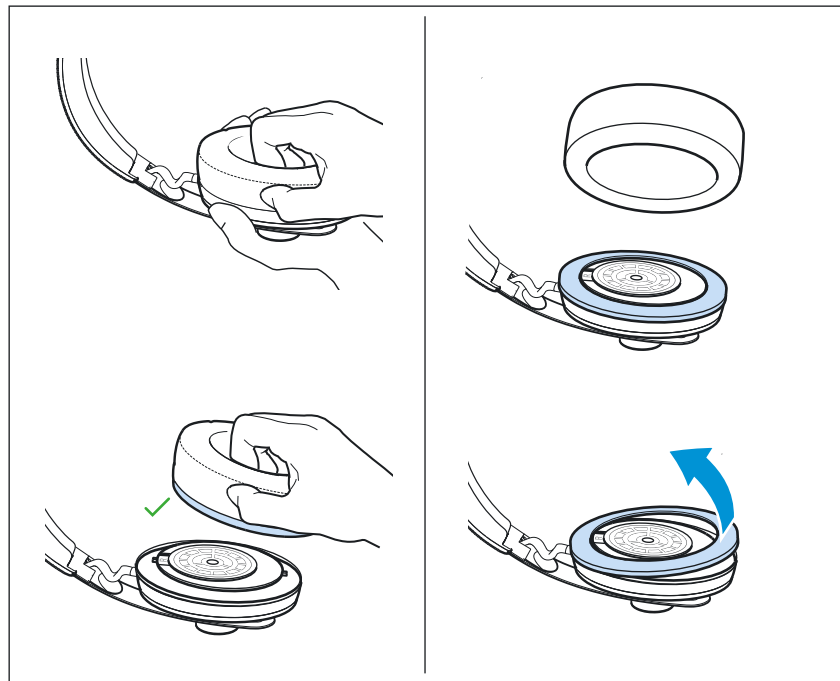
For reasons of hygiene, you should replace the ear pads from time to time. Spare ear pads are available from your Sennheiser partner.

To remove the old ear pads:

- ▷ Pull the ear pad away from the ear cup.

If the retaining ring remains on the ear cup when the ear pad is removed:

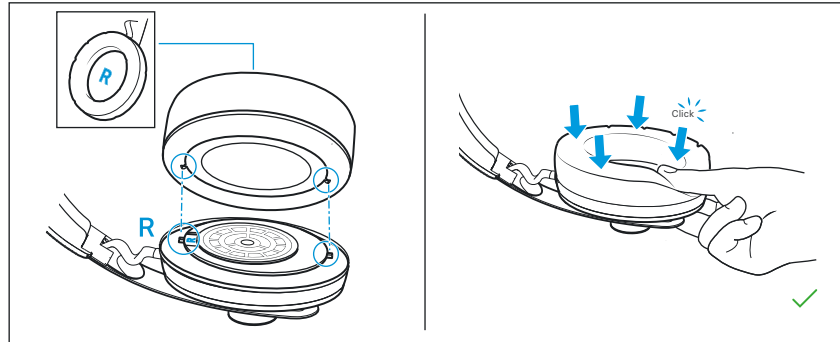
- ▷ Carefully loosen the retaining ring. If necessary, use a slotted screwdriver to loosen the retaining ring.



To place a new ear pad on the ear cup:

- ▷ Assign the ear pads to the right and left side. The seam of the ear pad has to point downwards.

- ▷ Place the ear pad on the ear cup and align it with the notches in the retaining ring.
- ▷ Using your thumbs, press the retaining ring firmly onto the ear cup so that the retaining ring audibly snaps into place all-around.



## Information on the built-in rechargeable battery

Sennheiser ensures and guarantees that the rechargeable battery performs at its optimum upon purchase of the product. If, upon purchase or within the warranty period, you suspect that the rechargeable battery is obviously defective or if a charging error/battery error is displayed (> 7), stop using the product, disconnect it from the power supply system and immediately return the product to any Sennheiser service partner.

