

REON POCKET

Use this manual if you encounter any problems or have any questions when using your REON POCKET.

[Notice regarding the termination of “MY MODE” and the “FAN” mode](#)

About this Help Guide

This Help Guide is the manual for the models RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3. The models sold may differ depending on the country or region.

Recommended pages in the Help Guide

[Using the dedicated neckband](#)

Explains how to attach and detach the neckband.

Using REON POCKET TAG

[REON POCKET TAG Help Guide](#)

For information on how to use REON POCKET TAG, RNPT-1 (sold separately or included with the RNPK-5T/RNPK-4T), refer to the Help Guide at this link.

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Before use

Notice on use

- The REON POCKET is intended for use in daily outings, commuting, and light exercise (e.g. walking, golfing). Please note that this product is not waterproof.
Please refrain from using the product in the following environments.
 - Strenuous work or exercise (e.g. running) at a level that causes intense sweating
 - Rain, snow, or other conditions where the unit is exposed to moisture
 - Prolonged use under hot sun
- Since the product is a precision device, do not subject the product to strong impacts such as dropping or throwing it.
- When the unit is operated with the setting [COOL], warm air may be ventilated from the air vent depending on the temperature of the surrounding environment. If you are concerned about this, lower the temperature setting level of [COOL], or refrain from using the unit.

When using in [COOL] mode

- Wear breathable and loose-fitting clothing.
- When you wear a collared shirt over the unit, position the neckband by aligning the top of the case with the height of the collar so that the collar does not block the air vent of the unit.
- Be sure to create adequate room around your neck by taking off your tie, opening the top button of your shirt, etc. This will improve air flow from the air vent.
- Wear white or other light-colored clothing that absorbs less heat from the sun than dark clothing.
- Do not intentionally block the air inlet or air vent.
- Do not use the unit when sleeping.

When using in [WARM] mode

- If the unit feels too hot, stop using it immediately.
- Do not use the unit when sleeping.

Notice on heat stroke

The REON POCKET is not intended to be used as a heat stroke prevention device.

Please refer to the information website of Ministry of the Environment, Government of Japan for guidelines on daily living to prevent heat stroke.

Air temperature (typical value)	Guideline for life activities that need attention	Precautions
Danger (above 35°C)	Risks in all life activities	The elderly are at high risk of developing heat stroke, even in a resting state. Avoid going outside as much as possible and move to a cool room.
Severe Warning (31°C — 35°C)		Avoid hot sun when going out, and be careful of rising room temperature when indoors.
Warning (28°C — 31°C)	Risks in moderate or increased life activities	Take regular and sufficient rest when exercising or doing strenuous work.

Air temperature (typical value)	Guideline for life activities that need attention	Precautions
Caution (below 28°C)	Risks in strenuous life activities	Generally, there is little danger, but there is a risk of occurrence during strenuous exercise or heavy labor.

From the website “Heat Illness Prevention Information,” Ministry of the Environment, Government of Japan

Notice about water

When your hands are wet, do not touch the unit or the supplied USB cable, and do not charge the unit.

Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Checking the package contents

If anything is missing, consult Sony Authorised Service Centre.
The number in the parentheses indicates the number of pieces.

RNPK-5

The unit and the air vent cover (long) are attached to the neckband at the time of purchase.

- REON POCKET unit (RNP-5) (1)
- NECKBAND (RNPB-N4) (1)
- Air vent cover (long) (1)
- Air vent cover (short) (1)
- L-shaped USB Type-C® cable (USB-A — USB-C®) (1)
- Startup Guide (1)
- EUROPEAN GUARANTEE INFORMATION DOCUMENT* (1)
- Warranty (valid only in Japan)* (1)

— Warranty applies to the REON POCKET unit (RNP-5) only.

* For details on warranty in countries and regions other than Europe or Japan, refer to the page below.
<https://reonpocket.sony.com/support/warranty/>

USB AC adaptor is not included. Use a commercially available USB AC adaptor.

Using the air vent cover

For details on using the air vent cover, refer to “[Using the unit with the air vent cover \(RNPK-5/RNPK-5T/RNPK-4/RNPK-4T\)](#).”

RNPK-5T

The unit and the air vent cover (long) are attached to the neckband at the time of purchase.

- REON POCKET unit (RNP-5) (1)
- NECKBAND (RNPB-N4) (1)
- Air vent cover (long) (1)
- Air vent cover (short) (1)
- REON POCKET TAG (Tag) (RNPT-1) (1)
- Lithium coin cell battery (CR2032) (inserted in the tag) (1)
- L-shaped USB Type-C® cable (USB-A — USB-C®) (1)
- Startup Guide (RNPK-5) (1)
- Startup Guide (RNPT-1) (1)
- EUROPEAN GUARANTEE INFORMATION DOCUMENT* (1)
- Warranty (RNP-5) (valid only in Japan)* (1)
- Warranty (RNPT-1) (valid only in Japan)* (1)

* For details on warranty in countries and regions other than Europe or Japan, refer to the page below.
<https://reonpocket.sony.com/support/warranty/>

USB AC adaptor is not included. Use a commercially available USB AC adaptor.

Using the air vent cover

For details on using the air vent cover, refer to “[Using the unit with the air vent cover \(RNPK-5/RNPK-5T/RNPK-4/RNPK-4T\)](#).”

RNPK-4

The unit is attached to the neckband at the time of purchase.

- REON POCKET unit (RNP-4) (1)
- Neckband (RNPB-3) (1)
- L-shaped USB Type-C® cable (USB-A — USB-C®) (1)
- Air vent cover (1)
- Startup Guide (1)
- Warranty card (RNP-4) (valid only in Japan) (1)

USB AC adaptor is not included. Use a commercially available USB AC adaptor.

Using the air vent cover

For details on using the air vent cover, refer to “[Using the unit with the air vent cover \(RNPK-5/RNPK-5T/RNPK-4/RNPK-4T\)](#).”

RNPK-4T

The unit is attached to the neckband at the time of purchase.

- REON POCKET unit (RNP-4) (1)
- Neckband (RNPB-3) (1)
- REON POCKET TAG (Tag) (RNPT-1) (1)
- Lithium coin cell battery (CR2032) (inserted in the tag) (1)
- L-shaped USB Type-C® cable (USB-A — USB-C®) (1)
- Air vent cover (1)
- Startup Guide (RNPK-4) (1)
- Startup Guide (RNPT-1) (1)
- Warranty card (RNP-4) (valid only in Japan) (1)
- Warranty card (RNPT-1) (valid only in Japan) (1)

USB AC adaptor is not included. Use a commercially available USB AC adaptor.

