



Sony MDR-1000X Opening Procedure

How to open the Sony MDR-1000X headphones for repairs.

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INTRODUCTION

Use this guide to open the Sony MDR-1000X headphones for repairs.

This guide only shows how to open the right side of the right ear cup. However, the procedure for the left ear cup is the same. If you're opening the left ear cup, remove the ear cup cover very carefully to avoid ripping the daughterboard cable.



TOOLS:

- [Phillips #00 Screwdriver](#) (1)
 - [Spudger](#) (1)
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Step 1 — Pry up the ear cup cushion



- ⓘ The ear cup cushions of the Sony MDR-1000X are held in place by small plastic clips.
 - Insert a spudger into the gap between the right ear cup cushion and the headphone frame.
 - Lever the spudger downwards to pry up the ear cup cushion.
 - ⓘ You should hear a little clack noise when the plastic clips pop open.
- ✦ During reassembly make sure all six plastic clips snap back into place.

Step 2 — Remove the ear cup cushion



- Remove the ear cup cushion.

Step 3 — Remove the protective cloth



⚠ The protective cloth in the inside of the ear cups is glued to small foam spacers. These foam spacers are glued to the headphone frame with small pieces of adhesive tape. During the following step make sure to remove the protective cloth including the foam spacers and not to rip the cloth off them.

- Carefully remove the protective cloth in the inside of the ear cup including the foam spacers.

Step 4 — Unfasten the ear cup screws



- Remove the four 8.3 mm-long Phillips #00 screws securing the ear cup cover.

Step 5 — Pry up the ear cup cover



i The ear cup cover is held in place by small plastic clips just like the ear cup cushions.

- Insert a spudger into the gap between the ear cup cover and the headphone frame.
- Lever down the spudger to pry up the ear cup cover and pop open the plastic clips.

! Do not try to remove the ear cup cover all the way. It is still connected to the motherboard by a flex cable.

- Carefully open the ear cup cover.

To reassemble your device, follow these instructions in reverse order.

If it's necessary apply new adhesive to the ear cup foam before reinstalling it.

Take your e-waste to an [R2 or e-Stewards certified recycler](#).

Repair didn't go as planned? Check out our [Answers community](#) for troubleshooting help.