

This list contains headphone models that meet BENAUDIRA standards and are particularly well suited for training central auditory processing.

Each of the listed headphones is equally suitable for auditory training.

The effectiveness of the training is ensured even with the most affordable model, as all listed headphones have an appropriate frequency response.

**These models have been acoustically tested and approved by the BENAUDIRA Institute.**

**Please do not use any other headphones, as not all are suitable for the method!**

As the price increases, the sound quality of the headphones improves. If you plan to use the headphones for general music enjoyment after completing the auditory training, it may be worth investing in one of the higher-end models.

Some models are not available in standard electronics stores but can be found online.

Prices are not listed in this overview because they are subject to fluctuations and can vary from country to country.

At the time this list was created, the most affordable models cost around \$25, while the most expensive ones were approximately €170.

\$ = inexpensive      \$\$ = mid-range      \$\$\$ = high-end

**AKG - K 52**      \$\$

**AKG - K 72**      \$\$

**AKG - K 271 MKII**      \$\$\$

**Audio-Technica - ATH-M50x**      \$\$\$

**Beyerdynamic - DT 770 Pro 80 Ohm**      \$\$\$

**JBL by Harman - JR310 (ohne "BT"!)**      \$ These headphones are well suited for young children with small heads.

**Koss - Porta Pro (ohne Bluetooth!)**      \$\$

**Panasonic - RP-HF100M**      \$

**Philips - TAH2005BK/o**      \$

**Sennheiser - HD 569**      \$\$\$