Using the air vent cover

For details on using the air vent cover, refer to “[Using the unit with the air vent cover \(RNPK-5/RNPK-5T/RNPK-4/RNPK-4T\)](#).”

RNP-3

- REON POCKET unit (1)
- L-shaped USB Type-C® cable (USB-A — USB-C®) (1)
- Silicone coated sticker (1)
- Startup Guide (1)

USB AC adaptor is not included. Use a commercially available USB AC adaptor.

Using the silicone coated sticker

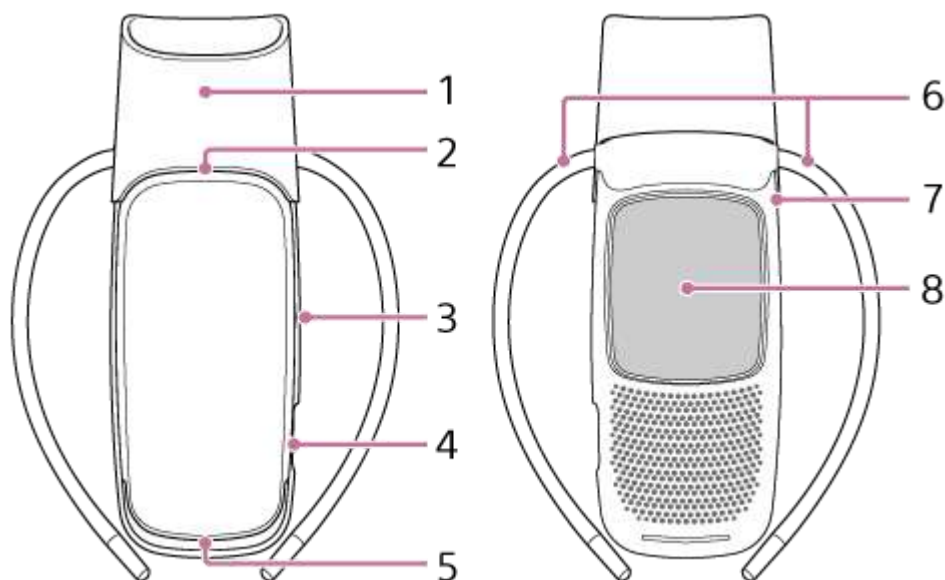
If you are concerned about direct contact of the metal part of the unit (cooling/warming section) with your skin, use the unit with the silicone coated sticker attached.

For details on how to attach the silicone coated sticker, refer to the support site.

<https://reonpocket.sony.com/support/>

Names of parts

RNP-5/RNP-5T



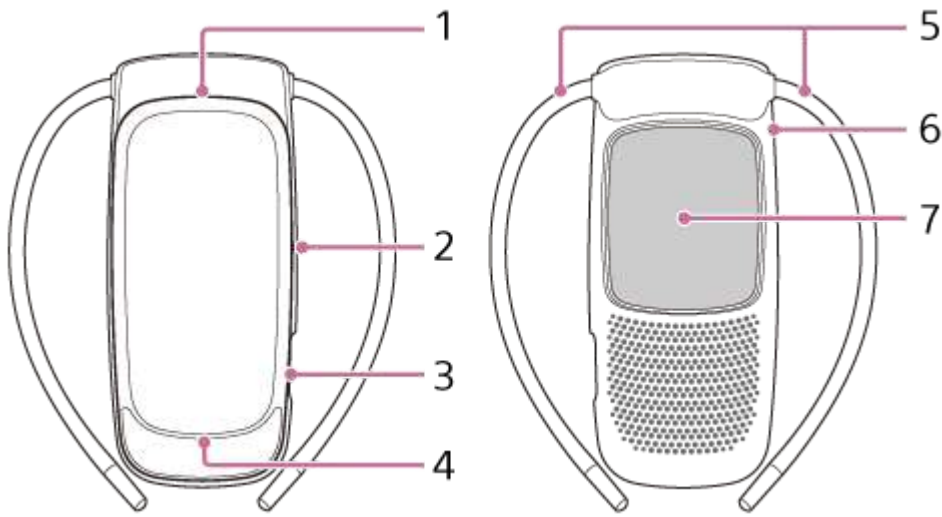
The unit and the air vent cover (long) are attached to the neckband at the time of purchase.

1. Air vent cover (long) (short)
2. Air vent
3. Button with an LED
4. USB port
5. Air inlet
6. Band
7. Case
8. Cooling/warming section
(Material: Stainless steel SUS316L)

For details on “Names of parts” of REON POCKET TAG (sold separately or included with the RNP-5T), refer to the following Help Guide.

<https://helpguide.sony.net/reonpocket/rnpt1/v1/en/index.html>

RNP-4/RNP-4T

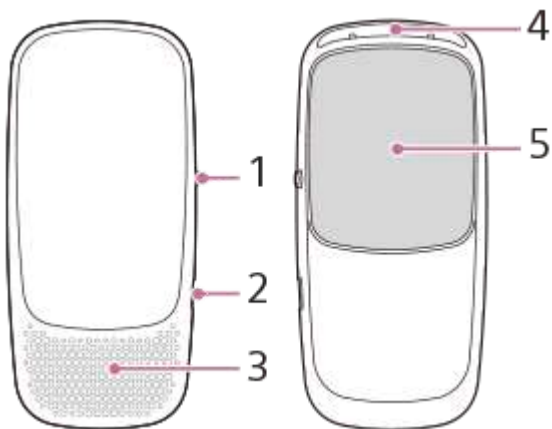


1. Air vent
2. Button with an LED
3. USB port
4. Air inlet
5. Band
6. Case
7. Cooling/warming section
(Material: Stainless steel SUS316L)

For details on “Names of parts” of REON POCKET TAG (sold separately or included with the RNPK-4T), refer to the following Help Guide.

<https://helpguide.sony.net/reonpocket/rnpt1/v1/en/index.html>

RNP-3



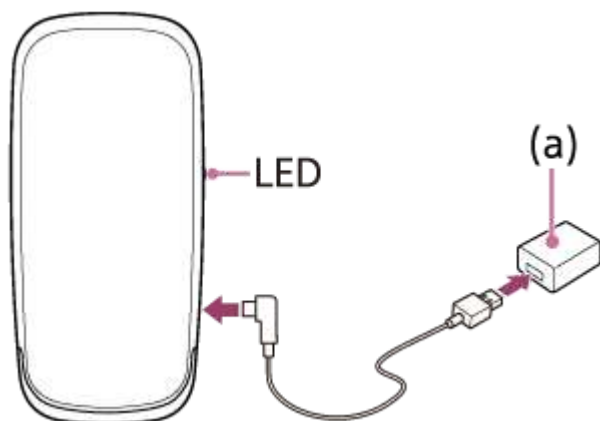
1. Button with an LED
2. USB port
3. Air inlet
4. Air vent
5. Cooling and warming section
(Material: Stainless steel SUS316L)

Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Charging the unit

The unit has a lithium-ion battery. When you use the unit for the first time or have not used it for a long time, charge the unit for 30 minutes or more.

