



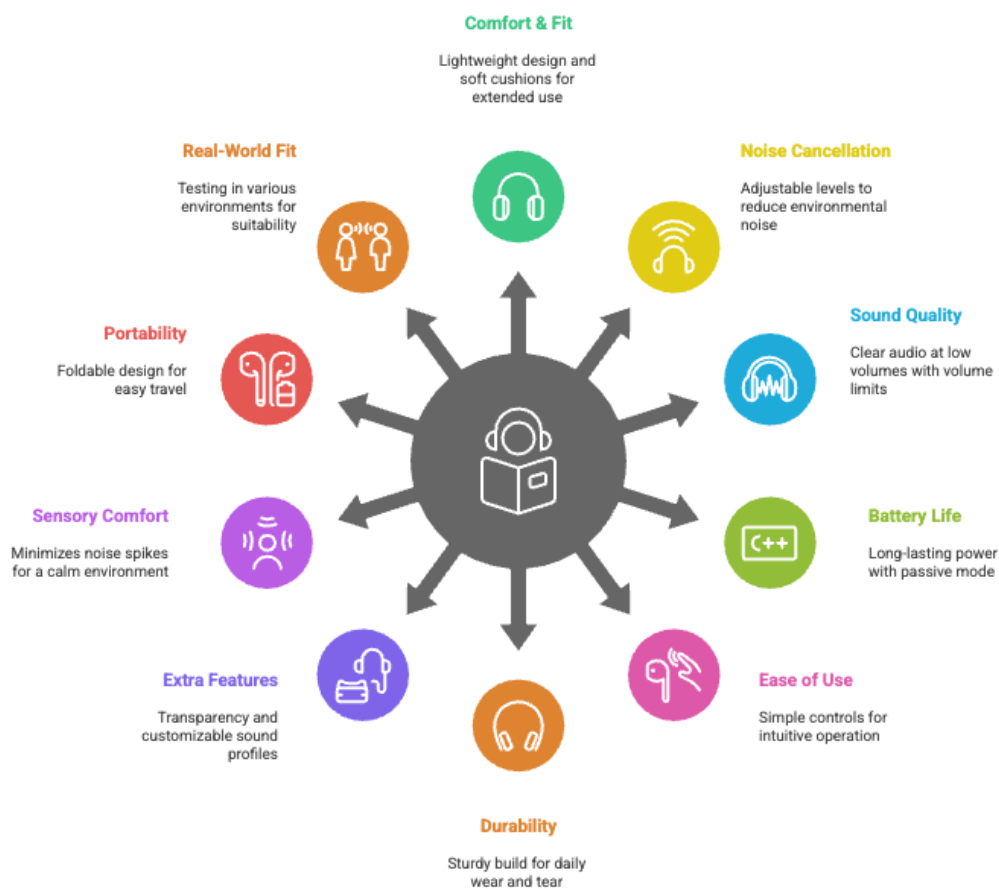
Sensory Headphone Buyer's Checklist | 101Autism

Use this quick checklist to make sure the headphones you're considering meet the sensory needs of the person using them — whether it's a child, teen, or adult on the autism spectrum.

- ☐ **Comfort & Fit:** Lightweight design, soft ear cushions, low clamp pressure, and an adjustable headband.
- ☐ **Noise Cancellation:** Adjustable ANC levels to customize sound reduction for different environments.
- ☐ **Sound Quality:** Clear, balanced audio even at low volumes. Built-in volume-limiting features (especially important for children).
- ☐ **Battery Life:** 30+ hours recommended. Check for passive mode so the headphones still work if the battery runs out.
- ☐ **Ease of Use:** Simple, intuitive controls with clearly marked buttons or touch features.
- ☐ **Durability:** Sturdy construction, reinforced materials, and detachable cables to withstand daily use.
- ☐ **Extra Features:** Transparency/ambient sound modes, customizable sound profiles, or app-based control options.
- ☐ **Sensory Comfort:** Features that minimize unpredictable noise spikes and help maintain a calm, controlled sound environment.
- ☐ **Portability:** Foldable or compact design, carrying case for travel or school use.
- ☐ **Real-World Fit:** Test the headphones in real environments (school, commute, public spaces) before finalizing your choice.



Sensory-Friendly Headphone Features



Made with Napkin