

5 principles to know if you regularly use headphones to listen to music

Headphones are a popular audio experience tool, however, if you often experience music with headphones without knowing the following rules, it may be a problem in the long run.

Today, accompanying smartphones are the earphones, this is considered a familiar companion for everyone anywhere. There is no denying the benefits that headphones bring to users such as helping you enjoy the music in the most complete and special way that does not affect everyone around. However, besides these advantages, there are also many shortcomings that it adversely affects the health of users, such as using headphones too often and listening to music too loud that auditory risk is impaired. reduction.

According to a report by the World Health Organization (WHO), about 1.1 billion people aged 12 to 35 use personal audio devices at an unsafe volume, potentially losing their ability. listen permanently. So how to use this device properly to protect your hearing. Please refer to the following principles.

1. Choose headphones that fit well



On the market, the most popular earphones are 3 types: hooded frame headphones, earbud (with pea-sized earplugs) and in-ear (almost like earbud but with rubber tip at the end to insert into in the ear).

If you like to enjoy the music fully and without being affected by the external sound environment, you can choose the type with the frame covered. With these product lines, do not choose cheap ones, because they are of poor quality and do not protect the ears. Instead you can choose simple, but really quality designs with good sound insulation, which will give you a really great experience. To be good for your music experience, you can choose earphones that cover the ear flaps, helping to prevent noise completely.

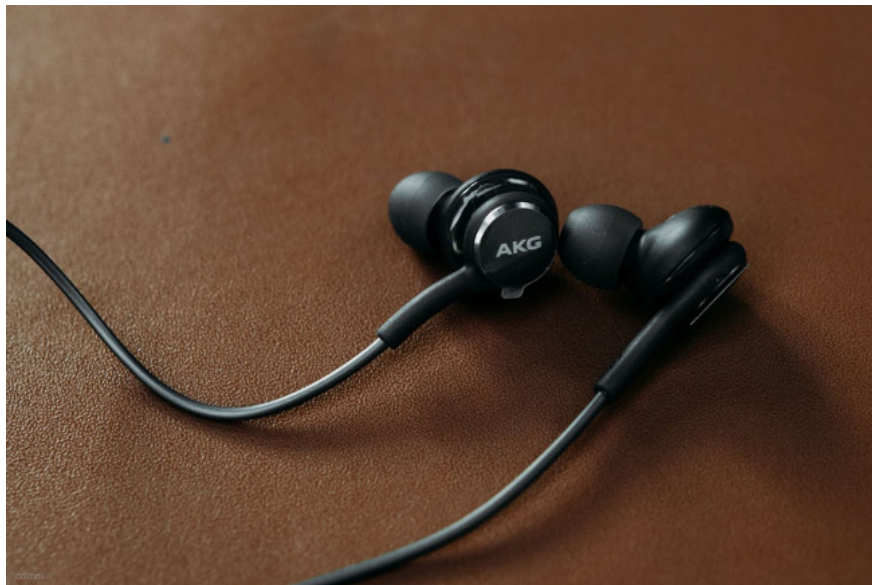
For earbuds or in-ear headphones, find out if you have a real headset or earpiece that fits well in your ear and ear canal, they will help you eliminate noise very well. Preventing external sound is important because we tend to push the volume up to hear more clearly if there is too much noise outside.

2. Time limit



Although you know how to limit the volume from 2/3 or less, but if you have a listening interest that is close to that, it can still cause negative effects if kept for too long. Therefore, to protect the ears, remember to loosen the ears and take a break after 60 minutes of listening to the music to avoid any possible damage.

3. Will in-ear headphones (rubbery) harm the ear?



Many people often think that in-ear headphones will block the ears, damage the ears, but this is a very wrong thought. In-ear is a favorite audio player in the world. With its unique design and rubber-covered layer on the headset, it has an elastic effect that fits snugly against the ears of all users, without causing ear pain like regular plastic foams, giving users a cover. Real experience while listening to music. In addition, when buying a headset, the manufacturer will give each pair of other 4-6 rubber foam pairs, full size and color so you can change it to suit you.

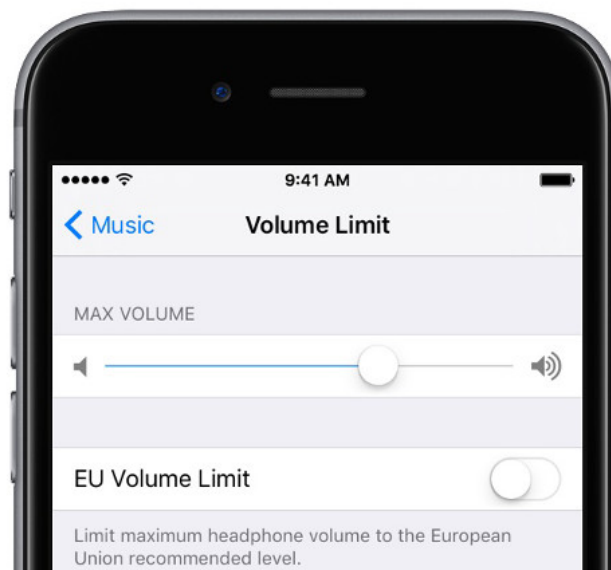
4. Choose to buy a negative headphones



Negative headphones are probably a relatively new name for many people. Negative headphones are headsets that have the function of both playing music and monitoring and recording sounds in the surrounding environment. They then used a special mechanism to emit a sound that suppresses the frequency of noise entering.

This method is completely unique, completely different from the regular headphones we use. With such a special feature, of course, their cost is not cheap at all, but please be assured 'whichever of it' they will not make you disappointed because you chose it to use .

5. Rule 2/3



According to experts' recommendations, the best sound intensity when listening to music to ensure your hearing is safe is 85 dB. However, we cannot measure this sound accurately, can we always carry a measuring machine

to test?

In fact, the maximum volume of almost all devices passing through the headphones is close to each other, so make sure you don't hear more than two thirds of their total volume. If your ears are more sensitive, it is good to hear at a baby's level, it is easier to avoid abuse of excessive volume.

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