Outside the warranty period, you can have the rechargeable battery replaced for a fee by your Sennheiser service partner. Contact your local Sennheiser partner:

[www.sennheiser.com](http://www.sennheiser.com) > “Service & Support”.

## Installing firmware updates

Firmware updates can be downloaded free of charge from the Internet using the Sennheiser Smart Control app. Sennheiser recommends to always install the latest firmware version to ensure the best performance of your product.

- ▷ Connect the headphones to your smartphone and start the Smart Control app (> 15).
- ▷ The app provides information on available firmware updates and guides you through the installation process.



## FAQ/If a problem occurs ...

### Current list of frequently asked questions (FAQ)



Visit the MOMENTUM Wireless product page at [www.sennheiser.com/download](http://www.sennheiser.com/download)

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 Sennheiser partner for assistance.

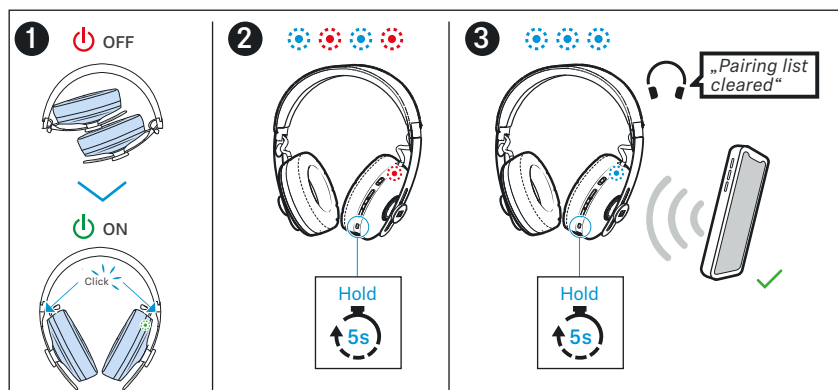
To find a Sennheiser partner in your country, search at [www.sennheiser.com](http://www.sennheiser.com) > “Service & Support”.

### 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 headphones, leave the Bluetooth transmission range of the smartphone, the sound quality deteriorates increasingly until you hear the voice prompt “Device (1) disconnected”. At this point, the connection breaks down completely. If you immediately re-enter the Bluetooth transmission range, the connection is automatically re-established.

### Deleting the Bluetooth pairing list of the headphones

1. Switch the headphones on (> 16).
2. Press and hold the voice assistant button for 5 seconds.  
The headphones are in Bluetooth pairing mode. The LED flashes blue and red.
3. Press and hold the voice assistant button again for 5 seconds.  
The Bluetooth pairing list is deleted. You hear the voice prompt “Pairing list cleared”. The LED flashes blue 3x. The headphones then stay in Bluetooth pairing mode.

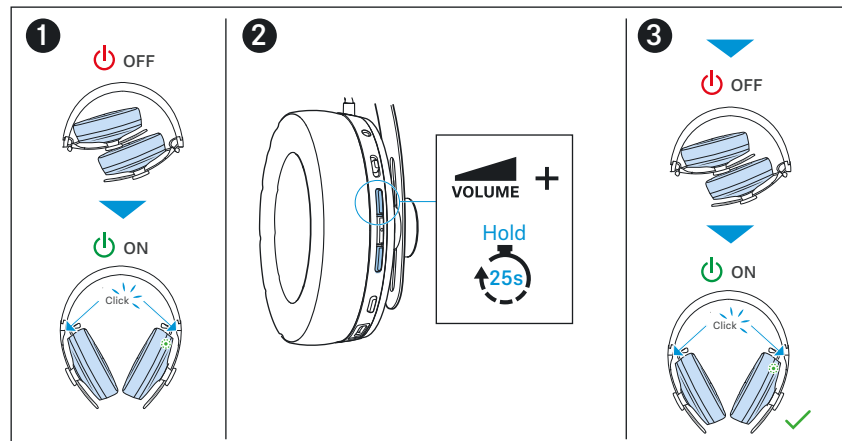


### Restarting the headphones

If the function of the headphones is disturbed, perform a restart:

1. Switch the headphones on (> 16).
2. Press and hold the volume + button for approx. 25 seconds.

3. Switch the headphones off and on again.  
The headphones are restarted.



### Resetting the headphones to the factory default settings/Reset

The Smart Control app allows you to reset the headphones to the factory default settings (e.g. EQ settings, ANC mode).

