

## **Studio Monitoring**

Wherever possible listen through monitor speakers rather than headphones because:

- Headphones can cause greater listening fatigue and deafness.
- You can create a more balanced mix using monitor speakers. Your ear isn't designed to have sound sources so close (headphones).

Listen at a comfortable level when you use monitor speakers. You need to hear the quality of the recording but you also need to protect your hearing.

### **Wearing headphones when recording:**

Pros:

- You can hear how you sound - too close or distant from the microphone
- You can hear if there is a technical problem (interference etc)
- You can hear if you pop
- You can hear other sound elements (like audio cuts, interviewee etc)
- You can hear the producer giving you instructions

Cons:

- Your performance can be adversely affected.  
e.g if your headphones are up to loud it can alter your presentation style
- You may get audio feedback (a high-pitched squeal)

A good compromise is to wear your headphones only on one ear.