Cooling or warming is possible while the unit is being powered by a USB connection with a portable battery, computer or a USB AC adaptor. (The built-in battery of the unit is not charged during cooling or warming.)



The shape of the unit differs depending on the model.

- 1 Connect the supplied USB cable to the USB port of the unit.**
- 2 Connect a USB AC adaptor that you have (a) and the supplied USB cable to the wall outlet.**
- 3 When the LED turns off, disconnect the USB cable from the unit and the USB AC adaptor.**

The LED lights up in red and charging starts.

The LED turns off when charging is complete.

When charging starts from a discharged state, the battery charges as follows.

- RNPK-5/RNPK-5T/RNPK-4/RNPK-4T: 90% charged in about 100 minutes; fully charged in about 170 minutes.
- RNP-3: 90% charged in about 60 minutes; fully charged in about 100 minutes.

(The charging time may vary depending on the USB AC adaptor you are using.)

Note

- Be sure to use a portable battery or a USB AC adaptor that has an overcurrent protection function.
- Charge the battery in an ambient temperature of 5°C to 40°C.
- Do not touch the unit, USB cable, or USB AC adaptor with wet hands.

Related Topic

- [Battery duration](#)

- [Checking the remaining battery level](#)

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Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Battery duration

The amount of time that the unit can be used with one full charge

The following is the guideline for battery duration for each temperature level during cooling or warming operations. The values for the [COOL] mode are guidelines for when you use the unit while staying still in an environment with a room temperature of 30°C.

The battery duration varies depending on the usage and environment.

When using in [COOL] mode

- RNPK-5/RNPK-5T
 - Level 1: About 17 hours
 - Level 2: About 12 hours
 - Level 3: About 10 hours
 - Level 4: About 7 hours and 30 minutes
 - Level 5: About 4 hours
- RNPK-4/RNPK-4T
 - Level 1: About 9 hours
 - Level 2: About 8 hours
 - Level 3: About 7 hours
 - Level 4: About 4 hours
- RNP-3
 - Level 1: About 4 hours and 30 minutes
 - Level 2: About 4 hours
 - Level 3: About 3 hours and 30 minutes
 - Level 4: About 2 hours

When using in [WARM] mode

- RNPK-5/RNPK-5T/RNPK-4/RNPK-4T
 - Level 1: About 8 hours
 - Level 2: About 6 hours
 - Level 3: About 5 hours
 - Level 4: About 4 hours
- RNP-3
 - Level 1: About 4 hours
 - Level 2: About 3 hours
 - Level 3: About 2 hours and 30 minutes
 - Level 4: About 2 hours

Hint

- In the case of continuous use, operation will be paused at the following times.
 - When using in [COOL] mode: About 15 hours
 - When using in [WARM] mode: About 8 hours

Related Topic

- [Charging the unit](#)
- [Checking the remaining battery level](#)

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Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Checking the remaining battery level

You can check the battery level of the unit by the battery icon on the “REON POCKET” app.



A: Full

B: Low

Note

- The correct remaining battery level may not be displayed under some operating or environmental conditions.

To check the remaining battery level on the unit

Press the button on the unit, and the LED blinks in orange for the number of times according to the remaining battery level.

Blinks 4 times: Full



Blinks 1 time: Low

Related Topic

- [Charging the unit](#)
- [Battery duration](#)
- [Overview of the “REON POCKET” app screen](#)

Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Installing the “REON POCKET” app

Install the “REON POCKET” app on your smartphone. After the installation, register the unit to your smartphone via Bluetooth® connection on the initial setup screen.

Note

- In advance, turn on the Bluetooth function on your smartphone.
- If you are using an Android smartphone, allow the “REON POCKET” app to access the location information.

1 Download the “REON POCKET” app from Google Play or the App Store and install it.

<https://reonpocket.sony.com/app/download/>

2 Launch the “REON POCKET” app and follow the on-screen instructions to perform the initial setup.

Proceed with the initial setup by following the on-screen instructions. When the Bluetooth connection between the unit and your smartphone is established, the unit is registered to your smartphone. The LED on the unit lights up in blue for about 8 seconds and then goes off. The SMART COOL screen of the “REON POCKET” app appears when the initial setup is complete.

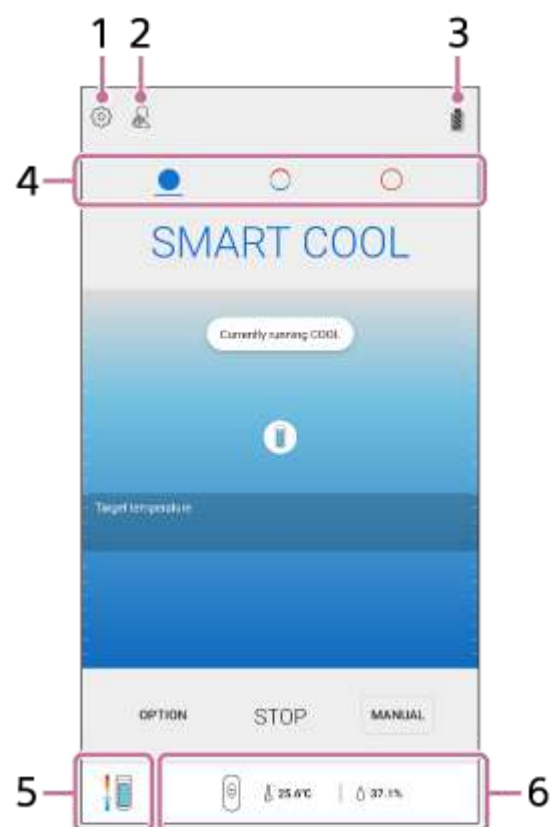
Hint

- If the connection between your smartphone and the unit is not stable, bring them closer to stabilize the connection.

Overview of the “REON POCKET” app screen

This page introduces items common to each mode of the app.

The SMART COOL screen (RNPK-5) is used as an example. For the specific items in each mode, refer to the respective pages.