If the TILE function is activated (> 28), the TILE settings are not reset. To reset the TILE settings, deactivate the headphones in the TILE app.

# Specifications

## MOMENTUM Wireless M3AEBTXL

Ear coupling	circum-aural
Transducer principle	dynamic, closed-back
Transducer	42 mm
Frequency response	6 Hz to 22 kHz
Sound pressure level (SPL)	99 dB SPL/-10 dB FS (via Bluetooth) according to EN 50332-2 118 dB SPL/1 V/1 kHz (via cable)
Impedance	active mode: 470 $\Omega$ passive mode: 100 $\Omega$
THD (1 kHz, 100 dB SPL)	< 0.3 %
Noise cancellation	ANC technology with 4 pick-up microphones
Pick-up pattern (speech audio)	2-mic beamforming array
Power supply	built-in rechargeable lithium-polymer battery: 3,7 V, 600-700 mAh USB charging: 5 V <sup>---</sup> , 330 mA
Charging time of rechargeable battery	approx. 3 hours
Operating time	17 hours (Bluetooth and ANC activated)
Temperature range	<i>operation</i> : 0 to +55 °C <i>charging</i> : 0 to +40 °C <i>storage</i> : -25 to +70 °C
Relative humidity	<i>operation</i> : 25 to 75%, non condensing <i>storage</i> : 10 to 90%
Weight (headphones)	approx. 305 g
Magnetic field strength	10.5 mT

## Bluetooth

Version	Bluetooth 5.0 compatible, class 1, BLE
Transmission frequency	2,400 to 2,483.5 MHz
Modulation	GFSK, $\pi/4$ DQPSK, 8DPSK
Output power	10 mW (max)
Profiles	HSP, HFP, AVRCP, A2DP, DIS, BAS
Codec	aptX, aptX LL, AAC, SBC
Device name	MOMENTUM 3 LE-MOMENTUM 3 (Bluetooth Low Energy only)

## NFC

Frequency	13.56 MHz
Modulation	ASK
Output power	within 500 $\mu$ V/m

# Manufacturer Declarations

## Warranty

Sennheiser electronic GmbH & Co. KG gives a warranty of 24 months on this product.

For the current warranty conditions, please visit our website at [www.sennheiser.com](http://www.sennheiser.com) or contact your Sennheiser 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, Sennheiser electronic GmbH & Co. KG declares that the radio equipment type M3AEBTXL is in compliance with the Radio Equipment Directive (2014/53/EU).

The full text of the EU declaration of conformity is available at the following Internet address: [www.sennheiser.com/download](http://www.sennheiser.com/download).

## Notes on disposal



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

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, please observe the legal regulations on waste segregation applicable in your country.

Further information on the recycling of these products can be obtained from your municipal administration, from the municipal collection points, or from your Sennheiser partner.

The separate collection of waste electrical and electronic equipment, batteries/rechargeable batteries (if applicable) and packaging is used to promote the reuse and recycling and to prevent negative effects caused by e.g. potentially hazardous substances contained in these products. Herewith you make an important contribution to the protection of the environment and public health.

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FIPS 180-2 SHA-224/256/384/512 implementation

Last update: 02/02/2007

Issue date: 04/30/2005

HMAC-SHA-224/256/384/512 implementation

Last update: 06/15/2005

Issue date: 06/15/2005

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