



iPod nano
User Guide

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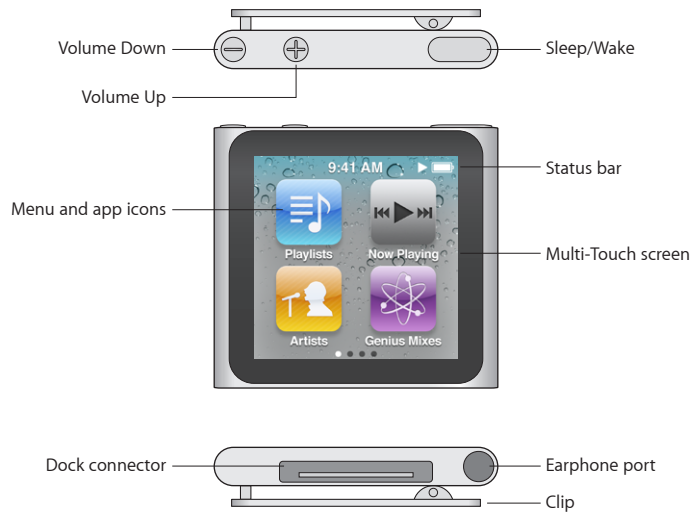
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iPod nano at a Glance

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iPod nano Overview

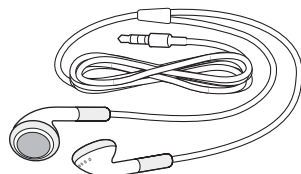


Press the Sleep/Wake button to turn the iPod nano screen on or off. To conserve battery life, the screen goes dark if you don't touch it for a while.

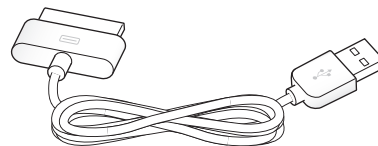
Press the Volume Up or Volume Down button to adjust the volume while listening to songs or other media. These buttons also control the volume for alerts and other sounds.

Accessories

The following accessories are included with iPod nano:



Apple Earphones



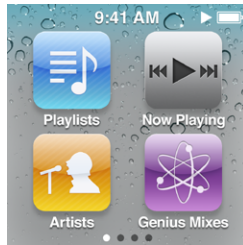
Apple Dock Connector to USB Cable

Use the Apple Dock Connector to USB Cable to connect iPod nano to your computer, sync content, and charge the battery. You can also use the cable with the Apple USB Power Adapter (sold separately).

Use the Apple Earphones to listen to music, audiobooks, and podcasts. They also double as an antenna for listening to radio broadcasts.







The Home Screen

When you turn on iPod nano, you see the Home screen. The dots at the bottom of the screen indicate the number of Home screens. As you swipe left or right, the dot representing the current screen is highlighted.



Each icon on the Home screen represents choices for listening to music or podcasts, or for using features like the Stopwatch or Pedometer. Tap an icon to open it, then use gestures to navigate (see “Using Multi-Touch” on page 11).

Here are all the Home screen icons:






Icon		Function
	Playlists	Lists the playlists synced from your iTunes library or created on iPod nano.
	Now Playing	Provides quick access to the currently playing audio.
	Artists	Lists songs synced from your iTunes library, organized by artist.
	Genius Mixes	Lists the Genius Mixes synced from your iTunes library.
	Radio	Opens the FM radio tuner, when you connect earphones to iPod nano.
	Podcasts	Lists the podcasts synced from your iTunes library.

Icon		Function
	Photos	Displays the photos synced from your computer.
	Settings	Opens settings for iPod nano and many of its features.
	Songs	Lists songs synced from your iTunes library, in alphabetical order.
	Albums	Lists albums synced from your iTunes library, in alphabetical order.
	Genres	Lists songs synced from your iTunes library, by genre.
	Composers	Lists songs synced from your iTunes library, by composer.
	Fitness	Opens the built-in pedometer and workout history, and Nike + iPod features if a Nike + iPod receiver or supported gym equipment is connected to iPod nano.
	Clock	Opens the clock, stopwatch, and timer.
	Voice Memo	Opens the controls for recording and managing voice memos, if a microphone is connected to iPod nano, or if there are voice memo recordings on iPod nano.
	iTunes U	Lists iTunes U collections synced from your iTunes library (it doesn't appear, if you have no collections).
	Audiobooks	Lists audiobooks synced from your iTunes library (it doesn't appear, if you have no audiobooks).

You can arrange the icons on your Home screen in any order you want. See “Customizing the Home Screen” on page 18.

Status Icons

The icons in the status bar at the top of the screen give information about iPod nano:

Icon	What it means
	Shows that a song, podcast, audiobook, or iTunes U episode is playing.
	Shows that a song, podcast, audiobook, or iTunes U episode is paused.
	Shows that the radio is playing.
	Shows that the pedometer is turned on and counting steps.
	Shows the battery level or charging status.



WARNING: To avoid injury, read all operating instructions and safety information in this guide before using iPod nano.

What You Need

To use iPod nano, you need:

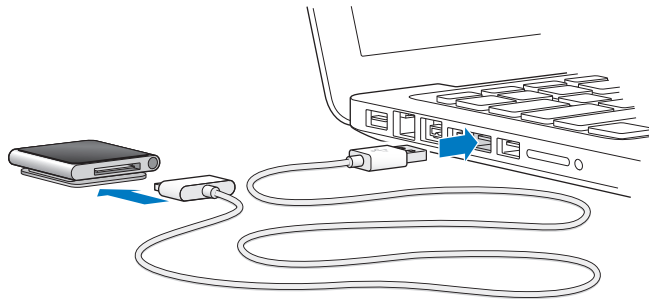
- A Mac or a PC with a high-power USB 2.0 port and one of the following operating systems:
 - Mac OS X v10.5.8 or later
 - Windows 7, Windows Vista, or Windows XP Home or Professional (SP3)
- Screen resolution on your computer set to 1024 x 768 or higher
- iTunes 10.0 or later, available at www.itunes.com/download
- QuickTime 7.6.2 or later
- An iTunes Store account (for purchases from the iTunes Store)
- An Internet connection for your computer (broadband is recommended)

Setting Up iPod nano

Before you can use iPod nano, you must set it up in iTunes. During setup, you can create an iTunes Store account or specify an existing account. (The iTunes Store may not be available in all countries or regions.) iTunes also displays and records the serial number of your iPod nano when it's connected, in case you need it.

To set up iPod nano:

- 1 Download and install the latest version of iTunes from www.itunes.com/download.
- 2 Connect iPod nano to a high-power USB 2.0 port on your Mac or PC, using the cable that came with iPod nano.



- 3 Follow the onscreen instructions in iTunes to register iPod nano and sync iPod nano with songs from your iTunes library.

If you need help using the iPod nano Setup Assistant, see “To set up iTunes syncing the first time:” on page 21.

When iPod nano is syncing with your computer, iPod nano shows “Sync in Progress.” When syncing is complete, iTunes shows “iPod sync is complete.” For information about syncing, see Chapter 4, “Syncing with iTunes,” on page 21.

- 4 Leave iPod nano connected to your computer for up to three hours, to fully charge the battery.

You can disconnect iPod nano before the battery is fully charged, and you can sync while the battery charges. For more information, see “About the Battery” on page 15.

- 5 Disconnect the cable from iPod nano when you're ready to use it.

Don't disconnect iPod nano if you see the “Connected” or “Synchronizing” message. To avoid damaging files on iPod nano, you must eject iPod nano before disconnecting when you see these messages.

For more information about safely disconnecting iPod nano, see “Disconnecting iPod nano from Your Computer” on page 15.

Using Multi-Touch

The Multi-Touch screen and simple finger gestures make it easy to use iPod nano.

Tap and Double-tap

Tap an icon to open it, or to select an item in a menu or list.



Tap a photo twice quickly to zoom in, then double-tap again to quickly zoom out.

Touch and Hold

Touch and hold anywhere on the screen (except on an icon or control) to return to the Home screen. Touch and hold an icon to rearrange icons on Home screens—when the icons begin to jiggle, drag them into a new order, then press the Sleep/Wake button to save.



Swipe

Swipe sideways to move to the next or previous screen. Swipe over scrubber bars or sliders to move their controls.



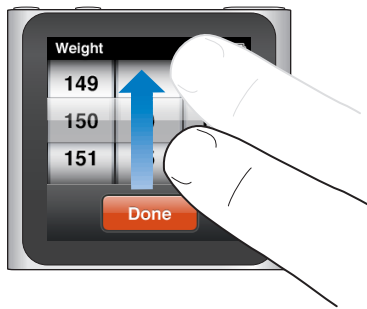
Drag

Drag over scrubber bars or sliders to move their controls.

Flick

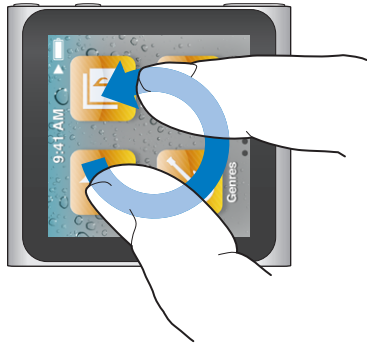
Flick your finger quickly up or down to scroll rapidly. You can wait for scrolling to stop, or touch anywhere on the screen to stop it immediately. Touching the screen won't choose or activate anything.

In some lists, such as Playlists, you can flick down to show editing controls at the top.



Rotate

You can rotate the screen so it's easier to see when you clip iPod nano to something. Place two fingers on the screen and rotate in the direction you want the screen to move, until the screen faces the way you want.



Here are more iPod nano controls and gestures:

To	Do this
Wake iPod nano from sleep or standby mode	Press the Sleep/Wake button.
Turn off the screen	Press the Sleep/Wake button.
Turn on the backlight	Press any button, or tap the screen if the backlight is dimmed.
Reset iPod nano (if it isn't responding)	Press and hold the Sleep/Wake button and the Volume Down button until the screen goes dark. The Apple logo appears after a few seconds, and then the Home screen.
Choose an item	Tap the item.
Go to the previous screen	Swipe right.
Go to the next screen	Swipe left.
Go to the top of a list	Tap the status bar at the top of the screen.
See all of a song, artist, or album name	Swipe left across the name.
Go directly to the Home screen	Swipe right, or touch and hold anywhere except on an icon or control.
Use the pedometer	On the Home screen, tap Fitness, then tap Pedometer.
Record a voice memo	Connect the Apple Earphones with Remote and Mic (sold separately). Then, on the Home screen, tap Voice Memos.
Find the iPod nano serial number	On the Home screen, tap Settings, then tap About. Or, look on the open edge of the iPod nano clip.

Getting Information About iPod nano

You can get these details about your iPod nano in Settings:

- Capacity and amount of space available
- Number of songs and photos
- Serial number, model, and software version
- Copyright and legal information

To get information about iPod nano:

- On the Home screen, tap Settings, and then tap About.

Connecting and Disconnecting iPod nano

You connect iPod nano to your computer to sync files and charge the iPod nano battery. You can sync songs and charge the battery at the same time.

Important: The battery doesn't charge while your computer is in sleep or standby mode.

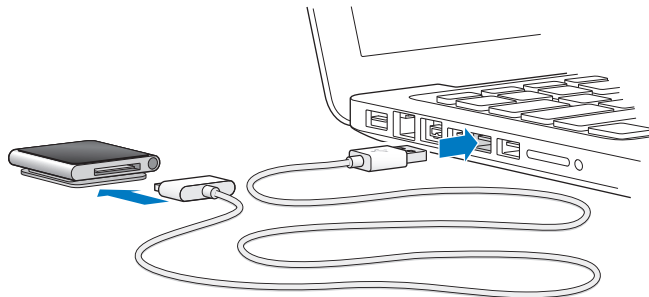
Connecting iPod nano to Your Computer

iTunes syncs songs on iPod nano automatically when you connect it to your computer, unless you select other sync settings in iTunes.

To connect iPod nano to your computer:

- Connect the included Apple Dock Connector to USB Cable to a high-power USB 2.0 port on your computer. Connect the other end to iPod nano.

If you have an iPod dock, you can connect the cable to a USB 2.0 port on your computer, connect the other end to the dock, and then put iPod nano in the dock.



Note: The USB port on most keyboards doesn't provide enough power to charge iPod nano. Connect iPod nano to a USB 2.0 port on your computer.

Disconnecting iPod nano from Your Computer

It's safe to disconnect iPod nano if you see the Home screen on iPod nano, or a message that says it's OK to disconnect. If the backlight is off, press the Sleep/Wake button to turn on the backlight, so you can see if it's safe to disconnect.

To disconnect iPod nano:

- Disconnect the cable from iPod nano, or, if iPod nano is in the dock, remove iPod nano from the dock.