1. Settings icon

Tap to configure the various settings (such as [AUTO START/STOP] and [QUICK LAUNCH]), to unregister or to initialize the unit, and to check the versions of the unit and the app.

2. [AUTO START/STOP] icon

Indicates that the [AUTO START/STOP] function is active.

3. Battery icon

Indicates the remaining battery level of the unit.

4. Mode icons

○ (COOL): Tap to switch to the SMART COOL screen for using in cooling operation.

- [COOL mode](#)

○ (SMART COOL ↔ WARM)*: Tap to switch to the SMART COOL ↔ WARM screen, which automatically switches between cooling operation and warming operation.

- [SMART COOL ↔ WARM mode](#)

○ (WARM): Tap to switch to the SMART WARM screen for using in warming operation.

- [WARM mode](#)

5. Temperature indication of the cooling/warming section

Indicates the guideline for the temperature of the contact surface of the unit. Tap to show the details of the temperature of the contact surface, as well as tips and notes.

6. Temperature/humidity*

Displays the temperature and humidity measured by REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T).

* REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T) is required to use this function. For details on how to use REON POCKET TAG, refer to the following Help Guide.

<https://helpguide.sony.net/reonpocket/rnpt1/v1/en/index.html>

Related Topic

- [COOL mode](#)
- [WARM mode](#)
- [SMART COOL ⇄ WARM mode](#)
- [Checking the remaining battery level](#)

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Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Using the unit with the dedicated neckband

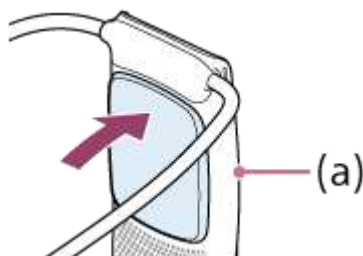
You can use the unit while hanging it around your neck by attaching the unit to the dedicated neckband.

- RNPK-5/RNPK-5T/RNPK-4/RNPK-4T: The unit is attached to the neckband at the time of purchase. Wear the neckband with the unit attached to your neck as is.
- RNP-3: The dedicated neckband (sold separately) is required.

For details on how to use the dedicated neckband, also refer to the support site.

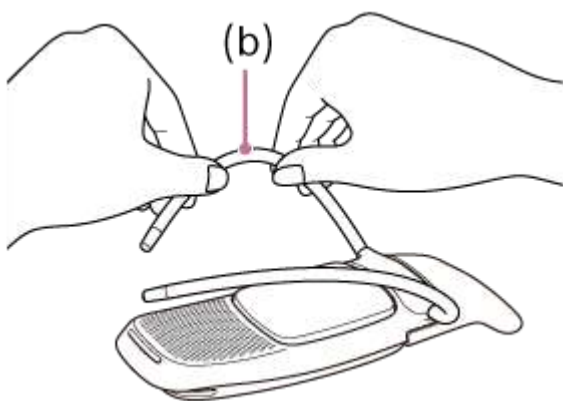
<https://reonpocket.sony.com/support/>

Detaching the neckband from the unit / Attaching the neckband to the unit



Hold the case (a) of the neckband and push the cooling/warming section of the unit with a small amount of force. To attach the unit to the neckband, place the bottom part of the unit inside the case of the neckband, and then push the upper part of the unit into the case until it clicks.

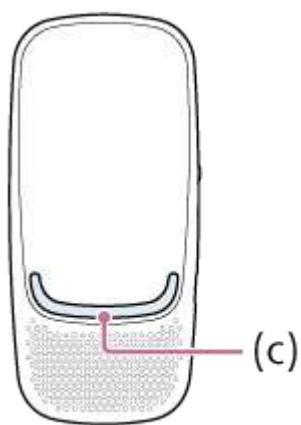
Adjusting the band



To adjust the band size around your neck, or to improve the contact of the cooling/warming section with your skin, take the neckband off, then adjust the band (b).

The band can be bent freely. Hold the band and adjust the width and angle with a small amount of force.

Attaching the spacer (included with the RNPB-4) to the unit (RNP-3)



The spacer (c) attached to the unit improves air intake.

Related Topic

- [Using the unit with the air vent cover \(RNPK-5/RNPK-5T/RNPK-4/RNPK-4T\)](#)

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Using the unit with the air vent cover (RNPK-5/RNPK-5T/RNPK-4/RNPK-4T)

Use the air vent cover to divert exhaust from the air vent at the top of the unit.

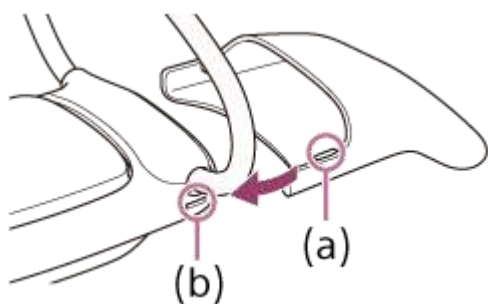
- RNPK-5/RNPK-5T: The air vent cover (long) is attached to the neckband at the time of purchase. You can use the unit as is, or replace the air vent cover with the short type depending on your clothing.
- RNPK-4/RNPK-4T: Attach the air vent cover (supplied) to the neckband before use.

Detaching the air vent cover

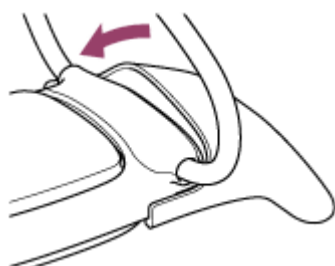
Hook your finger at a position near the tabs of the air vent cover to detach it from the unit. Refer to the figure below for the location of the tabs.

Attaching the air vent cover

1. Hook one of the tabs (a) inside the air vent cover into the hole (b) under the base of the band.



2. Hook the other tab on the opposite side to the case and push in the air vent cover.



Wearable Thermo Device Kit/Wearable Thermo Device Sensing Kit/Wearable Thermo Device
RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Using the unit by holding it in your hand

You can use the unit by holding it and putting the cooling/warming section to your skin without attaching the unit to the dedicated neckband.

- RNPK-5/RNPK-5T/RNPK-4/RNPK-4T: The unit is attached to the neckband at the time of purchase. Detach the unit from the neckband in advance.

To detach the unit from the neckband (RNPK-5/RNPK-5T/RNPK-4/RNPK-4T)

Hold the case (a) of the neckband and push the cooling/warming section of the unit with a small amount of force.



