

How to use wired headphones properly to protect your hearing

Using headphones incorrectly can affect your health and experience. Learn how to use standard wired headphones here

Headphones have become a familiar item in today's life. However, there are many people who are still using it incorrectly without even knowing it. This not only reduces the quality of the experience but also affects the user's hearing. So, what is the correct way to use wired headphones? Let's find out with TipsMake through the following article.

Reasons to wear headphones properly

It is not a coincidence that manufacturers will mark the right (Right – R) and left (Left – L) headphones. This is a way for users to distinguish and wear on the correct side. At the same time, wearing headphones properly will give you the most realistic and vivid sound experience.

Specifically, there will be two types of music developed for phones today: mono (single channel sound) and stereo (multi-channel sound). Accordingly, mono has sound signals coming from only one direction and when you use headphones, you will feel that both sides of the headphones will be the same. After that, even if one ear is removed, the sound will still retain its full content.

In contrast, stereo will have audio signals coming from many directions and sources. At that time, the sound can be distributed and spread from left to right, from right to left depending on each song as well as the intention of the musician.

Picture 1 of How to use wired headphones properly to protect your hearing

When you activate stereo mode, you will feel the sound flow from left to right and vice versa, or the two sides of the headset will play different content. For example, the left headset is the singer's sound, and the right one is the background music. They combine and blend together to create a complete work, while bringing new levels of emotions to the audience.

Thus, you need to wear the headset on the right side to clearly feel each sound being deposited inside. On the contrary, if you wear the headset on the wrong side, your experience will be greatly affected.

In addition to the above reasons, there are still reasons related to the user's health. Wearing headphones continuously and incorrectly will cause some typical harmful effects such as:

1. Wearing headphones incorrectly and listening to music with headphones continuously for 2 hours or more will affect the nerve cells in the cochlea, causing hearing loss and poor ability to hear sounds.

2. Listening to strong sounds for a long time and then falling asleep affects the central nervous system.
3. Wearing headphones while driving makes you lose concentration while driving and is dangerous for yourself and passersby.
4. Wearing headphones incorrectly, wearing headphones that do not fit your ears or wearing them for too long can also cause discomfort and ear pain.
5. If the earbuds are not cleaned, it can cause fungi and bacteria to grow, causing a number of conditions such as fungal infections, ear canal inflammation, etc.

>> **See more: The hottest Inpods i12 headphones today.**

Instructions for determining whether to wear headphones on the correct side

As mentioned above, headphone manufacturers will often leave an 'L' or 'R' symbol on the headset so that users can distinguish and use it properly. In particular, the symbol 'L' refers to the left ear and the symbol 'R' is used to wear the right ear.

Picture 2 of How to use wired headphones properly to protect your hearing

If you wear it incorrectly, your audio experience will be significantly reduced, especially for multi-channel sound effects. At the same time, your ears also feel pain and discomfort. Therefore, pay attention to this to ensure correct use of wired headphones when wearing them.

How to use wired headphones properly

Each type of headset will have a different way of wearing. Join TipsMake to learn how to wear and use wired headphones correctly here:

How to wear In-ear headphones

Definition: In-ear headphones (in-ear headphones) are headphones with compact speakers and sound pipes, with an elongated shape to easily fit deep into the ear. This headset has quite good sound transmission and sound insulation. The identifying feature of In-ear headphones is the rubber cushion.

Picture 3 of How to use wired headphones properly to protect your hearing

Steps to wear In-ear headphones properly:

1. **Step 1:** Place the headphone tip into the ear hole in the correct direction with the vertical length of the ear canal.
2. **Step 2:** Use your other hand to gently pull down the earlobe to widen the ear.
3. **Step 3:** Rotate the headphone tip so that it faces forward gently until the headset fits neatly in your ear.
4. **Step 4:** Stop holding the earlobe and use that hand to gently press the tip of the headset to make sure the headset is securely held in the ear.
5. **Step 5:** Do the same with the other ear.

Note:

1. Do not push the headphones too far into your ear canal.
2. If the headphones do not fit your ear canal, you can choose suitable ear tips or buy additional anti-slip support accessories to make the headphones more secure.

How to wear Earbuds headphones

Definition: Earbuds are a type of headset with a plastic rim and a speaker that sticks to the rim of the ear. Currently, on the market there are many popular Earbuds models such as AirPods, Mozart.

