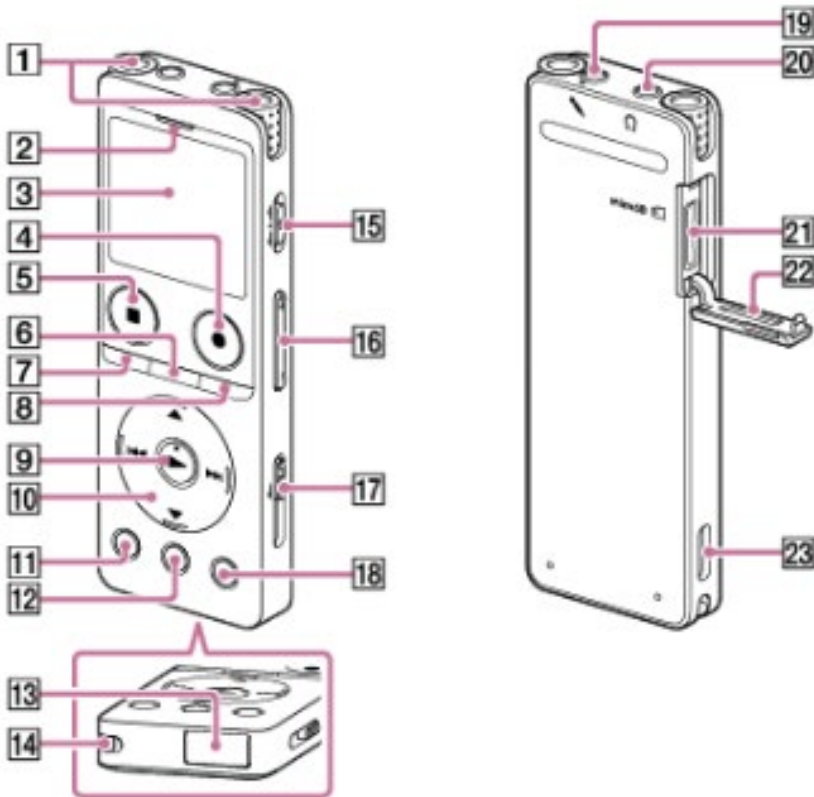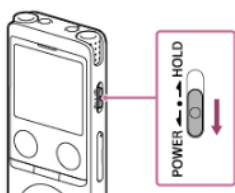# SONY ICD_UX570 Digital Recorder

Displays

Parts and controls

1. Built-in microphones
2. Operation indicator
3. Display window
4. ●REC/PAUSE button
5. ■STOP button
6. T-MARK (track mark) button
7. BACK/ ⬮ HOME (Press and hold)
8. OPTION button
9. ► PLAY button
10. Control button (DPC, ⤵A-B repeat, ◄◄ (backward), ►►► (forward)
11. EASY SEARCH(SEC) -3 button
12. EASY SEARCH(SEC) +10 button
13. USB connector cover
14. Strap hole
15. HOLD・POWER ON/OFF switch
16. VOL –/+ (volume) button
17. USB slide lever
18. JUMP button
19. ✎ (microphone) jack
20. ⌒ (headphone) jack
21. 22. MicroSD memory card and cover
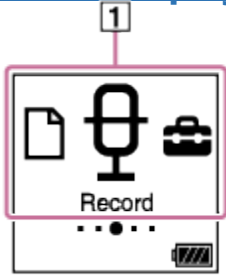23. Speaker

Turning the power on

- ON - Slide and hold the HOLD・POWER switch in the direction of "POWER" for more than 1 second

- OFF - Slide and hold the HOLD・POWER switch in the direction of "POWER" until the "Power Off" is displayed. (Automatically turns off after 10 min)

- HOLD - Slide the HOLD・POWER switch in the direction of "HOLD" to disable the buttons while the power is on.

- RESTART - Slide and hold the HOLD・POWER switch in the direction of "POWER" for more than 8 seconds

Date and Time
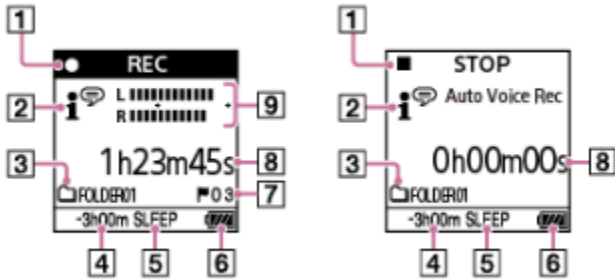
- You will be asked to set the date and time the first time you turn it on or when you change the batteries.

- You can change the clock setting and the beep sound setting at any time later by selecting " 🧰 Settings" - "Common Settings" from the HOME menu.