To attach the unit to the neckband, place the bottom part of the unit inside the case of the neckband, and then push the upper part of the unit into the case until it clicks.

When carrying the unit

When carrying the unit in a bag, it is recommended to put the unit in a small pouch to prevent sharp objects such as a key from scratching the cooling/warming section.

Note

- Do not operate the button of the unit with wet hands.

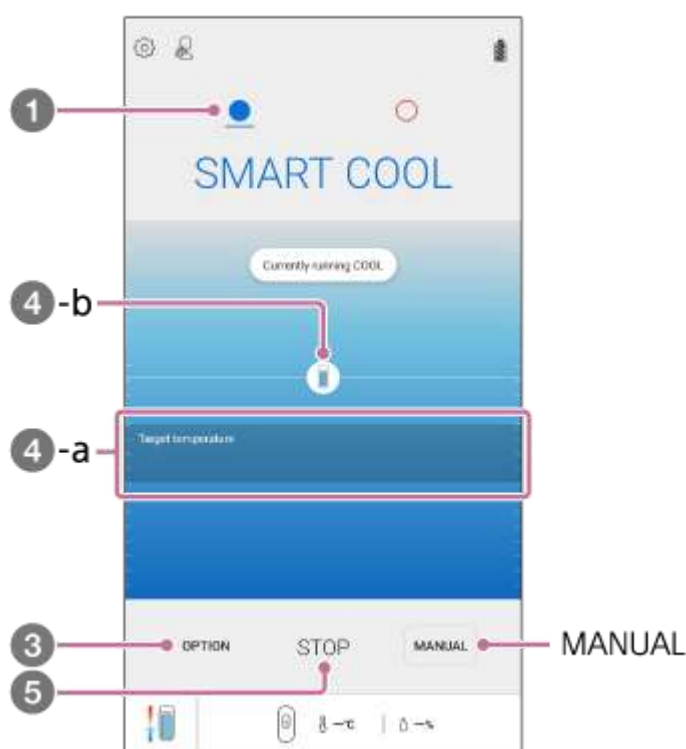
COOL mode

This page introduces recommended use to make the cooling/warming section cool (SMART COOL mode).
In the SMART COOL mode, the unit automatically adjusts the temperature of the cooling/warming section according to the following conditions.

- The temperature around the unit
- Your movements such as walking or staying still
- The temperature and humidity data sent from REON POCKET TAG*
- Your temperature preference

* When the unit is linked to REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T)

According to the temperature of the cooling/warming section and the conditions above, the unit may automatically increase or reduce the cooling intensity or pause operation.



1 On the “REON POCKET” app screen, tap  (COOL icon).

2 If the above screen is not displayed, tap [START].

3 Tap [OPTION].

4 Set the temperature preference.

Once the setting is made, cooling operation will start. The unit automatically adjusts the temperature of the cooling/warming section.

- Target temperature (4-a): Indicates the target temperature range of the cooling/warming section (depending on the temperature preference that you have set).

- Unit icon (④ -b): Indicates the current temperature of the cooling/warming section. The circle around the unit icon indicates the intensity of cooling. When the unit automatically pauses cooling operation, the icon becomes translucent.

5 To stop cooling, tap [STOP].

Using in the MANUAL COOL mode

In the MANUAL COOL mode, the cooling strength is kept at the selected temperature level.

Tap [MANUAL], and then tap the desired temperature level.

- RNPK-5/RNPK-5T:
 - The temperature level changes as follows.
[1] (low) → [2] → [3] → [4] → [5] (strong)
 - When the unit is powered by USB connection, level [5] becomes level [5+] and cooling will be stronger.
- RNPK-4/RNPK-4T/RNP-3:
 - The temperature level changes as follows.
[1] (low) → [2] (medium) → [3] (strong) → [4] (maximum)
 - When the unit is powered by USB connection, level [4] becomes level [4+] and cooling will be stronger.

Using WAVE

When you turn on “WAVE” in the MANUAL COOL mode, the cooling intensity is controlled to constantly fluctuate up and down. This option is recommended when it is difficult for you to feel the cooling effect due to continuous usage of strong cooling modes.

When using in the MANUAL COOL mode, tap the desired temperature level, and then tap [WAVE].

The cooling strength goes up and down around the selected temperature level.

Note

- When the following abnormalities are detected, the cooling operation automatically stops (the LED flashes in red for about 8 seconds).
 - The temperature inside the unit has become extremely high.
 - The temperature of the cooling/warming section has become extremely low.
 - The fan inside the unit is not working properly.

For details, refer to “ [When the LED flashes in red](#) .”

Hint

- The exhaust volume of the fan is automatically controlled according to the temperature inside the unit.
- You can stop cooling by pressing and holding the button on the unit for about 2 seconds. It is useful when your smartphone is running out of battery.

Related Topic

- [WARM mode](#)

WARM mode

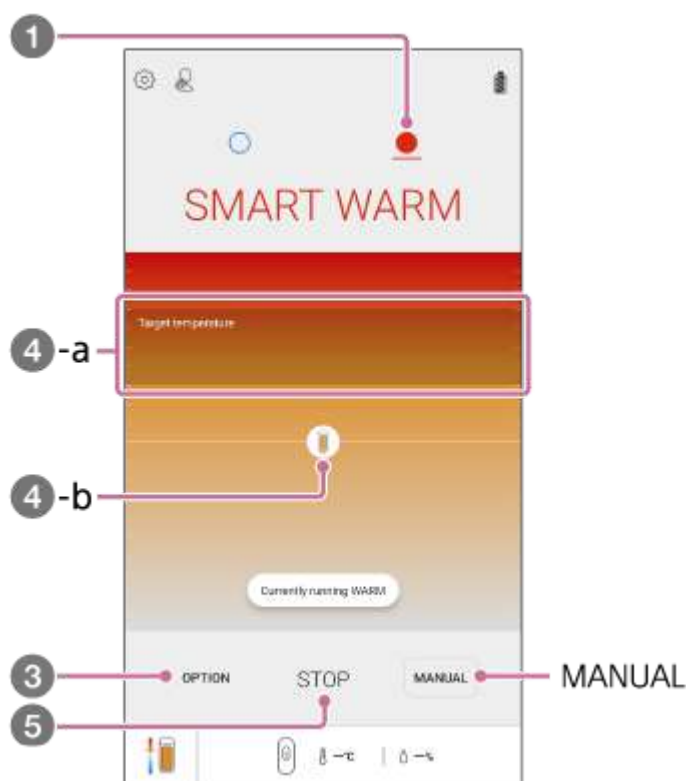
This page introduces recommended use to make the cooling/warming section warm (SMART WARM mode).