Don't disconnect iPod nano if you see the "Connected" or "Synchronizing" message. To avoid damaging files on iPod nano, you must eject iPod nano before disconnecting when you see these messages.

If you accidentally disconnect iPod nano without ejecting it, reconnect iPod nano to your computer and sync again.

To eject iPod nano:

- In iTunes, click the Eject (⏏) button next to iPod nano in the device list on the left side of the iTunes window.

If you're using a Mac, you can also eject iPod nano by dragging the iPod nano icon on the desktop to the Trash.

If you're using a Windows PC, you can also eject iPod nano in My Computer or by clicking the Safely Remove Hardware icon in the Windows system tray and selecting iPod nano.

About the Battery

iPod nano has an internal, non-user-replaceable battery. For best results, the first time you use iPod nano, let it charge for about three hours or until the battery icon shows that the battery is fully charged. If iPod nano isn't used for a while, the battery might need to be charged.

Note: iPod nano continues to use battery power after it's been turned off.

The iPod nano battery is 80-percent charged in about one and a half hours, and fully charged in about three hours. If you charge iPod nano while adding files, playing music, listening to the radio, or viewing a slideshow, it might take longer.

Charging the Battery

You can charge the iPod nano battery in two ways:

- Connect iPod nano to your computer.
- Use the Apple USB Power Adapter, available separately.

To charge the battery using your computer:

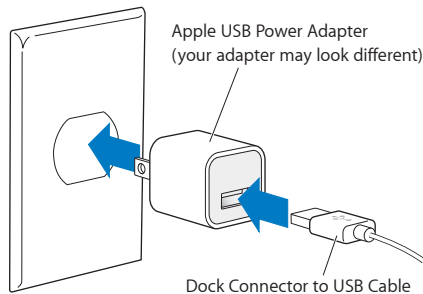
- Connect iPod nano to a USB 2.0 port on your computer. The computer must be turned on and not in sleep.

Important: If a “Charging, Please Wait” or “Connect to Power” message appears on the iPod nano screen, the battery needs to be charged before iPod nano can communicate with your computer. See “If iPod nano displays a “Connect to Power” message” on page 67.

If you want to charge iPod nano when you’re away from your computer, you can purchase the Apple USB Power Adapter.

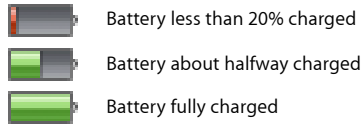
To charge the battery using the Apple USB Power Adapter:

- 1 Connect the Dock Connector to USB Cable to the Apple USB Power Adapter.
- 2 Connect the other end of the Dock Connector to USB Cable to iPod nano.
- 3 Plug the Apple USB Power Adapter into a working electrical outlet.

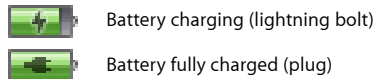


Understanding Battery States

When iPod nano isn't connected to a power source, a battery icon in the upper-right corner of the iPod nano screen shows approximately how much charge is left.



When iPod nano is connected to a power source, the battery icon changes to show that the battery is charging or fully charged.



You can disconnect and use iPod nano before it's fully charged.

Note: Rechargeable batteries have a limited number of charge cycles and might eventually need to be replaced by an Apple Authorized Service Provider. Battery life and number of charge cycles vary by use and settings. For information, go to www.apple.com/batteries.

Conserving Power

iPod nano intelligently manages battery life while you listen to audio or use the pedometer. To save power, the iPod nano screen dims if you don't touch it for twenty seconds, and then turns off. To turn the screen on, press the Sleep/Wake button.

When iPod nano is paused (no audio is playing and no motion is detected if the pedometer is on), after 36 hours it goes to standby mode and then shuts off. To restart iPod nano, press the Sleep/Wake button.

Customizing the Home Screen

You can rearrange icons on the Home screen to make frequently used items easier to find. For example, if you use your iPod nano every day while working out, you can move the Fitness icon to the first Home screen to make it easier to access. You can also choose a different background for the Home screen.

To rearrange Home screen icons:

- 1 Touch and hold the icon you want to move, until all the icons begin to jiggle.
- 2 Drag the icon to its new location.

If you drag an icon off the screen to the left or right, you can move it to another Home screen.

- 3 Press the Sleep/Wake button to save your changes.

Basic Settings

You can change these general settings for iPod nano:

- Wallpaper
- Brightness
- Language
- Date & Time
- Radio Regions (see “Setting Your Radio Region” on page 44).
- Live Pause (see “Pausing Live Radio” on page 42).
- Accessibility (see “Universal Access Features” on page 61).

To set the background image:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Wallpaper.
- 3 Tap the pattern you want to use.
- 4 Tap Set (or Cancel if you want to choose another pattern).
- 5 Swipe right to return to the Home screen.

To set the screen brightness:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Brightness.
- 3 Drag the slider to adjust the screen brightness.



- 4 If you want to restore the original setting, tap "Restore to Default."
- 5 Swipe right to return to the Home screen.

To set the language:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Language, and then tap the language you want to use.
A check appears next to the language you select.
- 3 Tap Done, and then swipe right to return to the Home screen.

Setting Date and Time

The date and time are set automatically from your computer's clock when you connect iPod nano, but you can change the settings.

To set the date and time:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Date & Time, and then tap Date (or Time).
- 3 Scroll the wheels until the correct month, day, and year (or hour, minute, and time of day) are lined up across the center.
- 4 Tap Done.

You can set iPod nano to show a clock when you wake iPod nano from sleep, so you can quickly check the time.

To show the clock on waking:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Date & Time.
- 3 Tap the On/Off switch next to Time On Wake to turn it on.
- 4 Tap Clock Face, and then tap White or Black to set whether the clock is white or black.



To use the 24-hour clock:

- 1 On the Home screen, tap Settings, then tap General.
- 2 Tap Date & Time.
- 3 Tap the On/Off switch next to 24 Hour Clock to turn it on.

Resetting All Settings

You can reset all the settings to their default without affecting your synced content.

To reset all settings:

- 1 From the Home screen, tap Settings.
- 2 Flick up, then tap Reset Settings.
- 3 Tap Reset, or tap Cancel if you change your mind.
- 4 Tap your language, and then tap Done.

Syncing Overview

Syncing copies information from your computer to iPod nano, then keeps the information “in sync” by copying changes made in one location to the other. iTunes is the free software application you use to sync content with iPod nano.

Music, audiobooks, podcasts, photos, and iTunes U collections are synced from your iTunes library. If you don't already have content in iTunes, the iTunes Store (available in selected countries) makes it easy to preview content and download it to iTunes on your computer. To learn about iTunes and the iTunes Store, open iTunes and choose Help > iTunes Help.

By default, syncing occurs whenever you connect iPod nano to your computer. You can adjust sync settings whenever iPod nano is connected to your computer.

To set up iTunes syncing the first time:

- 1 Connect iPod nano to your computer, and open iTunes.
- 2 Enter a name for iPod nano.

You enter a name the first time you connect iPod nano. This is the name that appears in the device list on the left side of the iTunes window.

- 3 Select options for syncing music and photos automatically.
- 4 Select the language you want to use on iPod nano from the pop-up menu.

You only need to do this the first time, or when you restore iPod nano to its factory settings.

- 5 Click Done.

If you selected to sync songs or photos automatically, syncing begins immediately.

Settings Panes in iTunes

When you connect iPod nano to your computer and click its icon in the sidebar on the left side of the iTunes window, settings panes appear in iTunes. The following sections provide an overview of each of the iPod nano settings panes. For more information, open iTunes and choose Help > iTunes Help.

Summary Pane

The Summary pane displays the name and serial number of the connected iPod nano, along with the software version, capacity, and format (Mac or Windows).

In the Version section, you can check for and install software updates, or restore iPod nano to its original settings.

Select settings from the following options, and then click Apply when you finish:

- **Open iTunes when this iPod is connected:** Select this option to open iTunes and sync iPod nano automatically whenever you connect it to your computer. Deselect this option if you want to sync only by clicking the Sync button in iTunes. See “Automatic Syncing” on page 24.
- **Sync only checked songs:** Select this option if you want iTunes to skip unchecked items in your iTunes library when syncing.
- **Convert higher bit rate songs to 128 kbps AAC:** Select this option if you want iTunes to convert higher bit rate audio files to the standard iTunes audio format during syncing.
- **Manually manage music:** Select this option to turn off automatic syncing in the Music pane. See “Managing iPod nano Manually” on page 24.
- **Enable disk use:** Select this option if you want to use iPod nano as an external disk to store data files. See “Using iPod nano as an External Disk” on page 58.

Music Pane

By default, iTunes syncs your entire music library, including music videos. If your music doesn't all fit, or if you only want to sync part of your library, you can set iTunes to sync only selected playlists, artists, and genres to iPod nano.

If you selected “Sync only checked songs” in the Summary pane, iTunes syncs only items that are checked in Music and other panes.

Select settings from the following options, then click Apply when you finish:

- **Sync Music:** Deselect this option if you don't want to sync any of your music to iPod nano.
- **Entire music library:** Select this option to sync all of your music. A message appears if your library is too big to fit on iPod nano.
- **Selected playlists, artists, albums, and genres:** Select this option if you want to choose content to be synced.

When this option is selected, you can select the playlists, artists, genres, and albums in the Music pane that you want to sync.

- **Include music videos:** Select this option to include music videos. You can play only the audio of music videos on iPod nano.

- **Automatically fill free space with songs:** Select this option to fill up the free space with songs that iTunes chooses. You see this option only if “Selected playlists, artists, albums, and genres” is selected.

Podcasts and iTunes U Panes

Use these panes to choose the podcasts and iTunes U collections you want to sync.

Select settings from the following options, then click Sync when you finish:

- **Sync Podcasts (or Sync iTunes U):** Select these options to sync podcasts and iTunes U collections.
- **Automatically include:** Select this option to sync podcasts and iTunes U collections automatically each time you connect iPod nano. Choose options from the pop-up menus to specify which episodes or collections to sync.

Books Pane

You can purchase and download audiobooks from the iTunes Store or audible.com, or import audiobooks from CDs and listen to them on iPod nano.

Select settings from the following options, then click Apply when you finish:

- **Sync Audiobooks:** Select this option to sync audiobooks.
- **All audiobooks:** Select this option to sync all of the audiobooks in your iTunes library.
- **Selected audiobooks:** Select this option to choose which audiobooks to sync.
When this option is selected, you can choose chapters or parts of audiobooks, and include audiobooks in Smart Playlists such as Recently Added.

Photos Pane

Use iTunes to sync photos to iPod nano.

Set the following options, then click Apply when you finish:

- **Sync Photos from:** Select this option to sync photos from your computer. Then choose a source from the pop-up menu.
If you choose iPhoto as the source, select an option to either sync everything in your iPhoto library, or only selected albums, events, and faces.
If you choose a folder as the source, choose a folder from the navigation window that appears. The options below change, depending on whether the folder contains other folders. You can sync all of the folders, or select the ones you want to sync.
- **Include full-resolution photos:** Select this option to add full-resolution image files, which you can access after enabling disk use. See “Using iPod nano as an External Disk” on page 58.

For more information, see “Adding Photos from Your Computer” on page 49.

Syncing Automatically or Manually

There are two ways to add content to iPod nano:

- *Automatic syncing:* When you connect iPod nano to your computer, iPod nano is automatically updated to match the items in your iTunes library. You can sync iPod nano automatically with only one computer at a time.
- *Manually managing iPod nano:* When you connect iPod nano, you can drag individual items individually to iPod nano and delete individual items from iPod nano. You can add songs from more than one computer without erasing songs from iPod nano. When you manage music yourself, you must always eject iPod nano from iTunes before you disconnect it.

Automatic Syncing

By default, iPod nano syncs whenever you connect it to iTunes. You can prevent iPod nano from syncing when you connect it to a computer other than the one you usually sync with.

Important: The first time you connect iPod nano to a computer that it's not synced with, a message asks if you want to sync songs automatically. If you accept, all songs, audiobooks, and other content are erased from iPod nano and replaced with songs and other items from that computer.

To turn off automatic syncing for iPod nano:

- In the iTunes Summary tab, deselect "Open iTunes when this iPod is connected," and then click Apply.

You can still sync by clicking the Sync button.

While music is being synced from your computer to iPod nano, the iTunes status window shows progress, and you see a sync icon next to the iPod nano icon in the device list.

When the update is done, a message in iTunes says "iPod update is complete." A bar at the bottom of the iTunes window displays how much disk space is used by different types of content.

Managing iPod nano Manually

If you manage iPod nano manually, you can add and remove individual songs and other content. You can also add content from multiple computers to iPod nano without erasing items already on iPod nano.

