

MY HEARING PROTECTION HEADSET FOR COWORKING SPACES

BY MIRKO THULKE, 2025



WHAT IS IT?

A cost-effective USB hearing protection and microphone solution.

BLUETOOTH HEARING PROTECTION HEADSET

3M WorkTunes™ Connect Bluetooth Headset

For office use, I recommend pairing it with an external gooseneck microphone, similar to those often used by gamers.



GEL EARMUFFS

3M™ Gel Silicone Earmuffs for for WorkTunes™ headphones

Comment: For added comfort, gel earmuffs are available as optional accessories. They are especially beneficial if you wear glasses.



GAMING MICROPHONE

HansnBy Studio SB-315 electret condenser microphone with a 3.5 mm jack (150 cm)

Comment: This type of microphone requires a supply voltage. TRRS: see Figure 1.

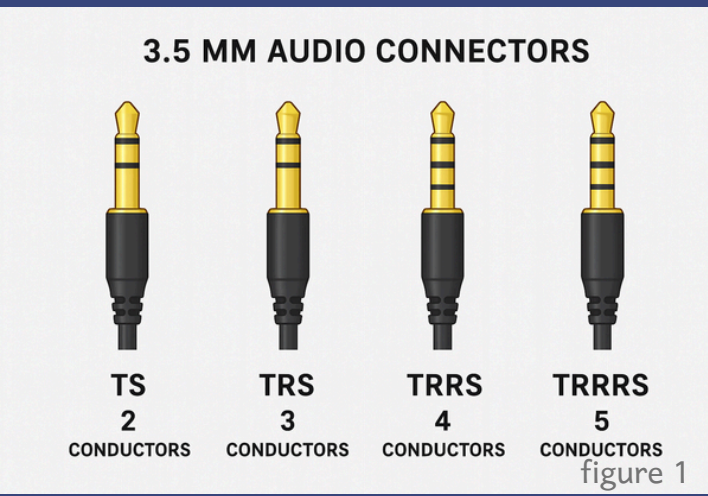


REQUIRED AUDIO CABLES

6.35 mm male to 3.5 mm female stereo audio adapter



Female 3.5 mm jack to male 3.5 mm plug Y-adapter (1× TRRS to 2× TRS)



SMART MICROPHONE ADAPTER

RØDE™ VXL R+

Smart 3.5 mm to XLR Adapter

Comment: A versatile adapter that connects small 3.5 mm-powered electret condenser microphones to a professional XLR input, while safely converting 48 V phantom power to the lower voltage (2–5 V) these mics require.



USB AUDIO INTERFACE

Behringer U-Phoria UM2 Computer Audio Interface

Comment: Powers the microphone and provides a USB connection to your computer. It also offers the option to monitor surrounding ambient noise when needed.

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