In the SMART WARM mode, the unit automatically adjusts the temperature of the cooling/warming section according to the following conditions.

- The temperature around the unit
- Your movements such as walking or staying still
- The temperature and humidity data sent from REON POCKET TAG*
- Your temperature preference

* When the unit is linked to REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T)

According to the temperature of the cooling/warming section and the conditions above, the unit may automatically increase or reduce the warming intensity.



1 On the “REON POCKET” app screen, tap (WARM icon).

2 If the above screen is not displayed, tap [START].

3 Tap [OPTION].

4 Set the temperature preference.

Once the setting is made, warming operation will start. The unit automatically adjusts the temperature of the cooling/warming section. When warming operation has continued for about 1 hour, operation is paused for about 1 minute, and then resumes automatically.

- Target temperature (4 -a): Indicates the target temperature range of the cooling/warming section (depending on the temperature preference that you have set).
- Unit icon (4 -b): Indicates the current temperature of the cooling/warming section. The circle around the unit icon indicates the intensity of warming. When the unit automatically pauses warming operation, the icon becomes translucent.

5 To stop warming, tap [STOP].

Using in the MANUAL WARM mode

In the MANUAL WARM mode, the warming strength is kept at the selected temperature level.

Tap [MANUAL], and then tap the desired temperature level.

The temperature level changes as follows.

[1] (low) → [2] (medium) → [3] (strong) → [4] (maximum)

- When warming operation has continued for about 1 hour, operation is paused for about 1 minute, and then resumes automatically.
- The warming operation will automatically stop in about 8 hours.

Note

- When the following abnormalities are detected, the warming operation automatically stops (the LED flashes in red for about 8 seconds).
 - The temperature inside the unit has become extremely high.
 - The temperature of the cooling/warming section has become extremely high.

For details, refer to “ [When the LED flashes in red](#) .”

Hint

- You can stop warming by pressing and holding the button on the unit for about 2 seconds. It is useful when your smartphone is running out of battery.

Related Topic

- [COOL mode](#)

SMART COOL ⇄ WARM mode

This page introduces use to switch between cooling operation and warming operation automatically (SMART COOL ⇄ WARM mode) by linking data between the unit and REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T).

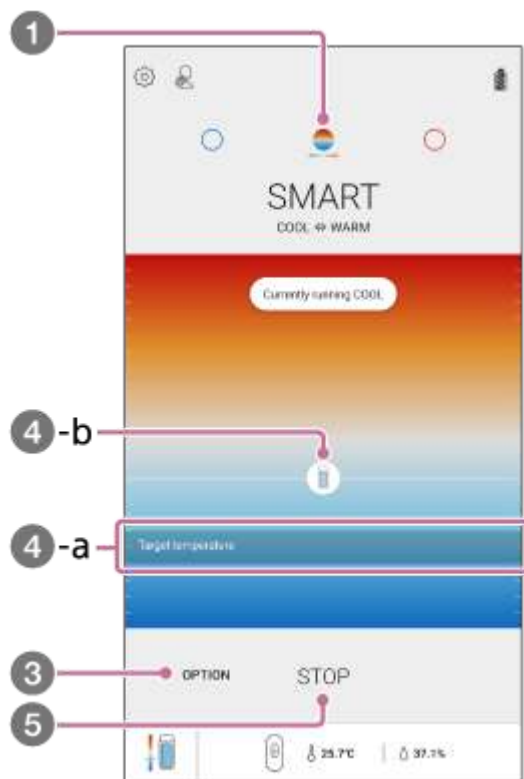
Note

- REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T) is required to use this function.
For details on how to use REON POCKET TAG, refer to the following Help Guide.
<https://helpguide.sony.net/reonpocket/rnpt1/v1/en/index.html>

In the SMART COOL ⇄ WARM mode, the unit automatically adjusts the temperature of the cooling/warming section while switching between cooling operation and warming operation automatically according to the following conditions.

- The temperature around the unit
- Your movements such as walking or staying still
- The temperature and humidity data sent from REON POCKET TAG
- Your temperature preference

According to the temperature of the cooling/warming section and the conditions above, the unit may automatically increase or reduce the cooling/warming intensity or pause operation.



1 On the “REON POCKET” app screen, tap  (SMART COOL ⇄ WARM icon).

2 If the above screen is not displayed, tap [START].

3 Tap [OPTION] — [Preference of temperature].

4 Set the temperature preference.

Set your temperature preferences for [COOL] and [WARM], respectively.

Once the setting is made, cooling/warming operation will start. The unit automatically adjusts the temperature of the cooling/warming section while switching between cooling operation and warming operation automatically.

When warming operation has continued for about 1 hour, operation is paused for about 1 minute, and then resumes automatically.

- Target temperature (4 -a): Indicates the target temperature range of the cooling/warming section (depending on the temperature preference that you have set).
- Unit icon (4 -b): Indicates the current temperature of the cooling/warming section. The circle around the unit icon indicates the intensity of cooling/warming. When the unit automatically pauses cooling/warming operation, the icon becomes translucent.

5 To stop cooling/warming, tap [STOP].

To set the temperatures at which cooling/warming operation switches

In the SMART COOL ⇄ WARM mode, you can set the reference temperatures at which the operating mode switches from cooling to warming and from warming to cooling.

1. Tap [OPTION] — [Switching Temperatures].

2. Set the switching temperatures by sliding the boxes to the left and right of the temperature bar.

- The temperature for switching to cooling operation cannot be set lower than the temperature for switching to warming operation.

3. Tap [Done].

Note

- When the following abnormalities are detected, the cooling/warming operation automatically stops (the LED flashes in red for about 8 seconds).
 - The temperature inside the unit has become extremely high.
 - The temperature of the cooling/warming section has become extremely high or low.
 - The fan inside the unit is not working properly.

For details, refer to “ [When the LED flashes in red](#) .”

Hint

- The exhaust volume of the fan is automatically controlled according to the temperature inside the unit.
- You can stop cooling/warming by pressing and holding the button on the unit for about 2 seconds. It is useful when your smartphone is running out of battery.

