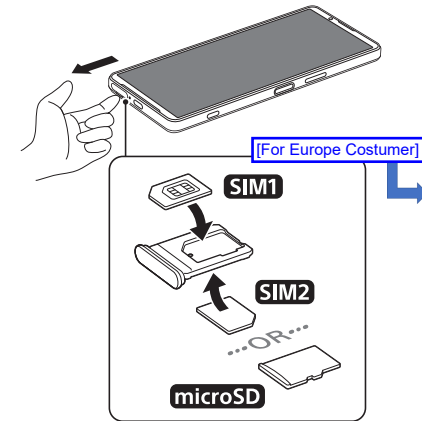
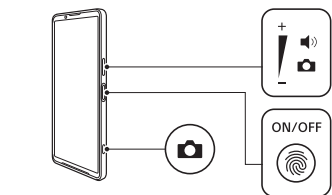
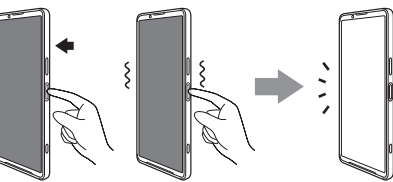


SONY®  
XPERIA 1<sup>IV</sup>  
1 SIM



2 PWR ON



[https://rd1.sony.net/help/mobile/xperia-1m4/h\\_zz/](https://rd1.sony.net/help/mobile/xperia-1m4/h_zz/)

XQ-CT62



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[GB] Startup guide  
[ES] Guía de inicio

**Declaration of Conformity**  
PM-1381-BV (XQ-CT62)  
[GB] Hereby, Sony Corporation declares that this equipment is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://compliance.sony.eu>  
[GB] Notice for customers: the following information is only applicable to equipment sold in countries applying EU directives  
This product has been manufactured by or on behalf of Sony Corporation  
EU Importer: Sony Europe B.V.  
Inquiries to the EU Importer or related to product compliance in Europe should be sent to the manufacturer's authorized representative, Sony Belgium, Bijkantoor van Sony Europe B.V., Da Vincilaan 7-D1, 1930 Zaventem, Belgium.

**Supported frequency bands**  
XQ-CT62  
5G NR (Bands n1, n2, n3, n5, n7, n8, n20, n28, n38, n40, n41, n66, n77, n78),  
LTE (Bands 1, 2, 3, 4, 5, 7, 8, 12, 13, 17, 19, 20, 25, 26, 28, 29, 34, 38, 39, 40, 41, 46, 66), UMTS HSPA+ (Bands 1, 2, 4, 5, 6, 8, 19), GSM GPRS/EDGE (Bands 850, 900, 1800, 1900), Bluetooth (2.4GHz), WLAN (2.4GHz/5GHz), NFC (13.56MHz), Wireless Power Charging (110-148kHz)  
5G NR : 23dBm, LTE : 23dBm, UMTS : 24dBm, GSM 850/900 : 33dBm, DCS1800/PCS1900 : 30dBm, Bluetooth/WLAN (2.4GHz) : <100mW, WLAN (5.15-5.35GHz, 5.47-5.725GHz) : <200mW, WLAN (5.725-5.835GHz) : <25mW, NFC : <42dBuA/m at 10m, Wireless Power Charging : <42dBuA/m at 10m

[GB] For customers in countries/regions other than the United States:  
The 5 150 - 5 350MHz band and the tethering mode (AP mode) in the 5GHz band are restricted to indoor use only.

[GB] Supported frequency bands  
Some frequency bands might be turned off in certain markets or by certain operators.

You can find your model number under Settings > About phone.  
[ES] Bandas de frecuencia admitidas  
Es posible que algunas bandas de frecuencia estén desactivadas en determinados mercados o por operadores específicos.  
Puede consultar el número de modelo en Ajustes > Información del teléfono.  
**SAR Information for CE Marking**  
The International Commission on Non-ionizing Radiation Protection (ICNIRP) specifies a SAR limit of 2 W/kg averaged over ten (10) grams of body tissue. For body-worn operation, the phone has been tested when positioned a minimum of 5 mm from the body without any metal parts in the vicinity of the phone or when properly used with an appropriate accessory and worn on the body.

**FCC Statement**  
This device complies with Part 15 of the FCC rules.  
Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.  
For additional information, please read the FCC Statement provided under Settings > About phone > Legal information > Important information > Statements on your device.

