

Android

1. Make sure the phone is in USB Storage mode.
2. Connect the phone to your computer via a USB cable.
3. Browse to your phone on your computer.
5. Look for a folder called media, if it's not there, create it by right clicking and choosing New Folder, then rename the folder to be "media".
6. Inside the media folder, you need a folder called audio, again, if it's not there create a new folder and name it "audio".
7. Inside the audio folder, you can create a subfolder for the sound category you want to change
 - ringtones – for sound files you want to use as ringtones
 - alarms – for sound files you want to use for any alarms
 - notifications – for incoming notifications such as SMS alerts, emails, etc
8. Copy the .aac files into the relevant folders.
9. Eject your phone and disconnect it from the computer.
10. Reboot your phone.
11. You should now see the sounds listed in the menu for selection in the relevant sound settings menu (to access the ringtone/notification settings, press the hard Menu key from one of your home screens, then press Settings then Sounds)