HOME Display Menu

1. Press and hold the ● BACK/ ⬭ HOME button
2. Press ⏮ or ⏭ to select the function you want to use, and then press ▶
3. You can select one of the following:
   - 🎵 : Music
   - 🎤 : Record
   - ↩ : Return
   - 📄 : Recorded Files
   - 🧰 : Settings (Change Date and Time)

Recording Display

1. Recording status indicator (REC, PAUSE, STOP)
2. Scene Select or Recording Mode indicator. (Change with OPTION button)

   Scenes

   - 🎤 : Auto Voice Rec
   - 🎵 : Auto Music Rec
   - 👥 : Meeting
   - 👥 : Lecture
   - 🗣 : Voice Notes
   - 👥 : Interview
   - 🎹 : Soft Music
   - 🎸 : Loud Music

   Modes

   Microphone sensitivity 🎤 : High to 🎵 : Low (Music)

   Focused/Wide, NCF(Noise Cut) or LCF (Low Cut):

3. Recording Memory mark
4. Remaining recording time available (10 hours or more: no indication)
5. Sleep timer indicator
6. Battery indicator
7. Number of added track marks.
8. Elapsed time of the current recording
9. Recording level volume guide

Recording

1. Place the recorder so that the microphone faces the direction of the source to be recorded.
2. Press ● REC/PAUSE button. The operation indicator on the front lights in red.
3. The recording level guide shows the appropriate recording volume. Move the microphone so that the recording level falls within the plus(+) signs while recording.
4. Press ● REC/PAUSE to pause recording
5. Press ■ STOP to stop recording. The "Saving…" animation appears and the recorder stops.
6. By default, the recorded files are stored in "FOLDER01"
7. Recorded files are named as "recording date_recording time" (e.g. 161010_0706.mp3).

Erase a file

1. Select the file you want to erase.
2. Press the OPTION button on the recorder.
3. Select "Delete a File" on the menu, and then press ▶
4. Press ▲ or ▼ to select "Yes" , and then press ▶

Settings for Recording

- Select "🧰 Settings" – "Recording Settings" to access the different settings
- Press ▲ or ▼ to move through items
- Press ▶ to select an item
- Press and hold BACK/HOME to return to the HOME menu
- Press ■ STOP to exit

Recording Folder:	Change the file storage destination folder
Create Folder:	Create a new folder to store files
Scene Select:	Select a recording scene for an individual situation
REC Mode:	Select the quality of the recording, default is MP3 192 kbps
Built-In Mic Sensitivity:	Select the sensitivity level of the microphones. (High – Lectures, Low – voice notes)
Focused/Wide:	Focused – isolates sounds coming from direction microphone points to (Lectures). Wide – picks up sound from all directions in stereo (Meetings)
Ext. Input Setting:	Select the audio input type and the sensitivity level of the external microphone
Recording Filter:	Reduce noise during recording (NCF – cuts non-voice sounds, LCF – cuts low-frequency background noises like wind and fans)
Cross-Memory REC	Automatically switch to alternate memory storage when current one is full.
VOR:	Voice Operated Recording makes the recorder pause when no sound is heard and resume recording when it detects sound again.
SYNC REC:	Record from an external source, like a stereo or TV
Auto Track Marks:	Adds track marks automatically at 5, 10, 15, or 30 minutes intervals

Playback

1. Select " ⬜ Recorded Files" on the HOME menu, and then press ▶ .
2. Search and select a file.
3. Press ▶ . Playback starts.
4. Press VOL –/+ to adjust the playback volume.
5. Press ■ STOP to pause playback. To resume playback from that point, press ▶ .

Options during playback

To go back to the beginning of the current file

Press ⏮ once.

When a track mark is set, the IC recorder goes backward to the track mark before the current point.

To go back to previous files or skip to the next file

Press ⏮ or ⏭ repeatedly.

To Fast Forward or Rewind

Press and hold down ⏮ or ⏭

To Skip forward 10 sec or back 3 sec

Press EASY SEARCH(SEC) +10 or EASY SEARCH(SEC) -3 buttons
You can jump forward continuously by pressing and holding this button.

Adding a track mark

You can add a track mark at a point at which you would like to locate during playback.

- Press the T-MARK button when you want to add a track mark.
  The 🚩(track mark) indicator and the track mark number flash, and a track mark is added.
- To locate a track mark and start playback at the track mark, press ⏮ or ⏭ in the stop mode. When the 🚩(Track mark) indicator and the track mark number flash once, press ▶ to start playback

Clear Voice - Reduce background noise during playback

The clear voice function reduces ambient noise, which makes the human voice clearer when you listen to the playback sound.

1. In the stop or playback mode, press the OPTION button and select "Clear Voice", then press ▶
2. Press ▲ or ▼ to select "Clear Voice 1" or "Clear Voice 2," and then press ▶ .

Change Playback Speed – DPC function

You can adjust the playback speed in a range from 0.25 times to 3.00 times.

1. In the stop or playback mode, press ▲ DPC (Digital Pitch Control),
2. Press ⏮ or ⏭ to adjust the playback speed.
3. Press ▲ or ▼ to select ON, then Press ▶ to set the playback speed.

Connecting to your computer

To exchange files between the recorder and your computer, connect the recorder to your computer.

1. Press and hold the USB slide lever on the side of the IC recorder, and then slide it in the direction of the arrow to push out the USB connector.
2. Insert the connector into the USB port on a computer that is up and running.
3. If a window does not automatically open, you can locate it:
   - For Windows: open "This PC," and look for "IC RECORDER" under devices
   - For Mac: make sure that an "IC RECORDER" drive is displayed on the Finder.
4. The "**REC_FILE**" folder contains all of your recordings.
5. You can drag and drop the files or folders you want to copy to or from your computer.

Battery Life

The recorder charges via USB-A. It takes approximately 3 hours to fully charge.

Playback through built-in speakers		5 hours
Playback through headphones		47 hours
Recording	MP3 192-48 kbps	22 hours

Recording file sizes

The recorder holds 4 GB of files.

MP3 192 kbps	39 hours 45 minutes
MP3 128 kbps	59 hours 35 minutes
MP3 48 kbps	159 hours

Help Guide

You can view the online documentation here: https://helpguide.sony.net/icd/u57/v1/en2/index.html