Setting iPod nano to manually manage music turns off the automatic sync options in the Music, Podcasts, iTunes U, and Photos panes. You can't manually manage some and automatically sync others at the same time. You can reset iPod nano later to sync automatically.

Note: Genius does not work if you manually manage content. See “Playing Genius Mixes” on page 36.

To set iTunes to manage content manually:

- 1 In iTunes, select iPod nano in the device list and click the Summary tab.
- 2 In the Options section, select “Manually manage music.”
- 3 Click Apply.

When you manually manage content on iPod nano, you must always eject iPod nano from iTunes before you disconnect it. See “To eject iPod nano:” on page 15.

To add a song or other item manually:

- 1 In iTunes, click Music or another item below Library on the left side of the iTunes window.
- 2 Drag a song or other item to iPod nano in the device list.

To remove a song or other item from iPod nano:

- 1 In iTunes, select iPod nano in the device list.
- 2 Select a song or other item on iPod nano, then press the Delete or Backspace key on your keyboard.

If you remove a song or other item from iPod nano, it isn’t deleted from your iTunes library.

To reset iTunes to sync automatically:

- 1 In iTunes, select iPod nano in the device list and click the Summary tab.
- 2 Deselect “Manually manage music.”
- 3 Select the Music and Podcasts tabs, and select your sync options.
- 4 Click Apply. The update begins automatically.

Transferring Purchased Content to Another Computer

Content that you purchase in iTunes on one computer can be transferred from iPod nano to an iTunes library on another computer. The other computer must be authorized to play content from your iTunes Store account.

To authorize another computer:

- Open iTunes on the other computer and choose Store > Authorize Computer.

To transfer purchased content to another computer:

- 1 Open iTunes on the other computer and choose Store > Authorize Computer.
- 2 Connect iPod nano to the newly authorized computer.
- 3 In iTunes, choose File > Transfer Purchases from iPod.

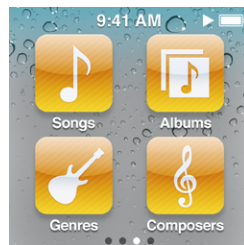
Playing Music

iPod nano makes it easy to find and listen to songs. You can repeat songs, fast-forward, shuffle, and create playlists using the Multi-Touch screen.

Finding Songs

Songs are organized on iPod nano to make browsing easy. Tap icons on the Home screen to see songs organized by:

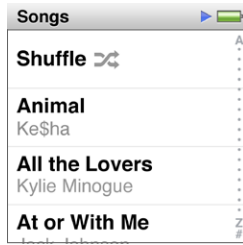
- Artist name
- Album title
- Song title
- Genre
- Composer



You can also find songs grouped into Genius playlists and Genius Mixes, and you can make your own playlists in iTunes or on iPod nano.

Flick to quickly browse song and album lists, and tap the menu bar at the top of any list to return to the top.

If the list has an index, drag your finger down the index to show a large index letter superimposed over the list. When you reach the letter you want, lift your finger.



Titles and names that are too long to fit in a list are shortened. You can see all of a title by swiping along the title. The text begins to scroll so you can read all of it.

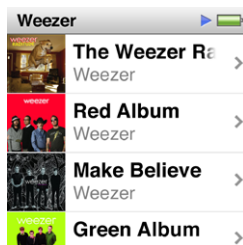
Playing Songs

While a song plays, its album artwork (if available) is displayed on the Now Playing screen.

To play a song:

- 1 Tap an icon on the Home screen (Playlists, Artists, Genius Mixes, Songs, Albums, Genres, or Composers) to open its list.
- 2 Tap the song to begin playing it. In a long list, flick up or down to see more.

If you tap a group such as Albums or Composers, tap the one you want, and then tap a song or program to begin playing it.

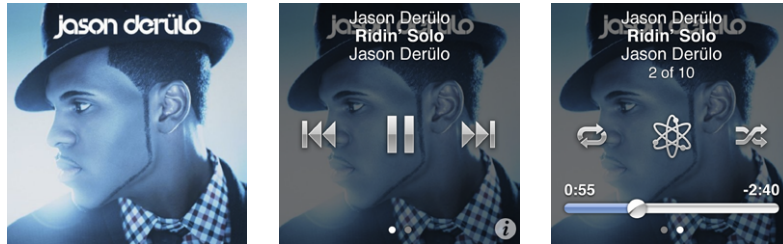


You can browse music and other content on iPod nano, change settings, and arrange icons while you listen to music or other audio content. A Play (▶) or Pause (⏸) icon appears in the status bar at the top of other screens. No status icons appear on the Now Playing screen.













Controlling Playback

When you tap Now Playing on the Home screen, the album artwork for the current song appears. Tap the album artwork to show the song controls. Swipe left to show the song controls on the next screen. A third screen shows song lyrics if you added them in iTunes.

The dots at the bottom of the screen indicate the number of screens available.



Here's what you can do with the iPod nano song controls:

To	Do this
Pause a song	Tap  or disconnect your earphones.
Play a paused song	Tap  . iPod nano must be ejected from your computer to play songs and other audio.
Start a song over	Tap  .
Play the previous song	Tap  twice.
Skip to the next song	Tap  .
Fast-forward or rewind a song	Press and hold  or  .
Repeat songs	Tap  .  = Repeat all songs in the current album or list.  = Repeat only the current song over and over.
Create a Genius playlist	Play a song, and then tap  .
Shuffle songs	Tap  .
Skip to any point in a song	Drag the playhead along the scrubber bar. Slide your finger up to slow the scrub rate for greater precision. The farther up you slide your finger, the smaller the increments.

Shuffling Songs


You can play songs, albums, or playlists in random order, and set iPod nano to shuffle songs when you give it a quick shake.

To set iPod nano to shuffle and play all your songs:

- Tap Songs on the iPod nano Home screen, and then tap Shuffle at the top of the Songs list.

iPod nano begins playing songs from your entire iPod nano music library in random order, skipping audiobooks, podcasts, and iTunes U collections.

To set iPod nano to shuffle songs from the Now Playing screen:


- 1 On the Home screen, tap Now Playing, then tap the album artwork.
- 2 Swipe left along the bottom of the screen, and then tap .

Shake to Shuffle

When the screen is on, you can give iPod nano a quick shake to skip to a random song. If the screen is off, press the Sleep/Wake button before you shake. “Shake to Shuffle” is on by default, but you can turn it off in Settings.



To turn “Shake to Shuffle” off:

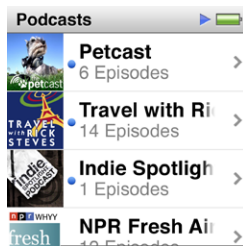
- On the Home screen, tap Settings, tap Music, and then tap  next to “Shake to Shuffle.”

Playing Podcasts, Audiobooks, and iTunes U Collections

Podcasts are free, downloadable shows available at the iTunes Store. Podcasts are organized by shows, episodes within shows, and chapters within episodes. If you stop playing a podcast and return to it later, the podcast begins playing where you left off.

iTunes U is a part of the iTunes Store featuring free lectures, language lessons, and more, which you can download and enjoy on iPod nano. iTunes U content is organized by collections, items within collections, authors, and providers. You only see an iTunes U icon on the Home screen if you synced iTunes U content from your iTunes Library.

Podcast shows and iTunes U collections appear in alphabetical order. Episodes appear in reverse chronological order, so you can play the most recent one first. A blue dot marks unplayed shows and episodes.



You can purchase and download audiobooks from the iTunes Store and listen to them on iPod nano. When you listen to audiobooks purchased from the iTunes Store or audible.com, you can adjust the playback speed to be faster or slower than normal.



To play podcasts, audiobooks, and iTunes U Collections:

- 1 On the Home screen, tap Podcasts (or iTunes U or Audiobooks), and then tap a show or title.

- 2 Tap an episode or chapter to play it.

The Now Playing screen displays the podcast or iTunes U artwork (if any is available).

- 3 Tap the Now Playing screen to see playback controls.






- Tap  to pause, and  to resume.


The podcast, audiobook, or iTunes U collection begins playing where you left off. For audiobooks, you can also tap Resume in the chapter list.

- Tap ⏮ or ⏭ to skip to the next chapter or the beginning of the current chapter in the podcast.



4 Swipe left to see the additional playback controls described in the following table:

Skip to any point in a podcast or iTunes U collection	Drag the playhead along the scrubber bar. Slide your finger up to slow the scrub rate for greater precision. The farther up you slide your finger, the smaller the increments.
Play back the last 30 seconds	Tap  .
Set the playback speed	Tap  . Tap again to change the speed.  = Play at double speed.  = Play at normal speed.  = Play at half speed.

To see more information about a podcast or iTunes U collection, tap  on the first control screen. For more information about podcasts, open iTunes and choose Help > iTunes Help. Then search for “podcasts.”

Controlling Volume

The volume buttons are on the top of iPod nano. Press Volume Up or Volume Down to adjust the volume as you listen. The following sections describe other adjustments you can make to limit the maximum volume and enhance audio quality.

Setting the Maximum Volume Limit

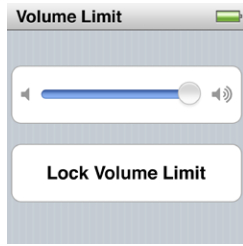
You can set a limit for the maximum volume on iPod nano, and assign a passcode to prevent the setting from being changed without your knowledge.

Note: Accessories that connect using the dock connector don’t support volume limits.

To set the maximum volume limit for iPod nano:

- 1 On the Home screen, tap Settings.
- 2 Tap Music, and then tap Volume Limit.

The volume control shows the maximum volume limit.




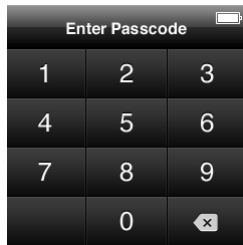
- 3 Drag the slider left to lower the maximum volume limit, or right to raise the limit.

To require a passcode to change the volume limit:

- 1 After setting the maximum volume, tap Lock Volume Limit.
- 2 In the screen that appears, tap a four-digit passcode.

If you tap a number by mistake, tap  and then tap the number you intended.

You can keep tapping  to erase all numbers and return to the Volume Limit screen without setting a passcode.



- 3 When you're prompted to reenter the passcode, tap the numbers again.

If you set a passcode, you must enter it before you can change or remove the volume limit.

To remove the volume limit:

- 1 On the Home screen, tap Settings.
- 2 Tap Music, then tap Volume Limit.
- 3 Drag the slider all the way to the right.

If you set a passcode, tap Unlock Volume Limit first, enter your passcode, and then drag the slider.

If you forget the passcode, you can restore iPod nano. See "Updating and Restoring iPod Software" on page 70.

Playing Songs at the Same Volume Level

The volume of songs and other audio may vary depending on how the audio was recorded or encoded. The volume level may also vary if you use different earphones or headphones.

You can set iTunes to automatically adjust the volume of songs, so they play at the same relative volume level. Then you can set iPod nano to use the same iTunes volume settings.

To set iTunes to play songs at the same volume level:

- 1 In iTunes, choose iTunes > Preferences if you're using a Mac, or choose Edit > Preferences if you're using a Windows PC.
- 2 Click Playback and select Sound Check, and then click OK.

To set iPod nano to use the iTunes volume settings:

If you haven't turned on Sound Check in iTunes, setting it on iPod nano has no effect.

- 1 On the Home screen, tap Settings.
- 2 Tap Music.
- 3 Tap OFF next to Sound Check to turn it on.

Using the Equalizer

You can use equalizer presets to change the sound on iPod nano to suit a particular music genre or style. For example, to make rock music sound better, set the equalizer to Rock.

To set the equalizer on iPod nano:

- 1 On the Home screen, tap Settings.
- 2 Tap Music, and then tap EQ.
- 3 Tap an equalizer preset (flick up to see more choices).

If you assigned an equalizer preset to a song in iTunes and the iPod nano equalizer is set to Off, the song plays using the iTunes setting. For more information, open iTunes and choose Help > iTunes Help.

Crossfading Between Songs

You can set iPod nano to fade out at the end of each song and fade in at the beginning of the song following it.

To turn on crossfading:

- 1 From the Home screen, tap Settings.
- 2 Tap Music, and then tap OFF next to Audio Crossfade.

Creating Playlists on iPod nano

You can create your own playlists of songs, podcasts, and audiobooks; or use Genius to create Genius playlists, even when iPod nano isn't connected to your computer.

Playlists you create on iPod nano are synced back to iTunes the next time you connect.

Creating and Editing Playlists

To create a playlist:

- 1 On the Home screen, tap Playlists.
- 2 Flick down, and then tap Add.
- 3 Tap a category (Songs, Albums, Podcasts, and so on), and then tap the items you want to add.