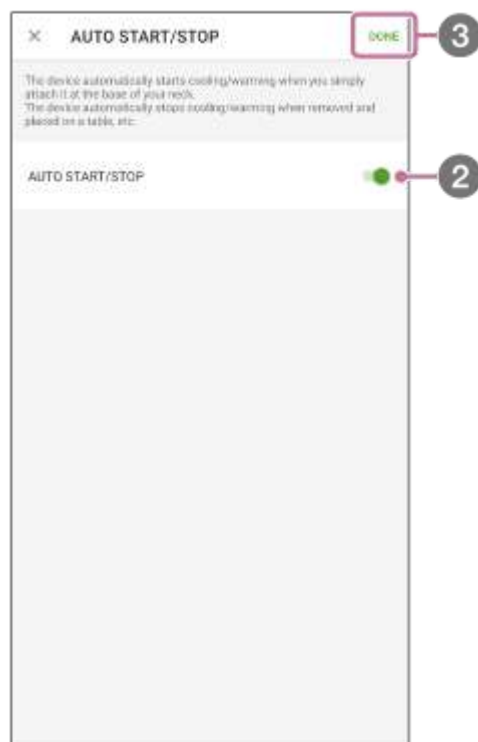
Related Topic

- [COOL mode](#)
- [WARM mode](#)

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RNPK-5/RNPK-5T/RNPK-4/RNPK-4T/RNP-3

Starting/stopping operation by attaching/detaching (AUTO START/STOP)

The “AUTO START/STOP” function allows the unit to start cooling/warming automatically when you attach the unit to your neck, and allows it to stop cooling/warming automatically when you remove the unit and place it on a desk, etc. When started with the [AUTO START/STOP] function, the unit operates in the same mode as last time.



- 1 On the “REON POCKET” app screen, tap  (Settings icon) – [AUTO START/STOP].
- 2 Tap [AUTO START/STOP] switch.
- 3 Tap [Done] on the upper right corner of the screen.

The [AUTO START/STOP] function is switched on or off.

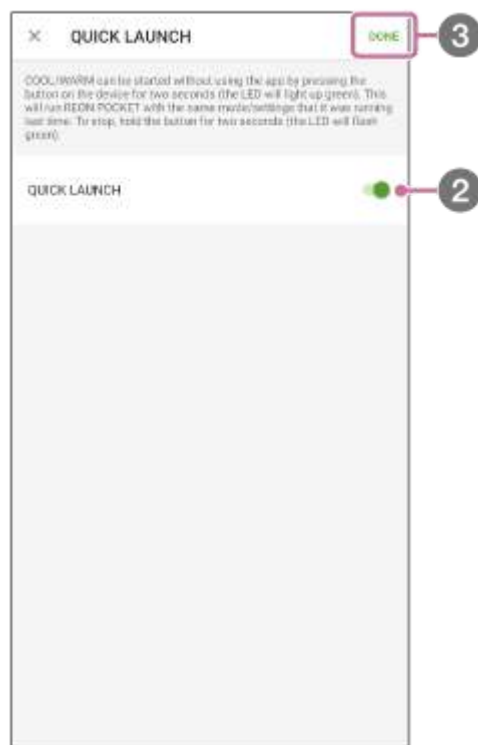
Note

- The [AUTO START/STOP] function may not work properly depending on the usage conditions, such as when you use the unit by holding it in your hand or when you attach the unit to a place other than the bottom of your neck.

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Starting operation with the button on the unit (QUICK LAUNCH)

The “QUICK LAUNCH” function allows you to start cooling/warming by pressing the button on the unit without using your smartphone. When started with the [QUICK LAUNCH] function, the unit operates in the same mode as last time.



1 On the “REON POCKET” app screen, tap  (Settings icon) — [QUICK LAUNCH].

2 Tap [Quick Launch] switch.

3 Tap [Done] on the upper right corner of the screen.

The [QUICK LAUNCH] function is switched on or off.

To control with the button on the unit

Press and hold the button on the unit for about 2 seconds. The LED lights up in green for about 8 seconds, then goes off, and cooling/warming will start with the saved settings.

To stop cooling/warming, press and hold the button for about 2 seconds again.

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Power off function

The unit does not feature a power off function. After a while of stopping cooling/warming operation, the unit automatically enters power-saving mode.

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Unregistering the unit

Only one unit can be connected to one smartphone at the same time.

If you have two or more REON POCKET units, take the following steps to unregister the connected unit from your smartphone, and then connect another unit.

1 On the “REON POCKET” app screen, tap  (Settings icon) — [Unregister Device].

2 Tap [Unregister].

The device registration of the unit is canceled. The “REON POCKET” app becomes the device registration screen.

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Controlling the unit with another smartphone

Only one smartphone can be connected to one unit.

If you changed your smartphone model or if you wanted to use one REON POCKET unit with two or more smartphones, take the following steps to delete the information of the connected smartphone from the unit so that another smartphone can connect to the unit.

1 Press and hold the button on the unit for about 15 seconds to reset the unit.

The information of the connected smartphone is deleted from the unit.

2 Launch the “REON POCKET” app on another smartphone to connect to the unit.

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Initializing the unit

If you cannot control the unit properly with the “REON POCKET” app, try to initialize the unit.

Note

- The initializing deletes the setting information from the unit as follows:
 - Device registration information of the connected smartphone
 - Cooling/warming settings
 - The saved setting for the [QUICK LAUNCH] function.
 - The saved [Preference of temperature] settings for the SMART COOL mode, the SMART WARM mode, and the SMART COOL ⇄ WARM mode
 - The saved [Switching Temperatures] settings for the SMART COOL ⇄ WARM mode

1 On the “REON POCKET” app screen, tap  (Settings icon) — [Initialize Device].

2 Tap [OK].

The unit is initialized. After initialization, the “REON POCKET” app screen becomes the connection screen. If the LED on the unit is not blinking in blue, press the button on the unit to start connection.

Precautions

On the waterproof property

- Although this unit is designed to be splash-proof, it does not completely prevent dust and water droplets from entering the unit.
- Please do not use the unit in a humid place such as a bathroom, or expose it to rain or other liquids. Note that if trouble is diagnosed as exposure to water or other liquid, repair of the unit may not be covered by warranty or repair may not be possible. Repair, when possible, is not covered by warranty and is carried out at cost.

On handling the unit

- Do not use the unit if it is damaged. Doing so may cause injury. If the unit is damaged, stop using the unit immediately and contact the Sony Authorised Service Centre.
- To prevent damage to the neckband when you are using a backpack or a baby carrier sling, be careful not to put the load on the neckband. Also, be careful when you lean against the back of a chair.
- Do not expose the unit to direct sunlight or ultraviolet rays for many hours. It may cause discoloration of the unit.
- Do not subject the unit to strong impact such as dropping it on a floor. Do not drive a nail into the unit, hit it with a hammer, or step on it. Also, do not deform the USB port. Doing so may cause a malfunction.
- Avoid spraying the unit with insect repellent. It may cause deformation or discoloration.
- If the unit is not to be used for a long time, disconnect the USB Type-C® cable, carefully wipe off any perspiration, dirt, or moisture, and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity. If a battery with expired service life is left in the unit for a long time, battery leakage may damage the mechanical parts.

