

Jabra Elite 8 Active - Dark Grey

What can I do to reduce internal noise caused by bone conduction?

Due to the in-ear wearing style of your Jabra earbuds, your sound experience may be affected by bone conduction. Bone conduction is the transfer of sound to the inner ear primarily through the bones of the skull.

You may hear background sounds, such as your own footsteps or chewing, travel through the bones in your head rather than through the air. This sensation would be similar to hearing these sounds while using your fingers to plug your ears.

To reduce the sensation of bone conduction, try a different sized EarGel to get a slightly looser fit. If your earbuds support the HearThrough feature in the Jabra Sound+ or Jabra Sport Life app, try using this setting to let in surrounding sounds.