Don't tap Done until you've added everything you want to include in the playlist.


- 4 Swipe left to continue adding content.

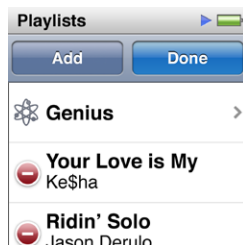
You can add content from any category. For example, you can mix podcasts with songs in a single playlist.

- 5 When you finish, tap Done.

The new playlist is named New Playlist 1 (or New Playlist 2, and so on). The next time you sync, you can change the title in iTunes. When you sync again, the playlist title on iPod nano is updated.


To remove items from a playlist:

- 1 Tap Playlists, and then tap the playlist you want to edit.
- 2 Flick down, and then tap Edit.
- 3 Tap  next to the item you want to delete, and then tap Delete when it appears next to the item.



- 4 When you finish, tap Done.

To delete a playlist:

- 1 Tap Playlists.
- 2 Flick down and tap Edit.
- 3 Tap  next to the playlist you want to delete, and then tap Delete when it appears next to the playlist.

If you tapped the wrong playlist, tap the one you want to delete.

- 4 Tap Delete, or tap Cancel if you change your mind.
- 5 When you finish, tap Done (or swipe right to return to the Home screen if you cancel).

Rating Songs to Create Smart Playlists

You can assign a rating to a song (from zero to five stars) to indicate how much you like it. You can use song ratings to help you create Smart Playlists automatically in iTunes.

To rate a song:

- 1 Start playing the song.
- 2 On the Now Playing screen, tap the album artwork.
- 3 Tap the Info button in the lower-right corner.
- 4 Tap or drag over the ratings bullets at the top of the screen (★ ★ • • •) to assign the number of stars.


The ratings you assign to songs on iPod nano are transferred to iTunes when you sync.

Creating Genius Playlists

A Genius playlist is a collection of songs that go with a song you choose from your library. You can create Genius playlists on iPod nano, and sync Genius playlists you create with iTunes.

Genius is a free service, but you need an iTunes Store account to use it. To learn how to set up Genius in iTunes, open iTunes and choose Help > iTunes Help.

To make a Genius playlist on iPod nano:

- 1 Play a song, and then tap the album artwork on the Now Playing screen.
- 2 Swipe left, and then tap .

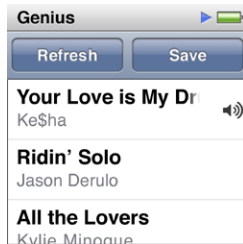


The new playlist appears. You see a message if:

- You didn't turn Genius on in iTunes.
- Genius doesn't recognize the song you select.
- Genius recognizes the song, but there aren't at least ten similar songs in your library.

3 Flick up or down to see the songs in the playlist.

4 Tap Save.



The playlist is saved with the artist name and song title of the song you used to make the playlist.


To change the playlist to a new one based on the same song, tap Refresh. If you refresh a saved playlist, the new playlist replaces the previous one, and you can't recover the previous playlist.

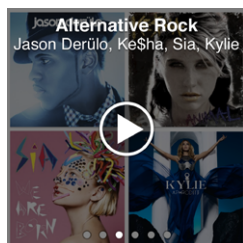
Genius playlists saved on iPod nano are synced back to iTunes when you connect iPod nano to your computer.

Playing Genius Mixes

iTunes automatically creates Genius Mixes that contain songs from your library that go great together. Genius Mixes provide a different listening experience each time you play one.

To play a Genius Mix:

- 1 Tap Genius Mixes.
- 2 Swipe left or right to browse the Genius Mixes. The dots at the bottom of the screen indicate how many Genius Mixes are on iPod nano.
- 3 Tap  on the Genius Mix you want to play.



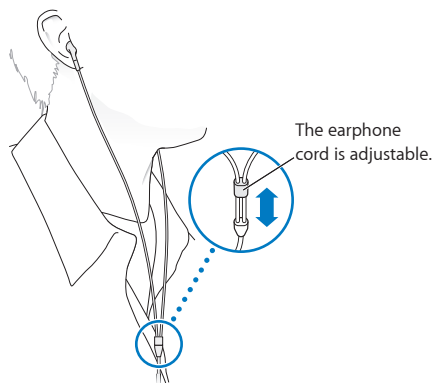
Using Apple Earphones

WARNING: Permanent hearing loss may occur if earbuds or headphones are used at high volume. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use earbuds or headphones at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn the volume down if you can't hear people speaking near you.

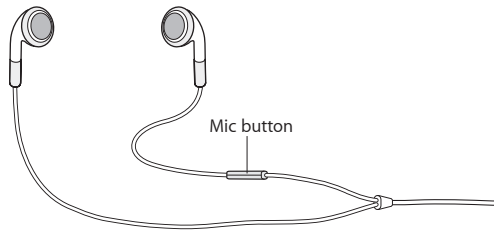
For information about setting a maximum volume limit on iPod, see “Setting the Maximum Volume Limit” on page 31.

The Apple earphones that came with your iPod nano connect to the earphone port on the bottom of iPod nano. Place the earbuds in your ears as shown.



Apple Earphones With Remote and Mic

Apple Earphones with Remote and Mic (shown here) are available separately. They feature a microphone, volume buttons, and an integrated button that allows you to control audio playback and hear track announcements.



Connect the earphones to listen to music or record a voice memo using the built-in microphone. Press the center button on the mic to control music playback and hear track announcements.

To	Do this
Pause a song	Press the center button. Press again to resume playback.
Skip to the next song	Press the center button twice quickly.
Skip to the previous song	Press the center button three times quickly.
Fast-forward	Press the center button twice quickly and hold.
Rewind	Press the center button three times quickly and hold.
Adjust the volume	Press the + or – button.
Hear the current track announcement	Press and hold the center button for a second. You hear the current song title and artist name. If you're listening to an audiobook, you hear the book title and author's name.

If you have the Apple Earphones with Remote and Mic or the In-Ear Headphones with Remote and Mic, you can also navigate playlists. For information, see the documentation for those accessories.

Listening to FM Radio

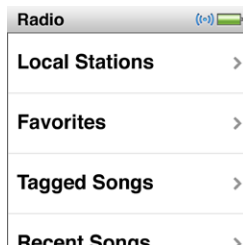
iPod nano uses the earphone or headphone cord as an antenna, so you must connect earphones or headphones to iPod nano in order to receive a radio signal.

When you tune to a station that supports RDS (Radio Data System), the song title, artist name, and station information appear in the display.



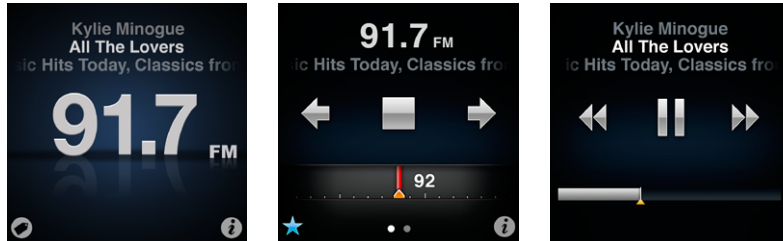
Important: Radio frequencies shown in this chapter are for illustration purposes only, and are not available in all areas.

Tap **i** on any Radio screen to show the Radio menu.















To listen to the radio:

- 1 Connect earphones or headphones to iPod nano, and then tap Radio on the Home screen.
- 2 Tap the Now Playing screen to see the radio controls, and then swipe left to see the Live Pause controls.



Here's what you can do with Radio controls:

To	Do this
Listen to FM radio	On the Home screen, tap Radio. You must connect earphones to listen to radio.
Turn off the radio	Tap  , or disconnect the earphones or headphones.
Tune to an FM station	Tap the radio station frequency and tap  or  to go to favorites (if you set any). If no favorites are set, you hear the previous or next tunable station. To tune to a particular station, drag the radio tuner.
Seek FM stations	When the radio tuner is visible, tap  or  to go to the next or previous tunable station. If you saved any stations as favorites, this cycles through those stations.
Scan FM stations	When the radio tuner is visible, touch and hold  or  until the screen shows "Scanning." Tap an empty spot on the screen to stop scanning, then tap  to listen.
Save an FM station as a favorite	With the radio tuner visible, tap  .
Pause and resume live radio	Tap Now Playing or Radio, swipe left across the top of the screen, and then tap  . Tap  to resume playing. Changing the radio station clears paused radio.
Switch between the radio tuner and the Live Pause screen	Swipe left across the middle of the screen.
Tag a song on the radio	Tap  on the Now Playing screen. Tagging is available only for radio stations that support iTunes Tagging. Sync with iTunes to preview and purchase tagged songs.

Tuning the FM Radio

You can tune the FM radio by browsing stations, seeking or scanning available stations, or saving your favorite stations and tuning to them directly. To start, use iPod nano to find local stations.

Note: For better reception, make sure the earphone cords aren't tangled or coiled.

To find local stations:

- 1 On the Home screen, tap Radio.
- 2 Tap ⓘ.
- 3 Tap Local Stations.

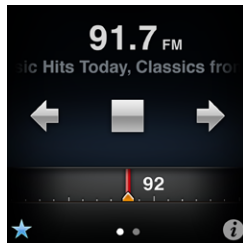
iPod nano scans the available frequencies and lists the local stations.

- 4 Tap ▶ next to a station to listen to the station without leaving the menu, or tap the station to tune to that station and return to the radio controls.
- 5 When you finish, tap ⏏ to return to the radio controls.

If you want to update the list, tap Refresh.


To find a radio station:



- 1 On the Home screen, tap Radio, and then swipe left to show the radio tuner.





- 2 Do any of the following:
 - *To browse manually*, drag your finger along the radio tuner.
 - *To seek stations*, tap ◀ or ▶.
If you set any favorite stations, ◀ and ▶ recognize just your favorites, not all available stations.
 - *To scan available stations*, touch and hold ◀ or ▶ until Scanning appears in the status bar. You hear a five-second preview of each station before advancing to the next one.
- 3 To stop scanning, tap the screen (don't tap a control).

To save a station to Favorites:

- Tune to a station you want to save, then tap .

Favorite stations are indicated on the radio tuner with a yellow triangle, and  changes to  when you tune to a favorite station.

To remove a station from Favorites:

- 1 Tap  on any radio screen to show the Radio menu.
- 2 Tap Favorites.
- 3 Flick down to show the Edit button, and then tap it.
- 4 Tap  next to station that you want to remove, and then tap Delete next to the item.
You can also tap Clear All if you want to clear the entire list.
- 5 When you finish, tap Done.

You can also tap  on the radio screen to remove the current station from Favorites.


Pausing Live Radio

You can pause a radio broadcast, and resume playing it from the same point, up to 15 minutes later. You can drag the progress bar to resume listening at any point in the paused broadcast, or to quickly catch up to the live broadcast. The progress bar is completely filled when Live Pause reaches the 15-minute limit. Anything earlier than 15 minutes is cleared to make room for the continuing broadcast.

Paused radio is cleared automatically if:






- You change stations.
- You turn off iPod nano.
- You play other media content or record a voice memo.
- The battery is very low and needs to be charged.
- You pause the radio for 15 minutes without resuming play.

To pause and resume live radio:

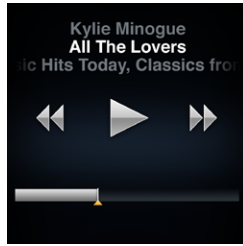
- 1 While the radio is playing, tap Now Playing or Radio.
- 2 Swipe left to the Live Pause controls on the last screen, and then tap .

The icon changes to .

As Live Pause continues, a yellow triangle indicates where the broadcast was paused. The progress bar continues to fill up, indicating the time that's passed since you paused.

- 3 To resume playing the program, tap  to start at the point where you paused. Then do any of the following:
 - Tap  or  to skip forward or back by one-minute increments.
 - Touch and hold  or  to skip forward or back by ten-second increments.

You can navigate paused radio only when the progress bar appears, not the radio tuner.



Live Pause uses some battery power. You can turn off Live Pause to conserve the battery.

To turn off Live Pause:

- 1 On the Home screen, tap Settings.
- 2 Tap General.
- 3 Tap next to Live Pause, to turn it Off.

Tagging Songs to Sync to iTunes

If a radio station supports iTunes Tagging, you can tag a song you hear, so you can preview and purchase it later on the iTunes Store. Songs that can be tagged are marked with a tag icon on the Now Playing screen.



To tag a song:

- Tap  in the lower-left corner of the Now Playing screen.

Your tagged songs appear in the Radio menu under Tagged Songs. The next time you sync iPod nano to iTunes, your tagged songs are synced and removed from iPod nano. They appear in iTunes, where you can preview and purchase them on the iTunes Store.

