

Noise-canceling earphones' downsides

I wish someone told me earlier about the downsides of wearing noise-canceling headphones.

- Downside
- noise-canceling headphones

Today I learned that the high-pitched noise in my ear is tinnitus.

- High-pitched noise
- Tinnitus

I wouldn't wish this sh*t on my worst enemy.

Tinnitus fits the definition of insanity.

- Fit the definition of
- Insanity

Imagine every moment of your day being punctuated by a deafening high-pitched noise. That's what my life is now like.

- Punctuate
- Deafening

How it happened

I spent my youth in nightclubs and playing drums. By my 20s, I gave up music.

- By my 20s, I gave up physics.
- I spent my youth in library.

But I still loved listening to music and pumping tunes.

- Pumping songs, I love listening it too.

Rewind to two years ago.

- Rewind

My girlfriend gifted me a pair of Bose noise-canceling headphones.

- gift sb. sth.

I've said many times online that these headphones help me get into a deep flow state and block out all the noise.

- Get into a deep flow
- Block out all the noise.
 - *When I was living in Xiamen 3 years, and I was preparing the graduate entrance exam, but a new building of the school was in build, the noise was deafening, so I want to block out all the noise at*

this time.

The problem is I f*cked it up.

I've worn the headphones most days for the last 2 years during the entire 8-hour workday.

2.5 weeks ago, the high-pitched noise I used to get after work stopped going away like it normally does.

I saw the doctor today and got told it's tinnitus.

Oh ... and there's no cure

- there's no cure

Takeaway

Wearing headphones every day can screw up your ears.

- Lower the volume of your music (by a lot).
 - Take breaks from headphones.
 - Have days when you don't wear headphones.
 - Wear earplugs at loud concerts.
 - Use speakers in your office instead of in-ear headphones.
 - I have no idea how I'm going to live with this. But I must.
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- Earplugs
 - Speakers insted of in-ear headphones
 - I have no idea how I'm going to living with this. But I must.

Don't be a d*ckhead like I was. You get one pair of ears. Look after them.