

# If you do not want to affect your hearing, keep these in mind when using headphones

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Headphones are extremely familiar items, it helps you focus on enjoying melodious music and have effective resting moments. However, how to use headphones properly to not affect hearing? Let's take a look at **Quantrimang** below.



## I. Notes when using headphones

### 1. Choose headphones that are efficient, fit and soundproof

Usually when using headphones if you accidentally let noise out, you will often increase the volume to overwhelm the noise. However, this way of doing it accidentally makes the ears vulnerable.

To prevent external noise from reaching your ears while listening, you can refer to the following 2 ways:

1. Choose headphones with active noise technology: This is a high-end headset, with a microphone to record the sound of the external environment while playing music. Through processing, it will emit a type of reducing frequency in parallel with the music, eliminating the noise entering.
2. Choose headphones that fit your ears: If possible, you should try your ear before you buy, because a frame headset that fits within the ear / earloop will minimize the noise through. This is a way to prevent passive noise, not as active as the above.

## **2. Do not use headphones for too long**

Wearing headphones repeatedly for hours, many days will result in nerve cells in the cochlea overworking, negatively affecting the ears, and affecting the quality of life.

According to experts, 60 minutes is the most appropriate time to "relax" the ear so that no injury will occur.

## **3. Do not let the volume exceed the allowed threshold**

The sound intensity is recommended to be safe for ears when using music headphones is 85dB, but even if you know that number, we can't always be able to measure them and listen.

So how do we know when we miss this recommendation and need to lower the volume?

It's easy, make sure the volume level is not more than 2/3 of the maximum bar, you can adjust the sensitivity slightly more sensitive. This is a level that is considered close to a safe, acceptable point.

## **II. Harmful effects of wearing headphones constantly and improperly**

Here are some harms to your ears if you use non-scientific and non-scientific headphones:

1. Listening to music with headphones continuously for many hours, days, nerve cells in the cochlea overwork will cause fatigue to lead to ear flaring, hearing without understanding, the ability to perceive the voice less.
2. Hearing loss: Listening to sounds over 85db continuously for more than 2 hours a day and lasting for months will cause hearing loss.
3. Sound, too strong, long-lasting noise will cause continuous stimulation, resulting in hearing fatigue. Listening to music with great intensity, or listening before going to sleep and oversleeping will not only hurt the hearing organ but also affect the central nervous system.
4. Earplugs often cause moisture, easily knocking on the skin of the ear door as bacteria, fungal growth, causing external ear canal inflammation due to bacteria, eczema, fungal infection.
5. If you wear a headset that does not fit properly, the ear canal and ear canal will become sore and have a headache.

## **III. Instructions to wear headphones properly**

Wearing headphones around your ears is the recommended way for manufacturers and technology experts to recommend. This way you just need to insert the headset into your ear, loop the wire over the ear ring and behind your back.

1. This way of wearing will help the earpiece stay firmly in the ear and you don't have to worry about the ear falling off. At the same time, you can also comfortably move your hands without fear of being entangled in the earpiece strings before your neck.
2. When you wear the headphones properly, the sound from the earpiece to the ear is clearer, the sound is not played out, allowing you to enjoy the music with the best sound quality.

3. However, you should only use headphones for 2 hours / day to protect your health and hearing.  
At the same time, please choose the type of headset that is suitable for you, do not choose the type that is too big because it will cause ear pain, nor choose the type too small because it will make the sound out.

## **IV. Top most popular headphones today**

### **1. Sennheiser MX400 II Headset - Reference price: 219.000vnd**

Sennheiser MX400 earphones II high-quality speaker systems produce clear sound, powerful bass effects. The product is suitable for the line of mp3 players, Ipods or Iphone phones, . for you to mix with the most vivid sound.

The ability to perform very well with strong bass (bass). Designed to use with mp3 player, iPod, smartphone, phone . suitable for lively young music like pop, hip hop .

Products are warranted for 24 months.



### **2. Plantronics ML15 bluetooth headset - Reference price: VND 450,000**

Is a wireless bluetooth headset designed youthful and comfortable with the ear of Vietnamese people. You will not have any aches or soreness when you are wearing it, as its weight is quite light and the ear cushions are quite smooth, which makes discomfort feel non-existent. Plantronics ML15 is one of the Bluetooth headsets capable of connecting to Android, iOS and Windows Phone operating systems.

Plantronics ML15 headphones are quite effective in noise reduction, making it easy to talk when you're on a motorbike or in public places with lots of noise, thus ensuring you have good quality calls. The most and the clearest sound.

Products that use rechargeable batteries via the convenient Micro USB port along with large battery capacity allow continuous talk time of up to 6 hours and standby mode for up to a week.

### 3. Microlab K290 headset - Reference price: VND 270,000

Headphones with Microlab K290 earbuds equipped with thick, smooth ear cushions create a pleasant feeling for users to listen for a long time. Microlab K290 has 32Ω impedance, long frequency response from 20Hz - 20,000Hz helps you enjoy music with more genres.

Microlab K290 equipped with earphones made from Neodymium magnets brings professional and quality sound. 3.5mm jack allows you to connect to various music sources: Mp3 player, Mp4 player, CD / DVD player, tablet, smartphone, PC / notebook.



Hopefully, through this article, you will know how to use headphones properly to minimize bad impacts to your ears to help ensure health and maintain good hearing.

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