Note: This feature may not be available with all radio stations.

To preview and purchase tagged songs in iTunes:

- 1 Sync iPod nano with your computer.
- 2 On your computer, click Tagged below Store, on the left side of the iTunes window.
- 3 Click the View button for the song you want.

- 4 To preview the song, double-click it or click the preview button. To buy the song, click the Buy button.

If the radio station doesn't support tagging, you can also see a list of songs you listened to recently. Later, you can use this information to find and purchase the song.

To see recent songs:

- Tap ⓘ on any Radio screen, and then tap Recent Songs.

You'll see the song title, artist name, and the radio station where you heard the song.

Setting Your Radio Region

iPod nano can be used in many countries to receive FM radio signals. It comes with five preset signal ranges, identified by region: The Americas, Asia, Australia, Europe, and Japan.

To select a radio region:

- 1 On the Home screen, tap Settings.
- 2 Tap General, and then tap Radio Regions.
- 3 Tap your region.

A check appears next to the region you select.

Region settings are determined by international radio standards, not by actual geographic region. If you live in a country not listed in the Radio Regions menu, choose a region that best matches the radio frequency specifications in your country.

The following table specifies the radio frequency range of each region in the Radio Regions menu, along with the increments between stations (indicated by a ± sign).

Important: iPod nano is intended for the reception of public broadcasts only. Listening to transmissions that are not intended for the public is illegal in some countries and violators may be prosecuted. Check and obey the laws and regulations in the areas where you plan to use iPod nano.

Radio region	Radio frequency specifications
Americas	87.5—107.9 MHz/ ± 200 kHz
Asia	87.5—108.0 MHz/ ± 100 kHz
Australia	87.5—107.9 MHz/ ± 200 kHz
Europe	87.5—108.0 MHz/ ± 100 kHz
Japan	76.0—90.0 MHz/ ± 100 kHz

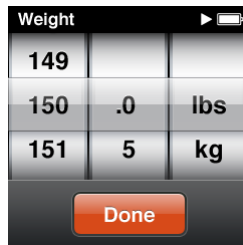
Using iPod nano as a Pedometer

You can use iPod nano as a pedometer to count your steps and calculate calories burned while you walk, and log this information over time.

To use iPod nano as a pedometer:

- 1 On the Home screen, tap Fitness, and then tap Pedometer.
- 2 If you're using the pedometer for the first time, use the dial to set your weight.

You only need to set your weight once, unless it changes.



- 3 Tap Done.
- 4 Tap Start to begin counting steps.



- 5 Clip iPod nano to your shirt or pocket.
- 6 At the end of the session, tap Stop.

The pedometer runs in the background until you stop it, so you can listen to music and go about your day while it counts your steps. The pedometer icon appears in the status bar to indicate that it's on. Starting at midnight, any steps you take are automatically tracked for the following day, so you can leave the pedometer on all the time and get an accurate daily count.

To set a daily step goal:

- 1 On the Home screen, tap Settings, and then tap Pedometer.
- 2 Tap Daily Step Goal, and then tap the On/Off switch.
- 3 Use the dial to set the desired number of steps.
- 4 Tap Done.

Make sure you start the pedometer. Setting a step goal doesn't start the pedometer if it's not already on.

To view your steps for the day:

- On the Home screen, tap Fitness, and then tap Pedometer.

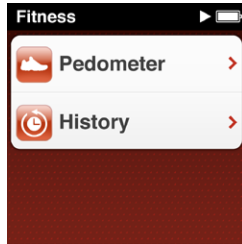


The Pedometer screen shows the total number of steps at the top of the screen. Flick the list below the Stop button to see these statistics:

- Total time the pedometer has been on
- Calories burned
- Daily step total
- Total steps for the week
- Total steps for the month
- Overall step total
- Your daily goal, if you set one

To view your pedometer history:

- On the Home screen, tap Fitness, and then tap History.



You can choose different views of your pedometer history in Workout Totals. Below that, sessions listed by date show details of start and stop times, calories burned for each session, and more.

Note: Calories burned are estimates, and actual calories may vary. For more information, consult your physician.

Setting iPod nano with your accurate weight provides more accurate information. If your weight changes, update iPod nano with your new weight.

To update your weight setting:

- 1 On the Home screen, tap Settings.
- 2 Tap Pedometer, and then tap Weight.
- 3 Set your new weight, and then tap Done.

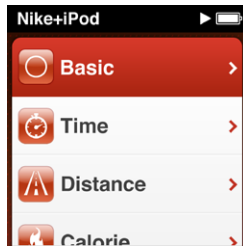
Using Nike + iPod

With a Nike + iPod Sport Kit (sold separately), you can hear audible feedback for your speed, distance, time elapsed, and calories burned during a run or walk. You can also record workout data on iPod nano.

When you connect iPod nano to a Nike + iPod compatible cardio machine, you can display iPod nano controls on the equipment and save your workout data on iPod nano.

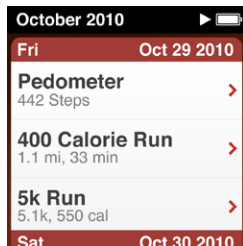
To set up Nike + iPod on iPod nano:

- 1 Connect a Nike + iPod receiver to the dock connector on iPod nano.
- 2 On the Home screen, tap Settings.
- 3 Tap Nike+iPod, and then make appropriate settings.



See the Nike + iPod documentation for information about setting up and using Nike + iPod.

When you upload your pedometer and other workout information to the Nike+ website, you can track your workout history, compete with friends, and more. You need a Nike+ account, which you can set up when you sync iPod nano with your computer.



To upload your workout information to Nike+:

- 1 Disconnect the Nike + iPod receiver from iPod nano.
- 2 Connect iPod nano to your computer and open iTunes.
- 3 Click Send in the dialog that appears, and then follow the onscreen instructions to set up your Nike+ account.

Once you set up your account, a Nike + iPod tab appears in the iTunes window.

- 4 Click the Nike + iPod tab, and then select “Automatically send workout data to Nike+” if it isn’t selected already.
- 5 Click Apply.

To view and share your information on the Nike website, click Visit Nike+ in the Nike + iPod pane when iPod nano is connected to your computer, or go to www.nike.com and log in to your account.

Syncing Photos

iPod nano lets you carry photos with you, so you can share them with your family, friends, and associates. You can sync photos from your computer, and view them as a slideshow on iPod nano or on your TV.

Adding Photos from Your Computer

If you have a Mac and iPhoto 8.0 (part of iLife '09) or later, you can view your photos by events and faces you've identified. If you have a PC or Mac, you can also add photos to iPod nano from a folder on your hard disk.

Adding photos to iPod nano the first time might take some time, depending on how many photos are in your photo library.

To sync photos from a Mac to iPod nano using iPhoto:

- 1 In iTunes, select iPod nano in the device list and click the Photos tab.
- 2 Select "Sync Photos ...," and then choose iPhoto from the pop-up menu.
- 3 Select whether you want to include all of your photos, or only selected ones.
If you choose the second option, click the pop-up menu to make further refinements. Then select the Albums, Events, and Faces to sync.
- 4 Click Apply.

Each time you connect iPod nano to your computer, photos are synced automatically.

To add photos from a folder on your hard disk to iPod nano:

- 1 Drag the images to a folder on your computer.
If you want images to appear in separate photo albums on iPod nano, create folders within the main image folder and drag images to the new folders.
- 2 In iTunes, select iPod nano in the device list and click the Photos tab.
- 3 Select "Sync Photos ..."
- 4 Select "Choose Folder ..." from the pop-up menu, and then select the image folder.
- 5 Select either "All folders" or "Selected folders."
If you choose the second option, select the folders that you want to sync.
- 6 Click Apply.

Adding Full-Resolution Image Files to iPod nano

When you add photos to iPod nano, iTunes optimizes the photos for viewing. Full-resolution image files aren't transferred by default. Adding full-resolution image files is useful if you want to move them from one computer to another, but it isn't necessary for viewing the images on iPod nano.

To add full-resolution image files to iPod nano:

- 1 In iTunes, select iPod nano in the device list and click the Photos tab.
- 2 Select "Include full-resolution photos."
- 3 Click Apply.

iTunes copies the full-resolution versions of the photos to the Photos folder on iPod nano. To retrieve them, see the following section, "Adding Photos from iPod nano to a Computer."

Adding Photos from iPod nano to a Computer

If you add full-resolution photos from your computer to iPod nano, they're stored in a Photos folder on iPod nano. You can connect iPod nano to a computer and add these photos to the computer.

To add photos from iPod nano to a computer:

- 1 Connect iPod nano to the computer.
- 2 In iTunes, select iPod nano in the device list and click the Summary tab.
- 3 In the Options section, select "Enable disk use."
- 4 Click Apply.

When you use iPod nano as an external disk, the iPod nano disk icon appears on the desktop (Mac), or as the next available drive letter in Windows Explorer (Windows PC).

- 5 Drag image files from the Photos folder on iPod nano to the desktop or to a photo editing application on the computer.

You can also use a photo editing application, such as iPhoto, to add photos stored in the Photos folder on iPod nano. See the documentation that came with the application for more information.

Removing Photos from iPod nano

If iPod nano is being used as an external disk, you can delete full resolution images from the Photos folder on iPod nano.

To delete photos from only the Photos folder on iPod nano:

- 1 Connect iPod nano to the computer.
- 2 Navigate to the Photos folder on iPod nano and delete the photos you no longer want.
- 3 Eject iPod nano before disconnecting.

You can change sync settings to remove *all* photos from iPod nano, including full resolution images.

To delete all photos from iPod nano:

- 1 In iTunes, select iPod nano in the device list and click the Photos tab.
- 2 Select “Sync photos from: ...”
The checkbox is already selected, and clicking it again deselects it. A dialog appears asking for verification.
- 3 Click Remove Photos in the dialog that appears.
No photos are removed until you click Apply. If you change your mind, select Sync Photos again.
- 4 Click Apply.

To delete selected photos:

- 1 In iTunes, select iPod nano in the device list and click the Photos tab.
- 2 Select “Selected albums, events, and faces ...”
- 3 Deselect the items you want to remove from iPod nano, and then click Apply.

Viewing Photos on iPod nano

You can view photos on iPod nano individually, or as a slideshow.


Viewing Individual Photos

Your photos are grouped into albums for easy browsing on iPod nano. If you use iPhoto, you can also sync Events and Faces, and then view photos this way. When you view individual photos, you can zoom in or out and move a zoomed photo around to display a particular part of the image.

To view photos on iPod nano:

- 1 On the Home screen, tap Photos.
- 2 Tap an album or other group of photos (flick to see all the albums).
- 3 Flick up or down to see thumbnail images of your photos. Tap a thumbnail to view the full-size image.







- 4 Swipe left or right to scroll through all the photos in the album.
- 5 Tap a photo to see controls, and tap  to return to the thumbnail view.



You can double-tap to quickly zoom in on a photo to see more detail, and then drag the image to position the part you want to see in the center of the screen. If you use Faces in iPhoto, double-tapping zooms in on the subject's face. Double-tap again to zoom back out to full size.

Here are ways you can view and manipulate your photos:

To	Do this
Quickly find a photo in the thumbnail view	Flick up or down.
View a photo thumbnail at full size	Tap the photo thumbnail.
See the next or previous photo in an album	Tap the photo in the album, swipe left or right across the photo, and then tap  or  .
Quickly enlarge or reduce a photo	Double-tap the full size photo to zoom in. Double-tap again to zoom out.
View a different part of a zoomed photo	Drag the photo on the screen.
Return to the album thumbnail view	Tap  .
View the album as a slideshow	Tap a photo in the album, and then tap  . If music is playing, it becomes the slideshow soundtrack.

Viewing Slideshows on iPod nano


You can view a slideshow with transitions on iPod nano. The default slideshow uses the Ken Burns transition, but you can change the transition effect, set how long each slide stays on the screen, and make other settings to create a custom slideshow.

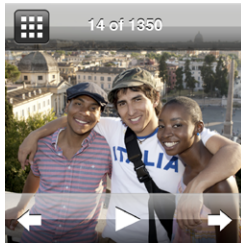
To view a slideshow on iPod nano:

- 1 On the Home screen, tap Photos.
- 2 Tap an album, or tap All Photos.





- 3 Tap the photo you want to begin with, and then tap it again to show the controls.

If you tap a photo you don't want, tap  to return to the album thumbnail view. Swiping right takes you back one photo at a time.



- 4 Tap  to start the slideshow.

Tap the screen to pause the slideshow, and then tap  to resume. To exit, tap  to return to the album.

To add a soundtrack, start playing a song or playlist before you start the slideshow.