**SAR Information for FCC**  
In the United States, the SAR limit for mobile phones used by the public is 6 watts/kilogram (W/kg) averaged over one gram of tissue. For body-worn operation, the phone has been tested when positioned a minimum of 10 mm from the body without any metal parts in the vicinity of the phone or when properly used with an appropriate accessory and worn on the body. For devices which include "WiFi hotspot" functionality, SAR measurements for the device operating in WiFi hotspot mode were taken using a separation distance of 10 mm. When using the device as a charger, you need to put the phone on a flat surface and 20 cm separation distance from user during the charging mode. Use of third-party accessories may result in different SAR levels than those reported.

**[GB] To view the regulatory compliance mark**  
• Find and tap Settings > About phone > Certificates.  
A regulatory compliance mark such as an FCC ID is displayed on the screen.

[ES] Para ver la marca de conformidad normativa  
• Busque y púntele Ajustes > Información del teléfono > Certificados.

En la pantalla aparece una marca de conformidad normativa, tal como un ID de la FCC.

High-temperature warning



[GB] High-temperature warning  
This mark is displayed when the surface temperature of the product rises during use. When the mark is displayed, there is a risk of burns if you continue using the product while holding it in your hands. In this case, do not continuously hold your device directly in your hand during use.

[ES] Advertencia de temperatura alta  
Esta marca aparece cuando la temperatura superficial del producto aumenta durante su uso. Cuando esta marca aparece, significa que existe el riesgo de quemaduras si se continúa usando y sosteniendo el producto con la mano. En tal caso, no sostenga el producto directamente con la mano de forma continuada durante el uso.

Loudness warning



[GB] Loudness warning  
To prevent possible hearing damage, do not listen at high volume levels for long periods.

[ES] Advertencia de volumen alto  
Para evitar posibles daños auditivos, no escuche el sonido a niveles de volumen elevado durante períodos prolongados.

[GB] Instructions to prevent reasonably foreseeable mishandling of the battery

This product has a built-in lithium-ion battery. Do not disassemble or alter the product. Do not expose this product, including the battery, to excessive heat, fire, etc. for an extended period of time. Do not subject this product, including the battery, to extreme low-temperature conditions that may result in overheating and thermal runaway. Disposing of the battery into fire or a hot oven or mechanically crushing or cutting the battery can result in an explosion. Leaving the battery in an extremely high-temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas. Subjecting the battery to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas. The battery must be charged before use. Always use the Sony-branded charger and USB cable. Refer to the manufacturer's instructions or equipment manual for proper charging instructions. After extended periods of storage, it may be necessary to charge and discharge the battery several times to obtain maximum performance.

[ES] Instrucciones para evitar el abuso razonablemente previsible de la batería

Este producto tiene una batería de iones de litio incorporada. No desmonte ni altere el producto. No exponga este producto, incluyendo la batería, a calor excesivo, fuego, etc., durante un período de tiempo prolongado. No someta este producto, incluida la batería, a condiciones de temperatura extremadamente bajas que puedan provocar recalentamiento o embalamiento térmico. Si la batería se desecha en el fuego o en un horno caliente o si la batería se aplasta o se corta mecánicamente, la batería puede explotar. Si la batería se deja en un entorno a temperatura extremadamente alta, la batería puede explotar o se pueden producir fugas de líquidos o gases inflamables. Si la batería se somete a presiones de aire extremadamente bajas, la batería puede explotar o se pueden producir fugas de líquidos o gases inflamables. La batería debe cargarse antes de su uso. Utilice siempre el cargador y el cable USB de marca Sony. Consulte las instrucciones del fabricante o el manual del equipo para obtener las instrucciones de carga adecuadas. Después de períodos prolongados de almacenamiento, puede ser necesario cargar y descargar la batería varias veces para obtener el máximo rendimiento.

[GB] Legal information

This Startup guide is published by Sony Corporation or its local affiliated company, without any warranty. Improvements and changes to this Startup guide necessitated by typographical errors, inaccuracies of current information, or changes to programs and/or equipment, may be made by Sony Corporation at any time and without notice. Such changes will, however, be incorporated in new editions of this Startup guide. All illustrations are for illustration only and may not accurately depict the actual device. All product and company names mentioned herein are the trademarks or registered trademarks of their respective owners. Any rights not expressly granted herein are reserved. Visit <https://www.sony.net/Products/smartphones/trademarks-and-copyright.html> for more information. **Warranty, SAR and usage guidelines**  
For information about warranty, SAR (Specific Absorption Rate) and safety guidelines, please read the Important information provided under Settings > About phone > Legal information on your device.

