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Subject: Earphones: is it dangerous?

Posted by [Yurimi](#) on Thu, 17 Mar 2016 08:15:25 GMT

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I can't go anywhere without my earphones. Whenever I need music to cure my mood, I listen to it via earphones almost all the time. I like how the music is so close to my ears, I can hear the vocals, instruments (bass!), and chords better. It improves my musical experience and helps me to appreciate music better. Unfortunately, my parents and friends often nag me that I use earphones too much and too loud. Is it really that dangerous? Any limitations I should be aware of?

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Subject: Re: Earphones: is it dangerous?

Posted by [Finn](#) on Thu, 17 Mar 2016 16:01:02 GMT

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I think there is a danger in using headphones too much. Do you use earbuds all the time or is it the bigger headphones that cover your ears? Earbuds are more of a danger because they get placed directly in the ear canal. Maybe you should try and limit your usage a bit, or turn it down some in the future.

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Subject: Re: Earphones: is it dangerous?

Posted by [Azuri](#) on Fri, 18 Mar 2016 20:22:47 GMT

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Everything in moderation. If you are questioning whether it is a problem, then it probably is.

The big padded ones are probably better for your hearing though.

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Subject: Re: Earphones: is it dangerous?

Posted by [Yurimi](#) on Sun, 10 Apr 2016 13:54:48 GMT

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Thanks, guys. I'm using the ones that enter ear canal directly because that's how mobile phone's modern earphones are designed. Will it help if I put a soft sponge around it like old-style earphones? I have decreased the volume to around 2-3 (maximal volume is 10).

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