To change slideshow settings:

- 1 On the Home screen, tap Settings.
- 2 Tap Photos, and then tap these settings to make changes:
 - Time Per Slide
 - Repeat
 - Shuffle Photos
 - Transitions (can only be viewed on iPod nano, not on a TV)
 - TV Signal

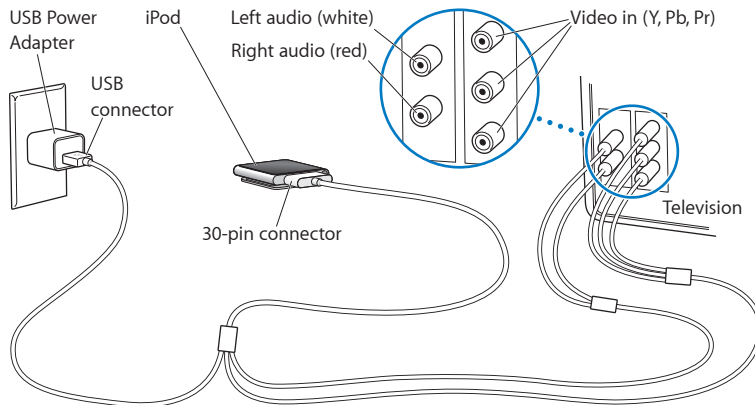
Watching Slideshows on a TV Connected to iPod nano

If you have an AV cable, you can connect iPod nano to your TV and view photo slideshows.

Use the Apple Component AV Cable or the Apple Composite AV Cable. Other similar RCA cables might not work. You can purchase these cables at your local Apple Store or www.apple.com/ipodstore.

To connect iPod nano to your TV:

- 1 If you use the Apple Component AV Cable, plug the green, blue, and red video connectors to the component video (Y, Pb, and Pr) input ports on your TV.
If you use the Apple Composite AV Cable, connect the yellow video connector to the video input port on your TV. Your TV must have RCA video and audio ports.
- 2 Connect the white and red audio connectors to the left and right analog audio input ports on your TV.
- 3 Connect the 30-pin connector to your iPod nano or Universal Dock.
- 4 Connect the USB connector to your Apple USB Power Adapter or your computer to keep your iPod nano charged.
- 5 Turn on iPod nano and your TV to start playing.



If the TV uses a different broadcast standard than the region where you purchased iPod nano, you may need to change the setting on iPod nano to match the TV.

To change the TV broadcast standard:

- 1 On the Home screen, tap Settings, and then tap Photos.
- 2 Tap TV Signal, and choose PAL or NTSC.

If you aren't sure which one to use, check the documentation that came with the TV.

To view a slideshow on your TV:

- 1 Connect iPod nano to your TV (see page 54).
- 2 Turn on your TV and set it to the input ports connected to iPod nano.
See the documentation that came with your TV for more information.
- 3 Use iPod nano to play and control the slideshow.

Slideshow transitions can be viewed only on iPod nano, not on a TV.

Recording Voice Memos

You can record voice memos using the optional Apple Earphones with Remote and Mic (available for purchase at www.apple.com/ipodstore).

To record a voice memo:

- 1 Connect Apple Earphones with Remote and Mic to the iPod nano earphone port.
- 2 On the Home screen, tap Voice Memos.

The Record screen appears.



- 3 Tap  to begin recording.

The status bar shows the elapsed time.





- 4 Tap  to pause the recording, and tap  to resume.

If you use the Apple Earphones with Remote and Mic, you can press the center button on the mic to pause or resume.


- 5 When you finish recording, tap .

To play a recording:

- 1 Tap  on the Voice Memos screen.
- 2 Tap a recording, and then tap  next to the memo.

Your saved recordings are listed by date and time, but you can label recordings to help you identify them.



To label a recording:

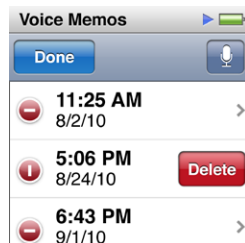
- 1 On the Voice Memos screen, tap .
- 2 Tap a recording in the list.
- 3 Tap Label, and then tap one of the choices.

You can choose Memo, Podcast, Interview, Lecture, Idea, or Meeting.

The recording appears in the list with the label you chose, along with the date and time of the recording.

To delete a recording:

- 1 Tap  on the Voice Memos screen.
- 2 Tap Edit.
- 3 Tap  next to the recording, and then tap Delete when it appears.



- 4 When you finish, tap Done.

To sync voice memos with your computer:

If iPod nano is set to sync songs automatically (see “Automatic Syncing” on page 24), voice memos on iPod nano are synced to a playlist in iTunes named Voice Memos (and removed from iPod nano) when you connect iPod nano.

Voice memos are saved as M4A files in a Recordings folder on iPod nano. If you enable iPod nano for disk use, you can copy voice memos from the folder. For information about using iPod nano as an external disk, see the following section, “Using iPod nano as an External Disk.”

Using iPod nano as an External Disk

You can use iPod nano as an external disk to store data files. The iPod nano disk icon appears on the desktop (Mac), or as the next available drive letter in Windows Explorer (Windows PC). Drag files to or from iPod nano to copy them.

In external disk mode, you don't see songs you added using iTunes. And if you drag files to iPod nano in the Mac Finder or Windows Explorer, you won't be able to play them on iPod nano.

To enable iPod nano as an external disk:

- 1 In iTunes, select iPod nano in the device list and click the Summary tab.
- 2 In the Options section, select "Enable disk use."
- 3 Click Apply.

If you use iPod nano primarily as an external disk, you might want to keep iTunes from opening automatically when you connect iPod nano to your computer.

To prevent iTunes from opening automatically when you connect iPod nano to your computer:

- 1 In iTunes, select iPod nano in the device list and click the Summary tab.
- 2 In the Options section, deselect "Open iTunes when this iPod is connected."
- 3 Click Apply.

Tracking Time

You can use the timer on iPod nano to keep track of time, count down to an event, or set an alarm.

Using the Stopwatch

iPod nano has a built-in stopwatch for timing events and tracking intervals, such as laps. You can play music or other audio while you use the stopwatch.

To use the stopwatch:

- 1 On the Home screen, tap Clock.
- 2 Swipe left to see the Stopwatch controls.




- 3 Tap Start to start the stopwatch.



- To record lap times, tap Lap after each lap.
- To pause the stopwatch, tap Stop. Tap Start to resume.
- To reset the stopwatch, tap Reset when the stopwatch is paused.

Review lap times before you start a new session. Tapping Reset deletes the information.

To review lap times:


- Tap  next to the time in the status bar.

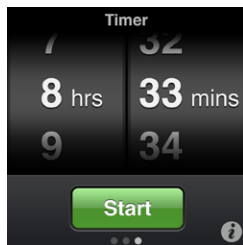
iPod nano stores the last session's lap statistics.

Using the Timer

You can use the timer on iPod nano to set an alarm, or to set a sleep timer that turns off iPod nano automatically.

To use iPod nano as an alarm clock:

- 1 On the Home screen, tap Clock.
- 2 Swipe left twice to see the Timer controls.
- 3 Flick to set the hours and minutes, and then tap .



- 4 Tap an alert sound, and then tap Set.
- 5 Tap Start when you're ready to start the timer.

To delete an alarm:

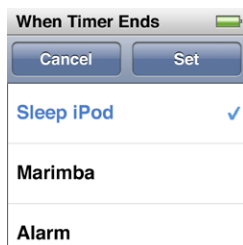
- 1 On the Home screen, tap Clock.
- 2 Swipe left twice to see the Timer controls.
- 3 Tap Stop.



You can set a sleep timer to turn off iPod nano automatically after playing music or other content for a specified period of time.

To set the sleep timer:

- 1 On the Home screen, tap Clock.
- 2 Swipe left twice to see the Timer controls.
- 3 Flick to set the hours and minutes, and then tap ⓘ.
- 4 Tap Sleep iPod, and then tap Set.



- 5 Tap Start when you're ready to start the timer.

Universal Access Features

Accessibility features make it easier for users with visual, auditory, or other physical disabilities to use iPod nano. These features include:

- VoiceOver
- Mono Audio
- White on Black

For more information about accessibility features on your Mac and iPod nano, go to www.apple.com/accessibility.

VoiceOver

VoiceOver describes aloud what appears onscreen, so that you can use iPod nano without seeing the screen. VoiceOver speaks the language you specify in Accessibility settings on iPod nano.

VoiceOver is available for many languages, but not all.

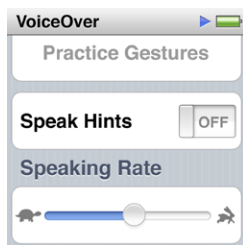
VoiceOver tells you about each element on the screen as it's selected. When an element is selected, it's enclosed by a black rectangle and VoiceOver speaks the name or describes the item. The rectangle is referred to as the VoiceOver cursor.

If text is selected, VoiceOver reads the text. If a control (such as a button or switch) is selected, VoiceOver may tell you the action of the item or provide instructions—for example, “double-tap to open.”

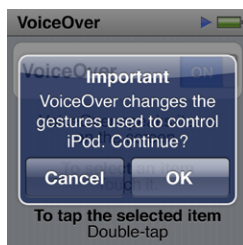
To set up VoiceOver on iPod nano:

- 1 Connect earphones or headphones to iPod nano.
- 2 On the Home screen, tap Settings, and then tap General.
- 3 Flick up, and then tap Accessibility.

- 4 Flick up, and set any of these options:



- *Speak Hints*: Explains how to interact with the item in the VoiceOver cursor. You may want to turn this on to help you learn how to use iPod nano, and turn it off later.
 - *Speaking Rate*: Increases or decreases the rate of speech for VoiceOver. This does not affect the speech rate for audiobooks or podcasts.
 - *Language*: Sets the language for VoiceOver. It should match the language set for iPod nano.
- 5 Tap VoiceOver, and then tap the On/Off switch to turn VoiceOver On.
If this is the first time you turned on VoiceOver on iPod nano, a dialog appears.



- 6 Tap OK in the dialog, and then double-tap OK to confirm.

If you can't see the screen, move your finger until you hear "OK button," and then double-tap with one finger.

If you do nothing for 15 seconds, the dialog disappears and VoiceOver turns off.

When VoiceOver is on, you use a different set of gestures to control iPod nano. If you change your mind and want to turn VoiceOver off, double-tap with two fingers to move the switch to Off. If you navigate away from the Settings screen, you need to use VoiceOver gestures to return to the setting and turn it off.

To turn off VoiceOver on iPod nano using VoiceOver gestures:

- 1 Swipe right or left with two fingers until you see or hear “Page two of four. Radio.”
If the icons have been rearranged, or if there are more than four Home screens, you may hear something different.
- 2 Move one finger around the screen until you hear “Settings.”
- 3 Double-tap to open Settings.
- 4 Move your finger up or down the screen until you see or hear General, and then double-tap.
- 5 Move your finger up or down the screen until you see or hear “Accessibility,” and then double-tap.
- 6 Move your finger up or down the screen until you see or hear VoiceOver, and then double-tap.
- 7 Double-tap when you hear “VoiceOver switch button on.”
You hear “VoiceOver off” to confirm the setting. You can once again use standard gestures to control iPod nano.

VoiceOver Gestures

When VoiceOver is turned on, use the following gestures to control iPod nano:

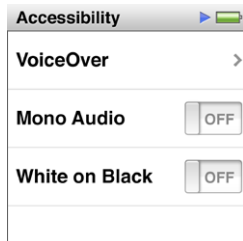
To	Do This
Read the page starting at the top	Flick up with two fingers.
Read the page from the current selection	Flick down with two fingers.
Pause or continue speech when reading dialogs and other text	Tap the screen with one finger.
Select the item in the VoiceOver cursor	Tap the screen with one finger.
Activate the item in the VoiceOver cursor	Double-tap with one finger.
Scroll left one page	Swipe right with two fingers.
Scroll right one page	Swipe left with two fingers.
Scroll up one page in a list or menu	Flick down with one finger.
Scroll down one page in a list or menu	Flick up with one finger.
Start or stop the current action	Tap with two fingers.
Increase or decrease the value of a selected control	Flick up with one finger to increase the value, or flick down with one finger to decrease the value.
Return to the Home screen	Double-tap with one finger and hold.

Mono Audio

Mono Audio combines the sound of the left and right channels into a monaural signal that plays through both sides of your earphones. This enables users with a hearing impairment in one ear to hear both channels with the other ear.

To turn Mono Audio on or off:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Accessibility.
- 3 Tap the On/Off switch next to Mono Audio.



White on Black

Use White on Black to invert the colors on the iPod nano screen, which may make it easier to read. When White on Black is on, the screen looks like a photographic negative.

