

The Best Headphones for Running, Working From Home, Meditating, and More

SHOPPING > HEADPHONES

BY MICHAEL TEDDER 11:45 AM EDT



Courtesy of Amazon

We all need to drown the world out every so often. But since you probably don't have a sensory deprivation tank at home, headphones will have to do.

It's easy to find a basic pair of headphones for \$20 or so at your local drug store. But because they are usually made of the cheapest material possible, you can expect those headphones to break in about a month — and the sound to be subpar while they actually do work. Therefore, it's worth it to spend a little more money for a pair of headphones that sound great and will last for a while.

Before buying new headphones or earbuds, it's important to know what your main reason for using them will be. Are you the sort of audiophile who wants a high-end pair so you can appreciate every single note of [Steely Dan's Aja](#)? That's great, but you might not want to take an expensive pair with you when you jog if those bulky headphones are best suited for lounging on the couch. Maybe you need headphones to make your telecommuting job easier, or you're a musician yourself and you need a pair to help you mix your latest mixtape.

Whatever your audio needs are, there's a set of headphones or earbuds just for you. To help you figure out what you should be listening with, we ask experts what headphones they recommend as part of our [ongoing product recommendation series](#).

Best Ear Buds Overall

Apple AirPods Pro: \$249



Courtesy of Amazon

Maybe you've had your eye on [Apple AirPods](#) for a while. If you're worried they won't stay in place during a run or won't give you the sensation a traditional headphone would, then Kells McPhillips, a staff writer for the wellness and self-care resource [Well+Good](#), says not to worry.

"Every time I slip my AirPods Pros in my ears before a run, I can close my eyes and almost imagine that I'm about to go screaming down a country road at 100 miles per hour in a Maserati blasting Avril Lavigne or Lizzo or Florence and the Machine," she says. "The sound quality and noise cancellation features allow the music to take over your eardrums in a way that can only be described as euphoric. And since so much of my love of running revolves around my more pronounced love of listening to music while running, it's a feeling that can't be beat. It never gets old."

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