

Using headphones properly to prevent hearing damage

Wearing headphones properly allows you to listen to music comfortably with great sound quality without worrying about ear pain, ear fatigue or poor sound quality.

Most of us today own a smart phone or a music player to enjoy the moments of relaxation with music. In order to have the best sound quality, it is indispensable for headphones, the market now has many different types of headphones, sizes and features to suit many people and many purposes. The following article will not introduce you to the types of headphones that will guide you how to wear the best headphones to help you both enjoy great music but still ensure safety for ears.



Currently most users often have two ways to wear a popular headset, one is to wear headphones directly into the ears and two and the earpiece over the ear, in which way do you usually apply?

1. Wear headphones directly into the ear



This is the most common way for most headphones users, this is not too picky and difficult to wear, we just need to take the headset and insert it directly into your ear, the string will point straight to the neck. The downside of this wearable style often makes us uncomfortable because the earphones are entangled in the neck. And this way of wearing often causes our ears to hurt, making the ears uncomfortable for a long time. And this way of wearing is said to be inaccurate and scientific.

2. Wear headphones around your ears



This is a way of wearing technology experts and manufacturers to recommend the best way to wear it and should wear it this way. This way you just need to insert the headset into your ear, loop the wire over the ear ring and behind your back. But this way is less popular.

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.

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.

However, to protect our health and hearing, we should not use headphones too long in the day, you should only use it for more than 2 hours.

Besides wearing headphones properly, choosing the right headphones is also very important. Therefore, please choose the type of ear that suits you, do not choose the type that is too big because it will cause ear pain, it is no longer too small because it will make the sound out.

3. How to clean the headset



A headset can contain a lot of dirt, sweat after using for a long time. More worrisome is that many people use the same headset, thus increasing the amount of bacteria that attach to the earpiece easily produces ear or skin diseases. To keep your headphones clean, you should regularly clean your headphones by using a small amount of detergent such as soap mixed with hot water and then use a soft, soaked cloth in the mixture and gently wipe on the headset. For headphones that use removable silicone earplugs, you should remove them completely and use a toothbrush to clean them. To go deep into the insert, use a cotton swab to dab the alcohol.

Use headphones properly as well as regular cleaning to get a clean headset that feels most comfortable to use. However, headphones are still electronic, so try to clean the parts that are related to the IC in contact with the liquid.

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