To turn White on Black on or off:

- 1 On the Home screen, tap Settings, and then tap General.
- 2 Tap Accessibility.
- 3 Tap the On/Off switch next to White on Black.

Most problems with iPod nano can be solved quickly by following the advice in this chapter.

The 5 Rs: Reset, Retry, Restart, Reinstall, Restore

Remember these five basic suggestions if you have a problem with iPod nano. Try these steps one at a time until your issue is resolved. If one of the following doesn't help, read on for solutions to specific problems.

- Reset iPod nano. See “General Suggestions,” below.
- Retry with a different USB port if you cannot see iPod nano in iTunes.
- Restart your computer, and make sure you have the latest software updates installed.
- Reinstall iTunes software from the latest version on the web.
- Restore iPod nano. See “Updating and Restoring iPod Software” on page 70.

General Suggestions

Most problems with iPod nano can be solved by resetting it.

To reset iPod nano:

- First, make sure iPod nano is charged. Then press the Sleep/Wake button and the Volume Down button for 6 seconds, until the Apple logo appears.

If iPod nano won't turn on or respond

- The iPod nano battery might need to be recharged. Connect iPod nano to a USB 2.0 port on your computer or to an Apple USB Power Adapter and let the battery recharge. Look for the lightning bolt icon on the iPod nano screen to verify that iPod nano is receiving a charge.

Note: The USB port on most keyboards doesn't provide enough power to charge iPod nano. Connect iPod nano to a USB 2.0 port on your computer.

- Try the 5 Rs, one by one, until iPod nano responds.

If you want to disconnect iPod nano, but you see the message “Connected” or “Sync in Progress”

- If iPod nano is syncing music, wait for it to complete.
- Select iPod nano in the iTunes device list and click the Eject (⏏) button.
- If iPod nano disappears from the device list in iTunes, but you still see the “Connected” or “Sync in Progress” message on the iPod nano screen, disconnect iPod nano.
- If iPod nano doesn’t disappear from the device list in iTunes, drag the iPod nano icon from the desktop to the Trash if you’re using a Mac. If you’re using a Windows PC, eject the device in My Computer or click the Safely Remove Hardware icon in the system tray and select iPod nano. If you still see the “Connected” or “Sync in Progress” message, restart your computer and eject iPod nano again.

If iPod nano isn’t playing music

- Make sure the earphone or headphone connector is pushed in all the way.
- Make sure the volume is adjusted properly. A maximum volume limit might be set. You can change or remove it in Settings. See “Setting the Maximum Volume Limit” on page 31.
- Make sure you’re using iTunes 10.0 or later (available at www.itunes.com/downloads). Songs purchased from the iTunes Store using earlier versions of iTunes won’t play on iPod nano until you upgrade iTunes.
- If you’re using the Apple Universal Dock, make sure iPod nano is seated firmly in the dock and make sure all cables are connected properly.

If you connect iPod nano to your computer and nothing happens

- Make sure you have installed the latest iTunes software from www.itunes.com/downloads.
- Try connecting to a different USB port on your computer.

Note: A USB 2.0 port is recommended to connect iPod nano. USB 1.1 is significantly slower than USB 2.0. If you have a Windows PC that doesn’t have a USB 2.0 port, in some cases you can purchase and install a USB 2.0 card.

- iPod nano might need to be reset (see page 65).
- If you’re connecting iPod nano to a portable computer using the Apple Dock Connector to USB Cable, connect the computer to a power outlet before connecting iPod nano.
- Make sure you have the required computer and software. See “If you want to double-check the system requirements” on page 69.
- Check the cable connections. Disconnect the cable at both ends and make sure no foreign objects are in the USB ports. Then reconnect the cable. Make sure the connectors on the cables are oriented correctly. They can be inserted only one way.

- Try restarting your computer.
- If none of the previous suggestions solves your problems, you might need to restore iPod nano software. See “Updating and Restoring iPod Software” on page 70.

If iPod nano displays a “Connect to Power” message

- This message may appear if iPod nano is exceptionally low on power and the battery needs to be charged before iPod nano can communicate with your computer. To charge the battery, connect iPod nano to a USB 2.0 port on your computer.

Leave iPod nano connected to your computer until the message disappears and iPod nano appears in iTunes or the Finder. Depending on how depleted the battery is, you may need to charge iPod nano for up to 30 minutes before it will start up.

To charge iPod nano more quickly, use the optional Apple USB Power Adapter.

If iPod nano displays a “Use iTunes to restore” message

- Make sure you have the latest version of iTunes on your computer (download it from www.itunes.com/downloads).
- Connect iPod nano to your computer. When iTunes opens, follow the onscreen prompts to restore iPod nano.
- If restoring iPod nano doesn’t solve the problem, iPod nano may need to be repaired. You can arrange for service at the iPod Service & Support website at: www.apple.com/support/ipod

If you can’t add a song or other item to iPod nano

- The song may be in a format that iPod nano doesn’t support. The following audio file formats are supported by iPod nano. These include formats for audiobooks and podcasting:

- AAC (M4A, M4B, M4P, up to 320 Kbps)
- Apple Lossless (a high-quality compressed format)
- MP3 (up to 320 Kbps)
- MP3 Variable Bit Rate (VBR)
- WAV
- AA (audible.com spoken word, formats 2, 3, and 4)
- AIFF

A song encoded using Apple Lossless format has CD-quality sound, but takes up only about half as much space as a song encoded using AIFF or WAV format. The same song encoded in AAC or MP3 format takes up even less space. When you import music from a CD using iTunes, it’s converted to AAC format by default.

Using iTunes for Windows, you can convert nonprotected WMA files to AAC or MP3 format. This can be useful if you have a library of music encoded in WMA format.

iPod nano doesn't support audible.com format 1, MPEG Layer 1, MPEG Layer 2, or WMA audio files.

If you have a song in iTunes that isn't supported by iPod nano, you can convert it to a format iPod nano supports. For more information, see iTunes Help.

If iPod nano displays a "Connect to iTunes to activate Genius" message

- You haven't turned on Genius in iTunes, or you haven't synced iPod nano since you turned on Genius in iTunes. See "Creating Genius Playlists" on page 35.

If iPod nano displays a "Genius is not available for the selected song" message

- Genius is on but is unable to make a Genius playlist using the selected song. New songs are regularly added to the iTunes Store Genius database, so try again soon.

If iPod nano can't receive a radio signal

- Make sure the earphones or headphones are fully connected.
- Try relocating the earphone or headphone cord, and make sure the cord isn't coiled or twisted.
- Move to an area with better reception, such as near a window or outside.

If you accidentally set iPod nano to use a language you don't understand

You can reset the language.

- 1 From the Home screen, tap Settings.
- 2 Tap the third menu item from the top (General).
- 3 Flick to the end of the list and tap the last menu item (Language).
- 4 Tap your language, and then tap the button at the top of the menu (Done).

You can also reset all settings (your synced content isn't deleted or modified). Tap Settings, then tap the last item in the menu (Reset Settings), and then tap the red button (Reset).

If you can't recognize the Reset Settings menu item, you can restore iPod nano to its original state and choose a language. See "Updating and Restoring iPod Software" on page 70.

If iPod nano is unresponsive and you see a box around items on the screen:

- VoiceOver may be turned on, and you must use VoiceOver gestures to turn it off (see "To turn off VoiceOver on iPod nano using VoiceOver gestures:" on page 63).

If iPod nano speaks the text on the screen:

- VoiceOver may be turned on, and you must use VoiceOver gestures to turn it off (see "To turn off VoiceOver on iPod nano using VoiceOver gestures:" on page 63).

If you can't see photos on your TV

- Use RCA cables made specifically for iPod nano, such as the Apple Component AV Cable or the Apple Composite AV Cable, to connect iPod nano to your TV. Other similar RCA cables won't work.
- Make sure your TV is set to the correct input source (see the documentation that came with your TV).
- Make sure all cables are connected correctly (see "Watching Slideshows on a TV Connected to iPod nano" on page 54).
- Make sure the yellow end of the Apple Composite AV Cable is connected to the video port on your TV.
- Tap Settings, tap Photos, and set TV Signal to PAL or NTSC, depending on which type of TV you have. Try both settings.

If you want to double-check the system requirements

To use iPod nano, you must have:

- One of the following computer configurations:
 - A Mac with a USB 2.0 port
 - A Windows PC with a USB 2.0 port or a USB 2.0 card installed
- One of the following operating systems:
 - Mac OS X v10.5.8 or later
 - Windows 7
 - Windows Vista
 - Windows XP Home or Professional with Service Pack 3 or later
- iTunes 10.0 or later (iTunes can be downloaded from www.itunes.com/downloads)

If your Windows PC doesn't have a USB 2.0 port, you can purchase and install a USB 2.0 card. For more information about cables and compatible USB cards, go to www.apple.com/ipod.

On the Mac, iPhoto 8.1 or later is required in order to use all iPod nano photo features. This software is optional. iPhoto might already be installed on your Mac, so check in the Applications folder.

On both Mac and Windows PC, iPod nano can sync digital photos from folders on your computer's hard disk.

If you want to use iPod nano with a Mac and a Windows PC

- If you're using iPod nano with a Mac and you want to use it with a Windows PC, you must restore the iPod software for use with the PC (see "Updating and Restoring iPod Software" on page 70). Restoring the iPod software erases all data from iPod nano, including all songs.

Important: Restoring the iPod software erases all data from iPod nano, including songs. You cannot switch from using iPod nano with a Mac to using it with a Windows PC, without erasing all data on iPod nano.

Updating and Restoring iPod Software

You can use iTunes to update or restore iPod software. You should update iPod nano to use the latest software. You can also restore the software, which puts iPod nano back to its original state.

- *If you choose to update*, the software is updated, but your settings and songs aren't affected.
- *If you choose to restore*, all data is erased from iPod nano, including songs, videos, files, photos, and any other data. All iPod nano settings are restored to their original state.

To update or restore iPod software:

- 1 Make sure you have an Internet connection and have installed the latest version of iTunes from www.itunes.com/downloads.
- 2 Connect iPod nano to your computer.
- 3 In iTunes, select iPod nano in the device list and click the Summary tab.

The Version section tells you whether iPod nano is up to date or needs a newer version of the software.

- 4 Click Update to install the latest version of the software.

Important: Restoring the iPod software erases all data from iPod nano, including songs.

- 5 If necessary, click Restore to restore iPod nano to its original settings (this erases all data from iPod nano). Follow the onscreen instructions to complete the restore process.



WARNING: To avoid injury, read all operating instructions and safety information in this guide before using iPod nano.

Keep this safety information and the *iPod nano User Guide* handy for future reference. For downloadable versions of the *iPod nano User Guide* and the latest safety information, visit support.apple.com/manuals/ipod.

Important Safety and Handling Information

WARNING: Failure to follow these safety instructions could result in fire, electric shock, or other injury or damage.

Carrying and handling iPod nano iPod nano contains sensitive components. Do not drop, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate, paint, or insert foreign objects into iPod nano. Do not use iPod nano if it has been damaged—for example, if iPod nano is cracked, punctured, or damaged by water.

The front cover of iPod nano is made of glass. This glass could break if iPod nano is dropped on a hard surface or receives a substantial impact or is crushed, bent, or deformed. If the glass chips or cracks, do not touch or attempt to remove the broken glass. Stop using iPod nano until the glass is replaced by Apple or an Apple Authorized Service Provider. Glass cracked due to misuse or abuse is not covered under the warranty. If you are concerned about scratching or abrasion, you can use one of the many cases sold separately.

Avoiding water and wet locations Do not use iPod nano in rain, or near washbasins or other wet locations. Take care not to spill any food or liquid on iPod nano. In case iPod nano gets wet, unplug all cables, press the Sleep/Wake button to turn the iPod nano screen off before cleaning, and allow it to dry thoroughly before turning the screen on again or connecting it to a computer. Do not attempt to dry iPod nano with an external heat source such as a microwave oven or hair dryer. Damage to iPod nano caused by contact with liquid is not covered under the warranty.

Replacing the battery and repairing or modifying iPod nano Never attempt to repair iPod nano yourself. iPod nano does not contain any user-serviceable parts. If iPod nano has been submerged in water, punctured, or subjected to a severe fall, do not use it until you take it to an Apple Authorized Service Provider. Disassembling iPod nano may cause damage that is not covered under the warranty. For service information, choose iPod Help from the Help menu in iTunes or go to www.apple.com/support/ipod. The rechargeable battery in iPod nano should be serviced only by an Apple Authorized Service Provider. For more information about batteries, go to www.apple.com/batteries.

Charging iPod nano To charge iPod nano, only use the included Apple Dock Connector to USB Cable with an Apple USB Power Adapter, or a high-power USB port on another device that is compliant with the USB 2.0 standard; another Apple branded product or accessory designed to work with iPod; or a third-party accessory certified to use the Apple "Made for iPod" logo.

