

# Jabra Elite 45e

## How do I adjust sidetone to hear myself speaking during calls using Jabra Sound+?

### Prerequisites

- [Jabra Sound+ - Android](#)
- [Jabra Sound+ - iOS](#)

To turn on/off sidetone and adjust the sidetone volume, follow these steps.

1. Open the Jabra Sound+ app.
2. In the **Headset** menu, tap the **Settings**  icon on the top right.
3. Tap **Headset settings, Call experience**.
4. In **Active calls**, adjust the settings according to your personal preferences.

### Note

You may need to update the headset firmware to be able to adjust the level of Sidetone.

Download Jabra Sound+ from [Google Play](#) on your Android device or from the [App Store](#) on your iOS device.

## Applicable products



Jabra Elite 10 - Gloss Black



Jabra Elite 10 - Titanium Black



Jabra Elite 10 - Cocoa



Jabra Elite 4 - Dark Grey



Jabra Elite 4 - Lilac



Jabra Elite 4 - Light Beige



Jabra Elite 4 - Navy



Jabra Elite 5 - Black



Jabra Elite 8 Active - Caramel



Jabra Elite 8 Active - Black



Jabra Elite 8 Active - Dark Grey



Jabra Elite 8 Active - Navy



Jabra Evolve2 55 - Link390a MS Mono



Jabra Evolve2 55 - Link390a MS Stereo



Jabra Evolve2 55 - Link390a MS Mono



Jabra Evolve2 55 - Link390a MS Stereo



Jabra Evolve2 55 -  
Link390a UC Mono



Jabra Evolve2 55 -  
Link390a UC Mono



Jabra Evolve2 55 -  
Link390a UC Stereo



Jabra Evolve2 55 -  
Link390c MS Mono



Jabra Evolve2 55 -  
Link390c MS Stereo



Jabra Evolve2 55 -  
Link390c MS Stereo



Jabra Evolve2 55 -  
Link390a UC Stereo



Jabra Evolve2 55 -  
Link390c UC Mono



Jabra Evolve2 55 -  
Link390c UC Stereo



Jabra Evolve2 55 -  
Link390c UC Stereo



Jabra Evolve2 65 Flex  
- USB-A MS Stereo



Jabra Evolve2 65 Flex  
- USB-A MS Stereo



Jabra Evolve2 65 Flex  
- USB-A UC Stereo



Jabra Evolve2 65 Flex  
- USB-A UC Stereo



Jabra Evolve2 65 Flex  
- USB-C MS Stereo



Jabra Evolve2 65 Flex  
- USB-C MS Stereo



**Jabra Evolve2 65 Flex  
- USB-C UC Stereo**



**Jabra Evolve2 85 -  
USB-C MS Teams**

**Jabra Evolve2 65 Flex  
- USB-C UC Stereo**



**Jabra Evolve2 85 -  
USB-C UC Stereo**

**Jabra Evolve2 85 -  
USB-C UC Stereo with**



**Jabra Evolve2 85 -  
USB-A MS Teams**

**Jabra Evolve2 85 -  
USB-C MS Teams**



**Jabra Evolve2 85 -  
USB-C MS Teams**



**Jabra Evolve2 85 -  
USB-C UC Stereo -**



**Jabra Evolve2 85 -  
USB-A UC Stereo with**



**Jabra Evolve2 85 -  
USB-C MS Teams**



**Jabra Evolve2 85 -  
USB-A UC Stereo -**



**Jabra Evolve2 85 -  
USB-A MS Teams**



**Jabra Evolve2 85 -  
USB-A UC Stereo -**



**Jabra Evolve2 75 -  
USB-C UC with**



**Jabra Evolve2 75 -  
USB-C UC - Beige**



**Jabra Evolve2 75 -  
USB-C MS Teams with**



**Jabra Evolve2 75 -  
USB-A UC with**



**Jabra Evolve2 75 -  
USB-C UC - Black**



**Jabra Evolve2 75 -  
USB-C MS Teams -**



Jabra Evolve2 75 -  
USB-C MS Teams -



Jabra Evolve2 75 -  
USB-A MS Teams -



Jabra Evolve2 Buds -  
USB-C MS - Wireless



Jabra Evolve2 Buds -  
USB-A UC - Wireless



Jabra Evolve2 Buds -  
USB-C UC



Jabra Evolve2 65 -  
USB-C UC Stereo -



Jabra Evolve2 Buds -  
USB-A MS - Wireless



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 Buds -  
USB-C MS



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 65 -  
USB-C UC Stereo with



Jabra Evolve2 65 -  
USB-C UC Stereo -



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 65 -  
USB-C UC Mono -



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 85 -  
USB-A UC Stereo



Jabra Evolve2 85 -  
USB-A MS Teams



Jabra Evolve2 65 -  
USB-A UC Stereo -



Jabra Evolve2 65 -  
USB-A UC Mono -



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve 65e UC

Jabra Evolve2 85 -  
USB-C UC Stereo -



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve2 65 -  
USB-A UC Mono with