Owner's record

The model and IMEI numbers are located on the box of the unit. Record the IMEI number in the space provided below. Refer to them whenever you call upon Sony Customer Support regarding this product.  
Model No. \_\_\_\_\_  
IMEI No. \_\_\_\_\_

RECYCLING RECHARGEABLE BATTERIES

Rechargeable batteries are recyclable. You can help preserve our environment by returning your used rechargeable batteries to the collection and recycling location nearest you.

For more information regarding recycling of rechargeable batteries, visit [www.sony.com/electronics/ecu/environmental-management](http://www.sony.com/electronics/ecu/environmental-management)

Caution: Do not handle damaged or leaking rechargeable batteries.

Class I Laser Product

Complies with 21 CFR 1040.10 and 1040.11 except for deviations pursuant to Laser Notice No. 50, dated June 24, 2007.

factory ID: STTB

**[ES] Información legal**

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**Garantía, SAR y directrices de uso**

Para obtener información sobre la garantía, la SAR (Tasa de absorción específica) y las directrices de seguridad, consulte la Información importante, incluida en Ajustes > Información del teléfono > Información legal en el dispositivo.

**Safety Guidelines**

Before a device model is available for sale to the public, it must be tested and certified to the FCC that it will not exceed the limit established by the government-adopted requirement for safe exposure. The tests are performed in positions and locations (at the ear and worn on the body) as required by the FCC for each model. Body worn measurements are made while the device is in use and worn on the body with a Sony accessory.

The design and composition of an accessory can affect the body worn Specific Absorption Rate (SAR) levels for the device. Sony has not measured, and makes no representation about, the body worn SAR levels when the device is used with non-Sony accessories.

**Consumer Update on Wireless Devices Supplied by the U.S. Food and Drug Administration (FDA) - Center for Devices and Radiological Health**

**• Do wireless devices pose a health hazard?**

The available scientific evidence does not show that any health problems are associated with using wireless devices. There is no proof, however, that wireless devices are absolutely safe. Wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. They also emit very low levels of RF when in the stand-by mode. Whereas high levels of RF can produce health effects (by heating tissue), exposure to low level RF that does not produce heating effects causes no known adverse health effects. Many studies of low level RF exposures have not found any biological effects. Some studies have suggested that some biological effects may occur, but such findings have not been confirmed by additional research. In some cases, other researchers have had difficulty in reproducing those studies, or in determining the reasons for inconsistent results.

**• What is FDA's role concerning the safety of wireless devices?**

Under the law, FDA does not review the safety of radiation-emitting consumer products such as wireless devices before they can be sold, as it does with new drugs or medical devices. However, the agency has authority to take action if wireless devices are shown to emit radio frequency energy (RF) at a level that is hazardous to the user. In such a case, FDA could require the manufacturers of wireless devices to notify users of the health hazard and to repair, replace or recall the devices so that the hazard no longer exists.

Although the existing scientific data do not justify FDA regulatory actions, FDA has urged the wireless device industry to take a number of steps, including the following:

- Support needed research into possible biological effects of RF of the type emitted by wireless devices;
  - Design wireless devices in a way that minimizes any RF exposure to the user that is not necessary for device function; and
  - Cooperate in providing users of wireless devices with the best possible information on possible effects of wireless device use on human health.
- FDA belongs to an interagency working group of the federal agencies that have responsibility for different aspects of RF safety to ensure coordinated efforts at the federal level. The following agencies belong to this working group:

- National Institute for Occupational Safety and Health
  - Environmental Protection Agency
  - Federal Communications Commission
  - Occupational Safety and Health Administration
  - National Telecommunications and Information Administration
- The National Institutes of Health participates in some interagency working group activities, as well. FDA shares regulatory responsibilities for wireless devices with the Federal Communications Commission (FCC). All devices that are sold in the United States must comply with FCC safety guidelines that limit RF exposure. FCC relies on FDA and other health agencies for safety questions about wireless devices.

FCC also regulates the base stations that the wireless device networks rely upon. While these base stations operate at higher power than do the wireless devices themselves, the RF exposures that people get from these base stations are typically thousands of times lower than those they can get from wireless devices. Base stations are thus not the subject of the safety questions discussed in this document.