When you use the Apple USB Power Adapter (sold separately at www.apple.com/ipodstore) to charge iPod nano, make sure that the power adapter is fully assembled before you plug it into a power outlet. Then insert the Apple USB Power Adapter firmly into the power outlet. Do not connect or disconnect the Apple USB Power Adapter with wet hands. Do not use any power adapter other than an Apple iPod power adapter to charge your iPod.

The Apple USB Power Adapter may become warm during normal use. Always allow adequate ventilation around the Apple USB Power Adapter and use care when handling.

Unplug the Apple USB Power Adapter if any of the following conditions exist:

- The power cord or plug has become frayed or damaged.
- The adapter is exposed to rain, liquids, or excessive moisture.
- The adapter case has become damaged.
- You suspect the adapter needs service or repair.
- You want to clean the adapter.

Accessories and third-party chargers Read all safety instructions for any products and accessories before using with iPod nano. Apple is not responsible for the operation of third party accessories or their compliance with safety and regulatory standards.

Avoiding hearing damage Permanent hearing loss may occur if the earbuds or headphones are used at high volume. Set the volume to a safe level. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use earbuds or headphones at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn the volume down if you can't hear people speaking near you.

For information about how to set a maximum volume limit on iPod nano, see “Setting the Maximum Volume Limit” on page 31.

Driving and riding safely Use of iPod nano alone, or with headphones (even if used in only one ear) while operating a vehicle or riding a bicycle is not recommended and is illegal in some areas. Check and obey the laws and regulations on the use of mobile devices like iPod nano in areas where you drive or ride. Be careful and attentive while driving or riding a bicycle. Stop using iPod nano if you find it disruptive or distracting while operating any type of vehicle, or performing any other activity that requires your full attention.

Seizures, blackouts, and eye strain A small percentage of people may be susceptible to blackouts or seizures (even if they have never had one before) when exposed to flashing lights or light patterns such as when playing games or watching video. If you have experienced seizures or blackouts or have a family history of such occurrences, please consult a physician before playing games (if available) or watching videos on your iPod nano. Discontinue use and consult a physician if you experience: headaches, blackouts, seizures, convulsion, eye or muscle twitching, loss of awareness, involuntary movements, or disorientation. To reduce risk of headaches, blackouts, seizures, and eyestrain, avoid prolonged use, hold iPod nano some distance from your eyes, use iPod nano in a well lit room, and take frequent breaks.

Repetitive motion When you perform repetitive activities on iPod nano, you may experience occasional discomfort in your hands, arms, shoulders, neck, or other parts of your body. Take frequent breaks and if you have discomfort during or after such use, stop use and see a physician.

Exercising Before starting any exercise program, you should consult with a physician and have a complete physical examination. Do a warmup or stretching exercise before beginning any workout. Be careful and attentive while exercising. Slow down, if necessary, before adjusting your device while running. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted, or short of breath. By exercising, you assume the risks inherent in physical exercise, including any injury that may result from such activity.

Using connectors and ports Never force a connector into a port. Check for obstructions on the port. If the connector and port don't join with reasonable ease, they probably don't match. Make sure that the connector matches the port and that you have positioned the connector correctly in relation to the port.

Keeping the outside of iPod nano clean To clean iPod nano, unplug all cables and turn off iPod nano (press the Sleep/Wake button). Then use a soft, slightly damp, lint-free cloth. Avoid getting moisture in openings. Don't use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia, or abrasives to clean iPod nano.

Operating iPod nano in acceptable temperatures Operate iPod nano in a place where the temperature is always between 0° and 35° C (32° to 95° F). In low-temperature conditions, iPod nano play time may temporarily shorten and battery charge time may temporarily lengthen. Low or high temperature conditions might cause iPod nano to temporarily stop working properly. Avoid dramatic changes in temperature or humidity when using iPod nano as condensation may form on or within iPod nano.

Store iPod nano in a place where the temperature is always between -20° and 45° C (-4° to 113° F). Don't leave iPod nano in your car, because temperatures in parked cars can exceed this range.

When you're using iPod nano or charging the battery, it is normal for iPod nano to get warm. The exterior of iPod nano functions as a cooling surface that transfers heat from inside the unit to the cooler air outside.

Disposing of iPod nano properly For information about the proper disposal of iPod nano, including other important regulatory compliance information, see "Disposal and Recycling Information" on page 77.

Look here for iPod-related software and service information.

To learn about	Do this
Service and support, discussions, tutorials, and Apple software downloads	Go to: www.apple.com/support/ipodnano
Using iTunes	Open iTunes and choose Help > iTunes Help. For an online iTunes tutorial (available in some areas only), go to: www.apple.com/support/itunes
Using iPhoto (on Mac OS X)	Open iPhoto and choose Help > iPhoto Help.
The latest information about iPod nano	Register iPod nano. To register, install iTunes on your computer and connect iPod nano.
Finding the iPod nano serial number	Look at the inside clip edge of iPod nano, or tap Settings > About and flick down. In iTunes (with iPod nano connected to your computer), select iPod nano in the device list and click the Summary tab.
Obtaining warranty service	First follow the advice in this guide, the onscreen help, and online resources. Then go to: www.apple.com/support/ipodnano

Regulatory Compliance Information

FCC Compliance 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. See instructions if interference to radio or TV reception is suspected.

Radio and TV Interference

This computer equipment generates, uses, and can radiate radio-frequency energy. If it is not installed and used properly—that is, in strict accordance with Apple's instructions—it may cause interference with radio and TV reception.

This equipment has been tested and found to comply with the limits for a Class B digital device in accordance with the specifications in Part 15 of FCC rules. These specifications are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

You can determine whether your computer system is causing interference by turning it off. If the interference stops, it was probably caused by the computer or one of the peripheral devices.

If your computer system does cause interference to radio or TV reception, try to correct the interference by using one or more of the following measures:

- Turn the TV or radio antenna until the interference stops.
- Move the computer to one side or the other of the TV or radio.
- Move the computer farther away from the TV or radio.
- Plug the computer in to an outlet that is on a different circuit from the TV or radio. (That is, make certain the computer and the TV or radio are on circuits controlled by different circuit breakers or fuses.)

If necessary, consult an Apple Authorized Service Provider or Apple. See the service and support information that came with your Apple product. Or, consult an experienced radio/TV technician for additional suggestions.

Important: Changes or modifications to this product not authorized by Apple Inc. could void the EMC compliance and negate your authority to operate the product.

This product was tested for EMC compliance under conditions that included the use of Apple peripheral devices and Apple shielded cables and connectors between system components.

It is important that you use Apple peripheral devices and shielded cables and connectors between system components to reduce the possibility of causing interference to radios, TV sets, and other electronic devices. You can obtain Apple peripheral devices and the proper shielded cables and connectors through an Apple Authorized Reseller. For non-Apple peripheral devices, contact the manufacturer or dealer for assistance.

Responsible party (contact for FCC matters only):

Apple Inc. Corporate Compliance
1 Infinite Loop, MS 26-A
Cupertino, CA 95014

Industry Canada Statement

This Class B device meets all requirements of the Canadian interference-causing equipment regulations.

Cet appareil numérique de la classe B respecte toutes les exigences du Règlement sur le matériel brouilleur du Canada.

VCCI Class B Statement

情報処理装置等電波障害自主規制について

この装置は、情報処理装置等電波障害自主規制協議会 (VCCI) の基準に基づくクラス B 情報技術装置です。この装置は家庭環境で使用されることを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。

取扱説明書に従って正しい取扱をしてください。

Korea Class B Statement

B급 기기(가정용 방송통신기기)

이 기기는 가정용(B급)으로 전자파적합등록을 한 기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

Russia



ME67

European Community



中国

有毒或 有害物质	零部件			
	电路板	显示屏	电池	附件
铅 (Pb)	X	X	O	X
汞 (Hg)	O	O	O	O
镉 (Cd)	O	O	O	O
六价铬 (Cr, VI)	O	O	O	O
多溴联苯 (PBB)	O	O	O	O
多溴二苯醚 (PBDE)	O	O	O	O

O: 表示该有毒有害物质在该部件所有均质材料中的含量均在 SJ/T 11363-2006 规定的限量要求以下。

X: 表示该有毒有害物质至少在该部件的某一均质材料中的含量超出 SJ/T 11363-2006 规定的限量要求。

根据中国电子行业标准 SJ/T11364-2006 和相关的中国政府法规, 本产品及其某些内部或外部组件上可能带有环保使用期限标识。取决于组件和组件制造商, 产品及其组件上的使用期限标识可能有所不同。组件上的使用期限标识优先于产品上任何与之相冲突的或不同的环保使用期限标识。



Battery Replacement

The rechargeable battery in iPod nano should be replaced only by an authorized service provider. For battery replacement services go to: www.apple.com/support/ipod/service/battery

Disposal and Recycling Information

Your iPod must be disposed of properly according to local laws and regulations. Because this product contains a battery, the product must be disposed of separately from household waste. When your iPod reaches its end of life, contact Apple or your local authorities to learn about recycling options.

For information about Apple's recycling program, go to: www.apple.com/recycling

Deutschland: Dieses Gerät enthält Batterien. Bitte nicht in den Hausmüll werfen. Entsorgen Sie dieses Gerätes am Ende seines Lebenszyklus entsprechend der maßgeblichen gesetzlichen Regelungen.

Nederlands: Gebruikte batterijen kunnen worden ingeleverd bij de chemokar of in een speciale batterijcontainer voor klein chemisch afval (kca) worden gedeponneerd.

Taiwan:



廢電池請回收

Türkiye: EEE yönetmeliğine (Elektrikli ve Elektronik Eşyalarda Bazı Zararlı Maddelerin Kullanımının Sınırlandırılmasına Dair Yönetmelik) uygundur.

European Union—Disposal Information:



This symbol means that according to local laws and regulations your product should be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. Some collection points accept products for free. The separate collection and recycling of your product at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Union Européenne—informations sur l'élimination

Le symbole ci-dessus signifie que vous devez vous débarrasser de votre produit sans le mélanger avec les ordures ménagères, selon les normes et la législation de votre pays. Lorsque ce produit n'est plus utilisable, portez-le dans un centre de traitement des déchets agréé par les autorités locales. Certains centres acceptent les produits gratuitement. Le traitement et le recyclage séparé de votre produit lors de son élimination aideront à préserver les ressources naturelles et à protéger l'environnement et la santé des êtres humains.

Europäische Union—Informationen zur Entsorgung

Das Symbol oben bedeutet, dass dieses Produkt entsprechend den geltenden gesetzlichen Vorschriften und getrennt vom Hausmüll entsorgt werden muss. Geben Sie dieses Produkt zur Entsorgung bei einer offiziellen Sammelstelle ab. Bei einigen Sammelstellen können Produkte zur Entsorgung unentgeltlich abgegeben werden. Durch das separate Sammeln und Recycling werden die natürlichen Ressourcen geschont und es ist sichergestellt, dass beim Recycling des Produkts alle Bestimmungen zum Schutz von Gesundheit und Umwelt beachtet werden.

Unione Europea—informazioni per l'eliminazione

Questo simbolo significa che, in base alle leggi e alle norme locali, il prodotto dovrebbe essere eliminato separatamente dai rifiuti casalinghi. Quando il prodotto diventa inutilizzabile, portarlo nel punto di raccolta stabilito dalle autorità locali. Alcuni punti di raccolta accettano i prodotti gratuitamente. La raccolta separata e il riciclaggio del prodotto al momento dell'eliminazione aiutano a conservare le risorse naturali e assicurano che venga riciclato in maniera tale da salvaguardare la salute umana e l'ambiente.

Europeiska unionen—uttjänta produkter Symbolen ovan betyder att produkten enligt lokala lagar och bestämmelser inte får kastas tillsammans med hushållsavfallet. När produkten har tjänat ut måste den tas till en återvinningsstation som utsetts av lokala myndigheter. Vissa återvinningsstationer tar kostnadsfritt hand om uttjänta produkter. Genom att låta den uttjänta produkten tas om hand för återvinning hjälper du till att spara naturresurser och skydda hälsa och miljö.

Brasil—Informações sobre descarte e reciclagem



O símbolo indica que este produto e/ou sua bateria não devem ser descartadas no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite www.apple.com/br/environment.

Apple and the Environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products.

For more information, go to:
www.apple.com/environment

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The Nike + iPod Sport Kit is covered by one or more of U.S. patent numbers 6,018,705, 6,052,654, 6,493,652, 6,298,314, 6,611,789, 6,876,947, and 6,882,955, either alone or when used in combination with a Nike + iPod enabled iPod media player.

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