

What are Bluetooth headphones? The best guide to choosing the right ones in 2026.

Discover what Bluetooth headphones are and how the wireless connection works. Check out the criteria for choosing headphones that suit your needs.

The 3.5mm headphone jack is gradually being phased out on newer mobile devices, making the use of wired headphones inconvenient. In this context, Bluetooth headphones have emerged as the optimal audio solution. So, what are Bluetooth headphones and how do you choose the right product for your needs – studying, working, or gaming? Let's find out with GearVN in the article below.

Key points

1. Bluetooth headphones use a 2.4GHz wireless connection, replacing the 3.5mm jack, offering convenience and flexibility in use.
2. There are many design styles such as in-ear, over-ear, on-ear, and neckband, suitable for various needs such as studying, working, and sports.
3. Key advantages include ANC noise cancellation, transparency mode, touch controls, and support for virtual assistants.
4. When choosing a product, pay attention to battery life, latency, audio codecs, and design to ensure it suits your intended use.

1. What are Bluetooth headphones?

Bluetooth headphones are audio devices that use wireless technology to transmit data. They operate using radio waves in the 2.4GHz frequency band, allowing for easy connection to phones, tablets, or PCs without the need for physical cables.

Regarding the digital signal transmission mechanism, audio is encoded from the source device, transmitted via radio waves, and decoded directly at the speaker diaphragm. Standard versions such as Bluetooth 5.0, 5.4, etc., enhance stability, reduce interference, and optimize power consumption.

The current mobile device ecosystem prioritizes slim, lightweight designs and minimalist ports. Therefore, the removal of the traditional 3.5mm port has quickly made wireless headphones the new standard.



Bluetooth headphones offer convenient wireless connectivity.

2. Classification of popular Bluetooth headphones currently available

2.1. In-ear and true wireless headphones

In-ear and true wireless earbuds stand out with their compact design, good sound isolation, and convenient charging case, making them suitable for people on the go. However, they have the drawback of limited battery life and are easily lost if not handled carefully.



Compact and portable in-ear headphones.

2.2. Over-ear headphones

Over-ear headphones have large earcups that completely cover the ears, providing comfort and good sound isolation. Thanks to their large drivers, detailed sound, and strong bass, they are a suitable choice for gamers and content creators, although they can be a bit bulky and may cause ear discomfort.



Over-ear headphones with powerful sound.

2.3. On-ear and neckband headphones

On-ear headphones are designed to sit comfortably on the earlobe, providing a breathable and snug fit. Meanwhile, neckband headphones, with their secure neckband design, are the optimal choice for runners or those engaging in strenuous activity due to their excellent grip.



On-ear headphones provide a comfortable and breathable feel.

3. Why should you use Bluetooth headphones?

Bluetooth headphones are becoming increasingly popular thanks to their convenience and a range of integrated modern technologies. Not only do they provide a comfortable music listening experience, but they also offer users greater flexibility in their work and daily lives.

1. Free movement within a range of 10-15 meters, without being hindered by cables.
2. Active noise cancellation technology effectively eliminates background noise.

3. Transparency mode allows you to listen to music while still being aware of your surroundings.
4. Convenient touch controls, operate directly on the headphones.
5. Supports virtual assistants like Siri and Google Assistant for voice control.



Bluetooth headphones are becoming increasingly popular.

4. Criteria for choosing Bluetooth headphones

4.1. Selection based on needs and design

1. **Students and office workers** should prioritize in-ear or TWS headphones with a compact and lightweight design, and integrated noise-canceling microphones to ensure high-quality calls during online meetings.
2. **Gamers:** You need to choose over-ear or TWS gaming headphones with stable connectivity and accurate surround sound reproduction to pinpoint the sound space in the game.
3. **For athletes:** It is essential to choose equipment with a water resistance rating of IPX4 or IPX5 or higher to protect against damage from sweat and light rain.



Choose headphones according to your needs.

4.2. Battery life and charging technology

The current standard for TWS earbuds is typically 4-6 hours of continuous use per full charge, while over-ear earbuds can last from 15-30 hours. Integrating fast charging technology offers significant practical value, allowing the device to be fully charged for several hours of use with just 15 minutes of charging.

4.3. Audio Delay

For typical music and movie listening needs, audio latency won't be too bothersome. However, if you're a competitive gamer playing first-person shooters like Valorant or CS2, synchronization between video and audio is crucial.

Gamers should prioritize headsets with extremely fast data transfer speeds and audio latency below 60ms. For high-end peripherals, connecting via a separate 2.4GHz wireless dongle is considered the most effective solution to completely eliminate signal delay.



Latency affects the audio experience.

4.4. Sound quality and microphone for calls

Sound quality largely depends on the supported codecs. Popular codecs include AAC (for Apple devices), aptX, LDAC (for high-quality audio), and especially LC3 (included with LE Audio), which optimizes the balance between quality and power consumption.

5. Frequently Asked Questions

5.1. Should you buy Bluetooth headphones or wired headphones?

The purchasing decision depends on the trade-off between convenience and connection quality. If you prioritize mobility, choose Bluetooth headphones. Conversely, if you are a professional gamer who demands near-zero latency and uncompressed, pristine sound, wired headphones are the must-have.

5.2. Why do Bluetooth headphones experience audio lag when playing games?

Audio delay occurs due to the entire process of digital signal compression, transmission through the air, and decoding at the receiving device. This complex wireless process takes significantly longer to process than transmitting electrical signals directly through a physical cable.

5.3. How to choose Bluetooth headphones for beginners?

New users should prioritize lightweight, easy-to-wear in-ear headphones with basic noise cancellation. Ensure the device uses Bluetooth 5.0 or higher for stable signal transmission and only purchase from brands with transparent warranty policies.



Prioritize a compact, lightweight, and easy-to-wear in-ear headphone design.

This article has provided a detailed definition of what Bluetooth headphones are, how to classify them, and the technical criteria for choosing the most suitable product. Users need to clearly define their needs for work, gaming, or sports, along with their planned budget, before purchasing.

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