Tech Spotlight: An Ode to Bluetooth Headphones

Bluetooth headphones. I LOVE Bluetooth headphones. I have been an avid exerciser since my teens. I used to run with a Walkman and then a Discman. That was a whole other problem. The whole time you were exercising there was a cord connecting you to your music or in my case, podcasts. It rubs on your skin, gets caught on your clothes, gets randomly unplugged or worse the AUX adapter gets damaged by tripping. This could damage your headphones or your device you were using impeding sound quality or ruining them all together and making them trash. Plus there was always the tangle of wires to contend with.

Bluetooth headphones take a way “most” of these frustrations. Bluetooth technology transmits a signal from whatever devise is sending the signal to whatever device is receiving it; in my case, from my phone to my headphones or even.

To use this technology, you need to make sure both devices are Bluetooth enabled and have the software necessary to run and connect properly. On a phone look in settings to find “ Bluetooth” then “connect” and look for the name of the device you want to “pair”. Then activate “pairing” on both devices so they can “see” and “recognize” each other. Once your device is connected, there should be a “connected” next t the name of the device. Now whatever sound you want to come though from your phone to your headphones should be sent via the Bluetooth signal.

The technology is not perfect, if there is to much wind of interference then they might not pair or the signal may be dropped. The quality of performance is largely based on consumer sound quality but for testing purposes its measured in bytes.

The first wireless Bluetooth device I used was a hands-free phone earpiece. It was terrible. It dropped calls all the time, was unreliable in connecting to my phone and the sound quality was terrible. I was about six years before I tried again with a pair of headphones. I have been through several different pairs of headphones in the past 5 years and they just keep getting better, more reliable and more durable.

For me personally, Bluetooth headphones have made a huge difference in my life. I am more productive when I can listen to podcasts. I can passively learn and accomplish tasks at the same time. Also, as a women living in the city, they cat as a bit of armor. I an pretend to not hear men’s disgusting advances and just keep walking. In that same way they may actually be a determent to society by reducing interaction. Not holding people accountable for unacceptable behavior but also isolating people that may in fact need more interaction.