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Subject: Re: Measuring through earbuds

Posted by [Becky](#) on Thu, 06 Nov 2025 18:13:22 GMT

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That's a good question! You can use a free decibel meter app on your phone, just put one earbud close to the phone's mic and play the music at its usual volume. It won't be exact, but it gives a rough idea. Safe listening is usually under 85 dB, so if it's louder than that, it's best to turn it down. Some phones also have built-in volume limit settings you can use for kids.

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