**• What kinds of devices are the subject of this update?**

The term wireless device refers here to hand-held wireless devices with built-in antennas, often called "cell," "mobile," or "PCS" devices. These types of wireless devices can expose the user to measurable radio frequency energy (RF) because of the short distance between the device and the user's head. These RF exposures are limited by Federal Communications Commission safety guidelines that were developed with the advice of FDA and other federal health and safety agencies. When the device is located at greater distances from the user, the exposure to RF is drastically lower because a person's RF exposure decreases rapidly with increasing distance from the source. The so-called "cordless devices," which have a base unit connected to the telephone wiring in a house, typically operate at far lower power levels, and thus produce RF exposures far below the FCC safety limits.

**• What are the results of the research done already?**

The research done thus far has produced conflicting results, and many studies have suffered from flaws in their research methods. Animal experiments investigating the effects of radio frequency energy (RF) exposures characteristic of wireless devices have yielded conflicting results that often cannot be repeated in other laboratories. A few animal studies, however, have suggested that low levels of RF could accelerate the development of cancer in laboratory animals. However, many of the studies that showed increased tumor development used animals that had been genetically engineered or treated with cancer-causing chemicals so as to be pre-disposed to develop cancer in the absence of RF exposure. Other studies exposed the animals to RF for up to 22 hours per day. These conditions are not similar to the conditions under which people use wireless devices, so we don't know with certainty what the results of such studies mean for human health.

Three large epidemiology studies have been published since December 2000. Between them, the studies investigated any possible association between the use of wireless devices and cancers of brain cancer, glioma, meningioma, or acoustic neuroma, tumors of the brain or salivary gland, leukemia, or other cancers. None of the studies demonstrated the existence of any harmful health effects from wireless device RF exposures. However, none of the studies can answer questions about long-term exposures, since the average period of device use in these studies was around two years.

**• What research is needed to decide whether RF exposure from wireless devices poses a health risk?**

A combination of laboratory studies and epidemiological studies of people actually using wireless devices would provide some of the data that are needed. Lifetime animal exposure studies could be completed in a few years. However, very large numbers of animals would be needed to provide reliable proof of a cancer promoting effect if it one exists. Epidemiological studies can provide data that is directly applicable to human populations, but 10 or more years "follow-up" may be needed to provide answers about some health effects, such as cancer. This is because the interval between the time of exposure to a cancer-causing agent and the time tumors develop - if they do - may be many many years. The interpretation of epidemiological studies is hampered by difficulties in measuring actual RF exposure during day-to-day use of wireless devices. Many factors affect this measurement, such as the angle at which the device is held, or which model of device is used.

**• What is FDA doing to find out more about the possible health effects of wireless device RF?**

FDA is working with the U.S. National Toxicology Program and with groups of investigators around the world to ensure that high priority animal studies are conducted to address important questions about the effects of exposure to radio frequency energy (RF). FDA has been a leading participant in the World Health Organization International Electromagnetic Fields (EMF) Project since its inception in 1996. An influential result of this work has been the development of a detailed agenda of research needs that has driven the establishment of new research programs around the world. The Project has also helped develop a series of public information documents on EMF issues: FDA and the Cellular Telecommunications & Internet Association (CTIA) have a formal Cooperative Research and Development Agreement (CRADA) to do research on wireless device safety. FDA provides the scientific oversight, obtaining input from experts in government, industry, and academic organizations. CTIA-funded research is conducted through contracts to independent investigators. The initial research will include both laboratory studies and studies of wireless device users.

The CRADA will also include a broad assessment of additional research needs in the context of the latest research developments around the world.

**• How can I find out how much radio frequency energy exposure I can get by using my wireless device?**

All devices sold in the United States must comply with Federal Communications Commission (FCC) guidelines that limit radio frequency energy (RF) exposures. FCC established these guidelines in consultation with FDA and the other federal health and safety agencies. The FCC limit for RF exposure from wireless telephones is set at a Specific Absorption Rate (SAR) of 1.6 watts per kilogram (1.6 W/kg).

The FCC limit is consistent with the safety standards developed by the Institute of Electrical and Electronic Engineering (IEEE) and the National Council on Radiation Protection and Measurement. The exposure limit takes into consideration the body's ability to remove heat from the tissues exposed, because of the short distance between the device and the user's head. These RF exposures are limited by Federal Communications Commission safety guidelines that were developed with the advice of FDA and other federal health and safety agencies. When the device is located at greater distances from the user, the exposure to RF is drastically lower because a person's RF exposure decreases rapidly with increasing distance from the source. The so-called "cordless devices," which have a base unit connected to the telephone wiring in a house, typically operate at far lower power levels, and thus produce RF exposures far below the FCC safety limits.

