

Picking Your Perfect Headphones for the Safe and Sound Protocol

Getting the right headphones for SSP is key to making the most out of your listening sessions. SSP music has been specially filtered to produce frequencies that stimulate the muscles of your middle ear - and in turn the vagus nerve. This is how we reset the nervous system. Using the wrong type of headphones means you may not experience the full range of benefits on offer.

WHAT YOU NEED:

Wired, Over-Ear Headphones

Wired headphones are your best bet. Unlike Bluetooth, they won't cut out mid-session, which could interrupt your listening. Over-ear models also give you a more immersive sound, which is important for SSP. Earbuds are not appropriate.

[You can learn more here.](#)



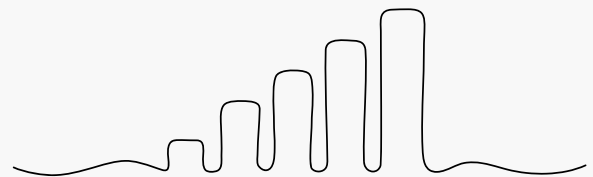
No Noise-Canceling Tech

Avoid headphones with active noise-canceling (ANC) features. These block important background sounds that are part of the SSP experience. Instead, stick to regular, non-noise-canceling (passive) headphones.

[You can learn more here.](#)

No Sound Tweaks

Skip the fancy equalizers or sound adjustments. These can mess with the SSP music, which needs to be heard exactly as it is.



AN IMPORTANT NOTE ON SMART PHONES WITH NO HEADPHONE JACK

With certain smartphone models, you've probably noticed there's no traditional headphone jack. But don't worry! You can still use wired headphones with a simple 3.5mm adapter.

These adapters are easy to find at stores like Best Buy, Amazon or the Apple Store, and they let you connect any wired headphones to your smartphone.

[You can learn more here.](#)



THE SSP WELLNESS CENTER
FEEL SAFE AND SOUND

Our Top Headphone Picks for SSP

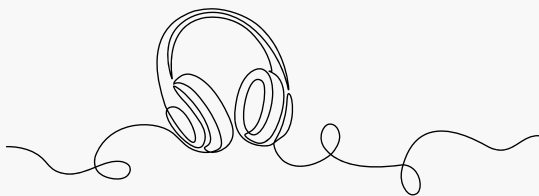
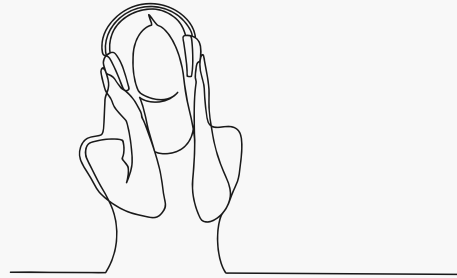
Finding the right headphones for SSP doesn't have to be complicated! The trick is to get something comfy with good sound quality, without any fancy noise-canceling or extra sound tweaks. Whether you're going all out, want something solid but affordable, or need to stick to a budget, we've got three great options here.

OUR TOP PICKS:

Mid-Range Option: Sony MDR-7506

These are a great balance of price and performance. They're a favorite in studios and perfect for SSP.

These are readily available online and from Amazon



Budget-Friendly Option: OneOdio Wired Over-Ear Headphones

Very effective and won't break the bank - we've had great success with this budget option.

These are readily available online and from Amazon

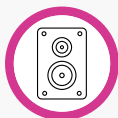
Kid-Friendly Option: JLab JBuddies Studio Kids Wired Over-Ear Headphones

Cute and cheap - these simple kids headphones do the job with no frills.

These are readily available online and from Amazon

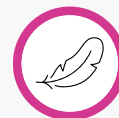
WHAT IF I, OR MY CHILD, CAN'T WEAR HEADPHONES?

Not everyone is comfortable wearing headphones—whether it's because of sensory sensitivities, tinnitus, or other reasons. Don't worry - there are ways around this.



USE SPEAKERS

Using speakers may be ok for young kids, those with mild tinnitus, or those who really can't handle headphones. Speakers won't provide the same precision as headphones, so this should be done with our guidance.



ADJUST FOR SENSITIVITY

If headphones feel too overwhelming, you can start with shorter listening times and work your way up. Talk to your provider for tips on how to gradually ease into it

