

# Reasons Why People Hang Their TVs Too High (And How to Avoid Them)

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This problem is so common that there is a subreddit called r/TVTooHigh that has attracted thousands of comments. Hanging the TV too high is not only unsightly, but it can also cause neck and eye pain when watching. So why do people make this mistake, and how can you avoid it? Find out below.

## 1. Misconception that the TV must be at eye level when standing

The golden rule for TV mounting is: Your eyes should be level with or slightly below *the center of the screen*. Typically, the center of the TV should be about 102-107cm (40-42 inches) from the floor. Of course, you can adjust based on your height, sitting upright/reclining habits, or personal preference. The most important thing is that you feel comfortable.



But hey: Unless you watch TV standing up, never use *standing* height to measure where to hang your TV!

## 2. Misjudging TV size

The bigger the TV, the more "tricking the eye". Many people see a large TV hanging high and say: "Oh, *that looks good!*". Don't trust your first impression!

Remember: The important number is the distance from the floor to *the MIDDLE* of the screen. If the middle is always 102-107cm, the bigger the TV, the less space there is from *the bottom edge* of the TV to the floor. So don't be afraid if your 75-inch TV hangs lower than you think – it has to!

### 3. Just looking at the furniture, forgetting the basic principles

When decorating the living room, many people hang the TV at the same level as the shelf or picture frame. The main purpose is to make the room "stylish", but forget that the TV viewing posture is what directly determines your comfort and health!

### 4. Default hanging on the fireplace

If you notice, many houses have European-style interior design with fireplaces (usually just for decoration) which are quite eye-catching. However, that is also why most people often put the TV right above the fireplace. That is not the right position.



You should never hang a TV over a fireplace, but many people think this is obvious . Perhaps because of the tradition of hanging pictures over fireplaces, it seems reasonable at first glance. However, not only is hanging over a fireplace definitely too high, but if you *actually use a fireplace* , it can also damage the TV.

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