

## QuietOn 3 Testing Scenarios

Below are a few recommended testing scenarios for QuietOn 3. These scenarios focus on low frequency sounds, including home appliances and traffic noises, which typically keep us up at night. QuietOn 3 was designed to reduce those low frequency sounds to deliver a better night's sleep.

### Scenario 1: Home appliance

- Place the correct side earbuds in both ears. Reference [this guide](#) to make sure they are inserted properly and that you're wearing the right size.
- Wait 15-20 seconds for the earbuds to expand and create an airtight seal in your ears. The change will be gradual as the device adjusts.
- With the correct size earbuds properly inserted in both ears, stand next to a home appliance (dishwasher, washing machine, refrigerator, AC unit etc.) that makes a low-frequency rumbling noise. The hum of the appliance should be significantly reduced. In the same position, remove the earbuds to notice noise level increase.
- Then, if you're typically able to hear the appliance in a separate room, test that as well. From another room, the sound of the appliance should be very faint or even completely eliminated.
  - Note: Appliance noise that comes through the walls, rather than appliance noise that is in the same room, is more likely to keep someone up at night.

### Scenario 2: TV in a separate room

- Place the correct side earbuds in both ears. Reference [this guide](#) to make sure they are inserted properly and that you're wearing the right size.
- Wait 15-20 seconds for the earbuds to expand and create an airtight seal in your ears. The change will be gradual as the device adjusts.
- With the correct size earbuds properly inserted in both ears and the TV on, go into a separate room. The sound of the TV should be significantly reduced, if not eliminated entirely. In the same position, remove the earbuds to notice noise level increase.
- Note: this testing scenario is most effective in homes where the TV can be heard through the walls in other rooms – as opposed to a more open floor plan.

### Scenario 3: Traffic

- Place the correct side earbuds in both ears. Reference [this guide](#) to make sure they are inserted properly and that you're wearing the right size.
- Wait 15-20 seconds for the earbuds to expand and create an airtight seal in your ears. The change will be gradual as the device adjusts.
- With the correct size earbuds properly inserted in both ears, stand in an area of your home where you typically hear traffic/street noises. Those low-frequency sounds should be significantly reduced, if not eliminated entirely.



- In the same position, remove the earbuds to notice noise level increase.

#### Scenario 4: AirPods vs QuietOn 3

- Put in your AirPods Pro and turn on noise cancelling; they'll feel really effective in blocking out sound
- Take one of the Airpod buds out of your ear and keep it tightly in your hand (to ensure noise cancelling isn't automatically turned off); you can also manually turn back on noise cancelling through the iOS screen
- Once confirmed that ANC is still on despite only one Airpod being in, place the QuietOn 3 in the other ear
- Wait until the QO3 bud is totally sealed (15 seconds) and then start listening to a low-frequency noise (like dishwasher or stove hood)
- Rotate your body to the sound source, so each ear – and bud – has an opportunity to listen; it should be clear that QO3 is more effective in blocking out sound than the Airpod Pro when doing the rotational comparison