On Bluetooth® communications

Microwaves emitting from a Bluetooth device may affect the operation of electronic medical devices. Turn off this unit and other Bluetooth devices in the following locations, as it may cause an accident:

- in hospitals
- near priority seating in trains
- locations where inflammable gas is present
- near automatic doors
- near fire alarms

Note on charging

Before charging, make sure that there is no moisture such as sweat on the USB port area or USB cable. If there is moisture on them, wipe it off with a soft, dry cloth, and leave the unit at room temperature to dry before charging.

To prevent low-temperature burns

Although this product is designed to prevent low-temperature burns, please pay special attention to the following points when using the product.

- Check the condition of your skin about once an hour. If you notice any abnormalities, stop using the unit immediately.
- If the unit feels too hot, stop using it immediately.
- Do not use the unit when sleeping.
- Do not use the unit in bedding or near heaters such as stoves.
- Pay special attention when someone with poor circulation or impaired skin sensation uses the unit.

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To prevent burning or malfunction due to getting wet

Be sure to clean after use

Charging with liquid such as water or sweat or foreign objects such as dust attached to the unit may cause an accident such as burns or serious wounds due to fire, electrocution, heat generation, smoke, or ignition. It may also cause a malfunction.

Avoid the following situations and be careful not to get moisture or dirt on the unit



- Touching the unit without wiping your wet hands after doing housework in a kitchen or washing your hands in a washroom.
- Putting the unit in a bag with a cold PET bottle.
- Spilling a drink on the unit while eating or drinking.

If the unit gets wet or dirty, wipe it off with a dry, soft cloth

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Notes on cleaning

- Wipe off any dirt gently with a soft cloth. If the unit is very dirty, soak a soft cloth in neutral detergent diluted with water, wring it out hard, wipe off the stain, and then wipe dry with a dry cloth. Do not use alcohol, benzene, thinner, etc.
- Strongly wiping off the unit using a cloth with dust may scratch the surface of the unit.

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Specifications

Power source

DC 3.7 V: Built-in lithium-ion rechargeable battery
DC 5 V: When charged using USB

Operating temperature range

5°C to 40°C

Dimensions (w/h/d)

RNPK-5/RNPK-5T

Approx. 125 mm × 45 mm × 170 mm (when the unit and the air vent cover (long) are attached to the neckband, including the band)

Approx. 55 mm × 23 mm × 117 mm (unit only)

RNPK-4/RNPK-4T

Approx. 125 mm × 33 mm × 140 mm (dimensions of the neckband with the unit attached, including the band)

Approx. 55 mm × 23 mm × 117 mm (unit only)

RNP-3

Approx. 54 mm × 20 mm × 116 mm

Mass

RNPK-5/RNPK-5T

Approx. 160 g (when the unit and the air vent cover (long) are attached to the neckband)

Approx. 116 g (unit only)

RNPK-4/RNPK-4T

Approx. 144 g (mass of the neckband with the unit attached)

Approx. 109 g (unit only)

RNP-3

Approx. 92 g

Communication specification

Communication system:

Bluetooth 5.0 Low Energy

Output:

Bluetooth Specification Power Class 2

Frequency band:

2.4 GHz band (2.4000 GHz to 2.4835 GHz)

External interface

USB Type-C®

System requirements for battery charge using USB

USB AC adaptor

A commercially available USB AC adaptor capable of supplying an output current of 1 A (1 000 mA) or more

Supported operating systems

Check the following support page for supported operating systems.

<https://reonpocket.sony.com/support/device.html>

For details on “Specifications” of REON POCKET TAG (sold separately or included with the RNPK-5T/RNPK-4T), refer to the following Help Guide.

<https://helpguide.sony.net/reonpocket/rnpt1/v1/en/index.html>

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When the unit cannot be operated or charged

When you cannot operate or charge the unit, or if an abnormality occurs, reset the unit. It may solve the problem.

To reset the unit, press and hold the button on the unit for about 15 seconds.

When the reset is complete, the “REON POCKET” app becomes the connection screen. If the LED on the unit is not blinking in blue, press the button on the unit to connect.

Hint

- Even if you reset the unit, the following information will remain.
 - Settings for the [QUICK LAUNCH] function
 - Settings for the SMART COOL mode, the SMART WARM mode, and the SMART COOL ⇄ WARM mode

If the problem persists, contact Sony Authorised Service Centre.

Related Topic

- [Checking the support site \(FAQ and other\)](#)
- [Contact information](#)

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When the LED flashes in red

In the following situations, the LED on the unit flashes in red for about 8 seconds and cooling/warming stops automatically.

- The temperature inside the unit has become extremely high.
- The temperature of the cooling/warming section has become extremely high or low.

➡ In these cases, wait for a while and then try to control the unit again.

- There is a temporary problem inside the unit.
- The fan inside the unit does not work properly.

➡ In these cases, try to control the unit again.

If the problem persists, contact Sony Authorised Service Centre.

In the following situations, the LED on the unit flashes in red for about 8 seconds and charging stops automatically.

- When charging the unit in extremely hot or cold environments

➡ In this case, leave the unit at room temperature for 1 to 2 hours, and then try charging the unit again.

If the LED on the unit flashes in red repeatedly, there is an abnormality in the charging function. Stop using the unit and contact the Sony Authorised Service Centre.

Related Topic

- [Contact information](#)

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Checking the support site (FAQ and other)

You can check the FAQ, troubleshooting methods and the latest information such as update on the support site below.
<https://reonpocket.sony.com/support/>

Hint

- You can also access the support site from the “REON POCKET” app screen. Tap  (Settings icon) — [Support Page].

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Contact information

For the latest information and the FAQ, refer to the support site. You can also check the contact information at the support site below.

<https://reonpocket.sony.com/support/>

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Notice regarding the termination of “MY MODE” and the “FAN” mode

Regarding “MY MODE” and the “FAN” mode installed in the “Wearable Thermo Device” REON POCKET, in consideration of the number of users, we have decided to terminate these two modes as of the update of the application, which is scheduled to be released in May 2025.

We ask for your cooperation in updating the application to the latest version offered in Google Play and the App Store starting from May 2025.

We apologize for any inconvenience caused to customers using these functions.

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