

How to wear headphones correctly in the most detailed way to protect your ears

Headphones are an everyday item not only for ordinary users, but especially for gamers! But not everyone knows how to wear headphones properly to hear the best sound as well as protect their ears!

To be able to relax, work and study with the best sound quality, headphones are indispensable. The market today has many types of headphones to suit the use and purpose of use, with the article below the writer will share with you the most correct way to wear headphones. Today's article, TipsMake will guide you on how to wear headphones properly for each type that everyone should know.

Simple way to wear headphones properly

There are many types of headphones with many different shapes and uses, each type will have its own correct way to wear headphones. However, below is the simplest way to wear headphones you can refer to:

Choose the right type of ear tips for your ears.

You should choose the right size ear tips for your ears. This will help you wear the headphones more securely and avoid the situation where the ear tips do not fit properly, causing discomfort and affecting the sound quality.

Wear the correct side of the headset

Normally, headphones like AirPods or headphones or AirPods will have a symbol on each side of the headset. The left side will be L (Left), and the right side will be R (Right). Therefore, you should pay attention to wearing the headset in the correct position.



In-ear headphones, earbuds

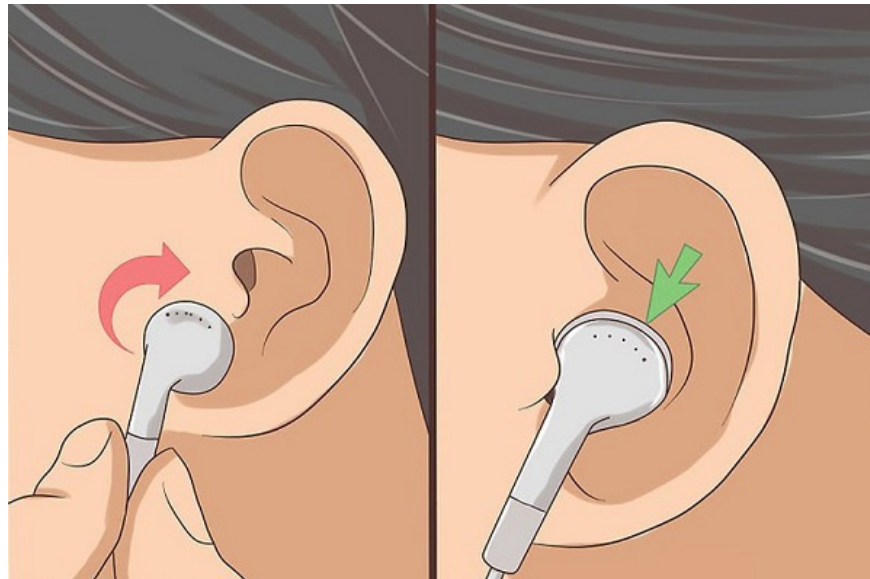
For in-ear headphones or earbuds with a compact, portable design, they are used by inserting them directly into the ear. Therefore, this way of wearing headphones is very important if you want to use it without affecting your ears much. You need to choose a headphone that fits the size of your ear, the headphone will be attached to the ear more firmly and not loose. You should also choose the right size of the rubber pad. Usually, these pads have at least 3 sizes that help reduce pressure on the ear canal, and you should use the size that fits your ear best.

Normally we just put the headphones in our ears, this way of wearing is fast but unscientific and inaccurate, using headphones for a long time will cause ear pain and is also very inconvenient to use.

To wear headphones properly, we must wear headphones around the ears. First, we will wear one side first. At that time, the head is slightly tilted to the other side, the hand goes around the head to pull the earpiece with just enough force, then attach the headphones to the ear so that they fit snugly.

Attention:

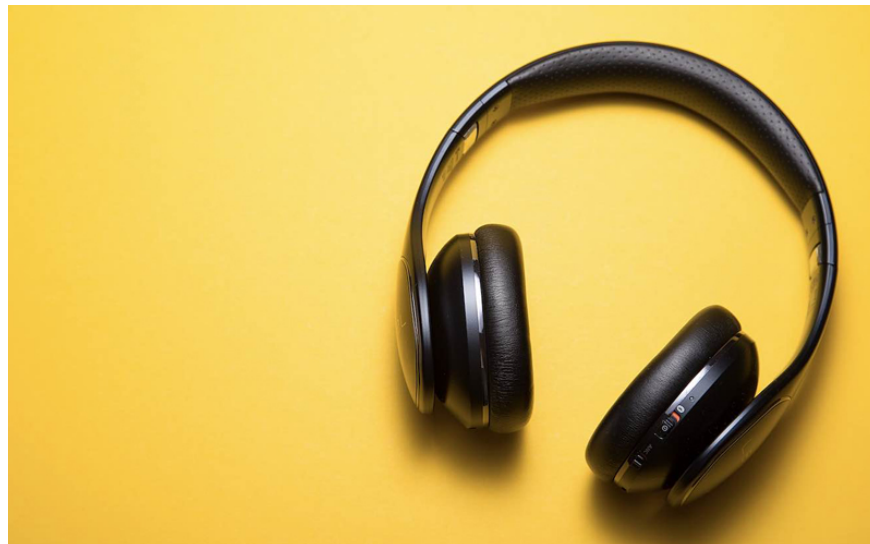
1. Don't push the earbud into your ear canal, let it hang in the gap at the outer part of your ear crease. Then do the same with the other side.
2. If the headphones do not fit the size of your ear canal, causing difficulty in running or exercising, you can search and buy additional accessories to solve this problem!



Headphone line

Headphones are easier to use because they have a strap on the head that reduces pressure on the ear wall, but if we do not know how to use them, they will also cause unwanted effects. The common way to wear headphones is to wear them over the ears, or wear them crookedly and press them into the ears, which will cause ear pain when worn for a long time.

So what is the correct way to wear headphones? First, you need to choose the right side of the headphones to wear, then cover the cushions on both sides of the headphones over your ears so that your ears are completely inside the cushions. Most headphone frames are adjustable, so if you feel uncomfortable, you can customize it to be the most convenient.



General notes when wearing headphones

1. When using any type of headphones, you need to make sure that it does not affect your hearing by applying the 60 rule. Specifically, you should not listen at more than 60% of the headphone volume and

- should not listen for more than 60 minutes a day.
2. For Bluetooth headsets, do not listen while charging to avoid danger during use.
 3. Wearing headphones incorrectly can have a negative impact on your ears or cause a poor sound experience. With the correct way to wear headphones, you will enjoy the best sound quality while also reducing the impact of wearing headphones on your ears. However, you should not use headphones for too long, besides, regular cleaning of headphones is also very necessary. Cleaning headphones helps users reduce skin diseases and helps keep them clean, increasing durability.

Conclude

Always be aware of protecting your ears and headphones, regularly checking your headphones periodically is also necessary to ensure quality, along with the correct way to wear headphones to protect your ears. For the best answers and advice, contact us immediately via hotline; 19001903. Wish you have the most comfortable music listening experience with your headphones.

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