Manufacturers of wireless devices must report the RF exposure level for each model of device to the FCC. The FCC website (<http://www.fcc.gov/oet/rtfsafety>) gives directions for locating the FCC identification number on your device so you can find your device's RF exposure level in the online listing.

**• What has FDA done to measure the radio frequency energy coming from wireless devices?**

The Institute of Electrical and Electronic Engineers (IEEE) is developing a technical standard for measuring the radio frequency energy (RF) exposure from wireless devices and other wireless handsets with the participation and leadership of FDA scientists and engineers. The standard, "Recommended Practice for Determining the Spatial-Peak Specific Absorption Rate (SAR) in the Human Body Due to Wireless Communications Devices: Experimental Techniques," sets forth the first consistent test methodology for measuring the rate at which RF is deposited in the heads of wireless device users. The test method uses a tissue-simulating model of the human head. Standardized SAR test methodology is expected to greatly improve the consistency of measurements made at different laboratories on the same device. SAR is the measurement of the amount of energy absorbed in tissue, either by the whole body or a small part of the body. It is measured in watts/kg (or milliwatts/g) of matter. This measurement is used to determine whether a wireless device complies with safety guidelines.

**• What steps can I take to reduce my exposure to radio frequency energy from my wireless device?**

If there is a risk from these products-- and at this point we do not know that there is-- it is probably very small. But if you are concerned about avoiding even potential risks, you can take a few simple steps to minimize your exposure to radio frequency energy (RF). Since time is a key factor in how much exposure a person receives, reducing the amount of time spent using a wireless device will reduce RF exposure.

- If you must conduct extended conversations by wireless device every day, you could place more distance between your body and the source of the RF, since the exposure level drops off dramatically with distance. For example, you could use a headset and carry the wireless device away from your body or use a wireless device connected to a remote antenna.

Again, the scientific data do not demonstrate that wireless devices are harmful. But if you are concerned about the RF exposure from these products, you can use measures like those described above to reduce your RF exposure from wireless device use.

**• What about children using wireless devices?**

The scientific evidence does not show a danger to users of wireless devices, including children and teenagers. If you want to take steps to lower exposure to radio frequency energy (RF), the measures described above would apply to children and teenagers using wireless devices. Reducing the time of wireless device use and increasing the distance between the user and the RF source will reduce RF exposure.

Some groups sponsored by other national governments have advised that children be discouraged from using wireless devices at all. For example, the government in the United Kingdom distributed leaflets containing such a recommendation in December 2000. They noted that no evidence exists that using a wireless device causes brain tumors or other ill effects. Their recommendation to limit wireless device use by children was strictly precautionary; it was not based on scientific evidence that any health hazard exists.

**• What about wireless device interference with medical equipment?**

Radio Frequency energy (RF) from wireless devices can interact with some electronic devices. For this reason, FDA helped develop a detailed test method to measure electromagnetic interference (EMI) of implanted cardiac pacemakers and defibrillators from wireless telephones. This test method is now part of a standard sponsored by the Association for the Advancement of Medical Instrumentation (AAMI). The final draft, a joint effort by FDA, medical device manufacturers, and many other groups, was completed in late 2000. The standard will allow manufacturers to ensure that cardiac pacemakers and defibrillators are safe from wireless device EMI. FDA has tested hearing aids for interference from handheld wireless devices and helped develop a voluntary standard sponsored by the Institute of Electrical and Electronic Engineers (IEEE). This standard specifies test methods and performance requirements for hearing aids and wireless devices so that no interference occurs when a person uses a "compatible" device and a "compatible" hearing aid at the same time. This standard was approved by the IEEE in 2000. FDA continues to monitor the use of wireless devices for possible interactions with other medical devices. Should harmful interference be found to occur, FDA will conduct testing to assess the interference and work to resolve the problem.

**• Where can I find additional information?**

- For additional information, please refer to the following resources:
- FDA web page for Radiation-Emitting Products (<https://www.fda.gov/Radiation-EmittingProducts/RadiationSafety/default.htm>)
- Federal Communications Commission (FCC) RF Safety Program (<http://www.fcc.gov/oet/rfsafety>)
- International Commission on Non-ionizing Radiation Protection (<https://www.icnirp.org/>)
- World Health Organization (WHO) International EMF Project (<https://www.who.int/News-room/Topics/Electromagnetic-fields>)
- Mobile and Wireless Forum (<https://www.mwfai.org/>)