

Young people face scary symptoms from using noise-canceling headphones

Noise-cancelling headphones discovered to be 'silent enemies' threatening young people's brains?

Experts warn of a worrying link between overuse of noise-canceling headphones and brain development in young people. And could the noise-canceling headphones you wear every day be the culprit behind your hearing problems?

The modern world is filled with noise, making noise-canceling headphones a lifesaver for many. However, audiologists are sounding the alarm about the potential effects of routinely blocking out ambient sounds.



Noise-canceling headphones are thought to cause auditory processing disorders.

They believe that overuse of noise-canceling headphones, especially among teenagers, can slow auditory development and lead to auditory processing disorder (APD). APD makes it difficult for the brain to interpret sounds and speech, affecting the ability to concentrate and communicate.

A study in the UK found that more and more young people are being diagnosed with APD, despite their ears being completely normal. Sophie, 25, is a typical example. She has difficulty understanding speech and has to rely on subtitles when watching movies and listening to lectures. The habit of wearing noise-canceling headphones for 5 hours a day is said to be the cause of this condition.

Reports suggest that the number of young people being diagnosed with APD, despite having completely normal hearing, is on the rise, raising questions about the long-term effects of noise-cancelling headphones on brain

development.

While noise-canceling headphones are important in protecting hearing from loud noises, excessive use, especially among young people, can have unintended consequences. Experts recommend that users balance the use of noise-canceling headphones with exposure to natural sound environments to ensure the comprehensive development of the brain.

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