



# Sony MDR-1000X Battery Replacement

How to replace a worn-out or dead battery in your Sony MDR-1000X.

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## INTRODUCTION

Use this guide to replace a worn out or dead battery in your Sony MDR-1000X.

If your battery is swollen, [take appropriate precautions](#). For your safety, **discharge your battery below 25%** before disassembling your headphones. This reduces the risk of a dangerous thermal event if the battery is accidentally damaged during the repair.

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### TOOLS:

- [Phillips #00 Screwdriver](#) (1)
  - [Spudger](#) (1)
  - [iFixit Opening Picks \(Set of 6\)](#) (1)
  - [ESD Safe Tweezers Blunt Nose](#) (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



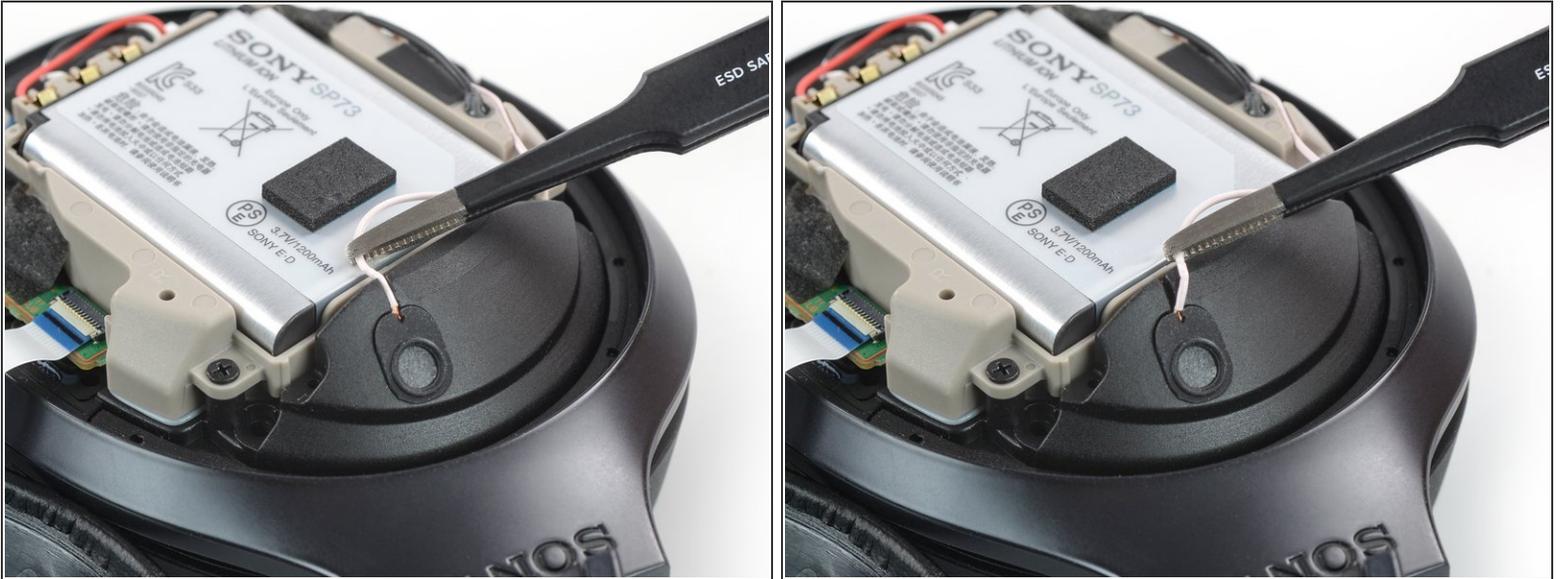
**i** The ear cup cover is held in place by small plastic clips just like the ear cup cushions.

- 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.

## Step 6 — Move the microphone cable



- Use a pair of blunt nose tweezers to carefully lift the microphone cable out of its routing.

## Step 7 — Remove the microphone



- Use a pair of blunt nose tweezers to lift the microphone out of its recess.

## Step 8 — Block the battery contact



- Insert an opening pick in between the bottom edge of the battery and the battery contact plate.

## Step 9 — Pry up the battery



- Insert a second opening pick between the right edge of the battery and the battery frame.

**⚠ Try not to deform or puncture the battery during the following removal process. Soft-shell lithium-ion batteries can leak dangerous chemicals, catch fire, or even explode if damaged.**

- Lever down the opening pick to pry up the battery. This might require a little bit force due to the battery adhesive underneath.

## Step 10 — Remove the battery



- Remove the battery.
- ⓘ You can reuse the old battery adhesive during reassembly. In case you decide to use new adhesive remove the old one first and clean the relevant areas with high isopropyl alcohol (>90%).

If possible, turn on your device and test your repair before resealing.

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

For optimal performance, **calibrate your newly installed battery**: Charge it to 100%, and keep charging it for at least two more hours. Then, use it until it shuts off due to low battery. Finally, charge it uninterrupted to 100%

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.