Picture 4 of How to use wired headphones properly to protect your hearing

Steps to wear Earbuds properly:

1. **Step 1:** Position the headset by slowly inserting it into the ear hole, the body of the ear should be facing forward slightly.
2. **Step 2:** Adjust the headphone cord to align with the jaw line.
3. **Step 3:** Do the same with the remaining headphones.

Note:

1. Earbuds don't have a very high grip, so you need to consider before buying, especially those with sweaty ears or the headphones are prone to slipping.
2. The noise canceling ability of Earbuds is also not as high as the other types. Therefore, this type of headset will not be too suitable when used in crowded places or outdoors.
3. When wearing, do not push the headset into the ear canal, but hang it at the ear crease.
4. When the headphones do not fit, you can buy additional accessories if it causes inconvenience while you jog or exercise.

How to wear Headphone headphones

Definition: Headphone (earphone) is a type of headphone with a strap on the head and a very large headphone cushion, capable of hugging the listener's entire ear area to limit sounds from the environment, while reducing noise. pressure on the ear walls.

Picture 5 of How to use wired headphones properly to protect your hearing

Steps to wear Headphones properly:

1. **Step 1:** After choosing the correct side to wear, place the headset around your head.
2. **Step 2:** Adjust the connection on both sides until it feels comfortable and fits your ears.
3. **Step 3:** At this point, you just need to apply both sides of the foam cushion to hug both sides of your chest for maximum comfort.

Note:

1. You need to regularly clean the ear cushions because this is the most dirty place on the headphone. If the ear cushions are dirty for a long time, your ears will become stuffy, itchy and uncomfortable.
2. When the ear cushions start to fray or tear because they are too old, you should replace the ear cushions with a new one to avoid affecting your experience.

General notes for wearing headphones properly

When using headphones, you need to remember the rule of 60 so as not to cause any impact on your hearing and ear health. Specifically, you should not listen to headphones for more than 60 minutes a day and each time you listen, you should not adjust the volume more than 60% each time.

As for Bluetooth headsets, you should not charge them while listening to avoid unnecessary risks and dangers. Besides, you also need to store your headphones in a specialized bag or box to keep them new and beautiful and avoid impacts and dust that affect the sound quality as well as the listening experience.

You should choose headphones that are the right size for your ear shape to avoid causing discomfort or ear pain, making the experience worse. For the tips, you can also choose 2 different sized tips for the same pair of headphones if your ears are not equal.

Finally, choose the type of headset that suits your exercise regimen. Over-the-head or behind-the-ear headphones will be suitable for those who often perform vigorous movements. Because they have good grip and don't slip off during practice. In addition, supporting accessories will also be a good suggestion for you!

Some tips for preserving headphones

After a period of use, the headphones may accumulate a lot of dirt and sweat. Therefore, you need to clean your headphones regularly, about once a month.

Picture 6 of How to use wired headphones properly to protect your hearing

It should be noted that, when cleaning the headphones, you must avoid letting parts related to the microchip come into contact with water or liquid.

Prepare the necessary tools such as: rubbing alcohol, paper towels, brushes, cotton swabs, warm water and soap. Then, you proceed with the following cleaning steps:

Clean Earbuds

1. **Step 1:** Use a clean brush and gently clean dust and dirt from the headphones. Note: Do not get the brush wet.
2. **Step 2:** Use a cotton swab dipped in a little alcohol to clean and thoroughly clean every detail of the headset.
3. **Step 3:** Add a little alcohol to the tissue and wipe the headphone cord.

Clean In-ear headphones

1. **Step 1:** Remove the rubber stopper of the headphones, then soak them in warm soapy water for about 20 minutes.
2. **Step 2:** After the above period of time, take out the rubber stopper, wash it again with clean water and drain.
3. **Step 3:** Insert the rubber stopper back into the headset.

Clean Headphones

1. **Step 1:** Use a soft, damp cloth to gently wipe around the headphone cushion.
2. **Step 2:** Dry with a clean paper towel.

Epilogue

Above is how to use wired headphones properly that you can refer to. Thus, wearing headphones properly not only avoids negative effects on hearing, but also brings a better experience to the listener. If you have any questions, you can leave a comment to receive support from TipsMake's team.

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