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve2 85 -  
USB-A MS Teams

Jabra Evolve2 65 -  
USB-A UC Stereo with



Jabra Evolve2 65 -  
USB-A UC Stereo with



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve 65t UC

Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve2 65 -  
USB-A UC Mono -



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve2 75 -  
USB-A UC - Beige



Jabra Evolve2 75 -  
USB-A MS Teams



Jabra Evolve2 Buds -  
USB-A UC



Jabra Evolve2 Buds -  
USB-A MS



Jabra Evolve2 75 -  
USB-A MS Teams -



Jabra Evolve2 Buds -  
USB-C UC - Wireless



Jabra Evolve2 65 -  
USB-C UC Mono with



Jabra Evolve2 65 -  
USB-C UC Mono -



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 65 -  
USB-A UC Stereo -



Jabra Evolve2 75 -  
USB-A UC - Black



Jabra Evolve2 65 -  
USB-C UC Stereo with



Jabra Evolve2 65 -  
USB-C MS Teams



Jabra Evolve2 65 -  
USB-A MS Teams



Jabra Evolve2 65 -  
USB-C UC Mono with



Jabra Evolve2 65 -  
USB-A UC Mono with



**Jabra Evolve 65t MS**



**Jabra Elite Active 75t - Mint**

**Jabra Evolve 65e MS**



**Jabra Elite Active 75t Wireless Charging -**

**Jabra Elite Active 75t - Copper Black**



**Jabra Elite Active 65t - Amazon Edition**

**Jabra Elite 65t - Gold Beige**



**Jabra Elite Active 75t - Navy**



**Jabra Elite Active 45e - Mint**



**Jabra Elite Active 45e - Navy**



**Jabra Elite Active 65t - Titanium Black**



**Jabra Elite Active 65t - Copper Red**



**Jabra Elite 85t - Titanium Black**



**Jabra Elite Active 45e - Black**



**Jabra Elite 85t - Grey**



**Jabra Elite 85h - Copper Black**



**Jabra Elite 85h - Titanium Black**



**Jabra Elite 85t - Grey with 2 wireless**



**Jabra Elite 75t - Black**



**Jabra Elite 85h - Black**



**Jabra Elite 85h - Gold Beige**



**Jabra Elite 7 Sport - Black**



**Jabra Elite 75t - Titanium Black**



**Jabra Elite 65t - Titanium Black**



**Jabra Elite 75t Wireless Charging -**



**Jabra Elite 75t - Gold Beige**



**Jabra Elite 75t Wireless Charging -**



**Jabra Elite 7 Pro - Black**



**Jabra Elite 7 Pro - Gold Beige**



**Jabra Elite 7 Active - Navy**



**Jabra Elite 7 Active - Black**



**Jabra Elite 45h - Navy**



**Jabra Elite Active 75t Wireless Charging -**



**Jabra Elite 65e**



**Jabra Elite 45h - Titanium Black**



**Jabra Elite Active 65t - Copper Blue**



**Jabra Elite 5 - Gold  
Beige**



**Jabra Elite 45h -  
Copper Black**

**Jabra Elite 45h - Gold  
Beige**



**Jabra Elite 45h - Black**

**Jabra Elite 65e -  
Copper Black**



**Jabra Elite 4 Active -  
Black**

**Jabra Elite 4 Active -  
Navy**



**Jabra Elite 5 -  
Titanium Black**



**Jabra Elite 45e**



**Jabra Elite 3 - Light  
Beige**



**Jabra Elite 45e -  
Copper Black**



**Jabra Elite 4 Active -  
Mint**



**Jabra Elite 3 Active**



**Jabra Elite 3 - Dark  
Grey**



**Jabra Elite 3 - Lilac**



**Jabra Connect 5t -  
Titanium Black**



**Jabra Elite Active 75t  
- Titanium Black**



**Jabra Elite Active 75t  
-Sienna**



**Jabra Elite Active 75t  
- Dark Grey**



**Jabra Elite 85t - Black**



**Jabra Elite 65t -  
Copper Black**



**Jabra Elite 85t -  
Copper Black**



**Jabra Elite 7 Pro -  
Titanium Black**



**Jabra Elite 45e - Gold  
Beige**



**Jabra Elite 3 - Navy**



**Jabra Elite 85t - Gold  
Beige**



**Jabra Elite 85h - Navy**



**Jabra Elite 7 Active -  
Mint**



**Jabra Elite 10 - Matte  
Black**



**Jabra Elite 10 - Cream**



**Jabra Elite Flex**



**Jabra Elite 8 Active  
Gen 2 - Navy**



**Jabra Elite 10 Gen 2 -  
Cocoa**



**Jabra Elite 10 Gen 2 -  
Titanium Black**



**Jabra Elite 8 Active  
Gen 2 - Olive**



**Jabra Elite 8 Active  
Gen 2 - Coral**



**Jabra Elite 10 Gen 2 -  
Denim**

**Jabra Elite 8 Active  
Gen 2 - Black**

**Jabra Elite 10 Gen 2 -  
Gloss Black**

**Jabra Elite 10 Gen 2 -  
Soft White**