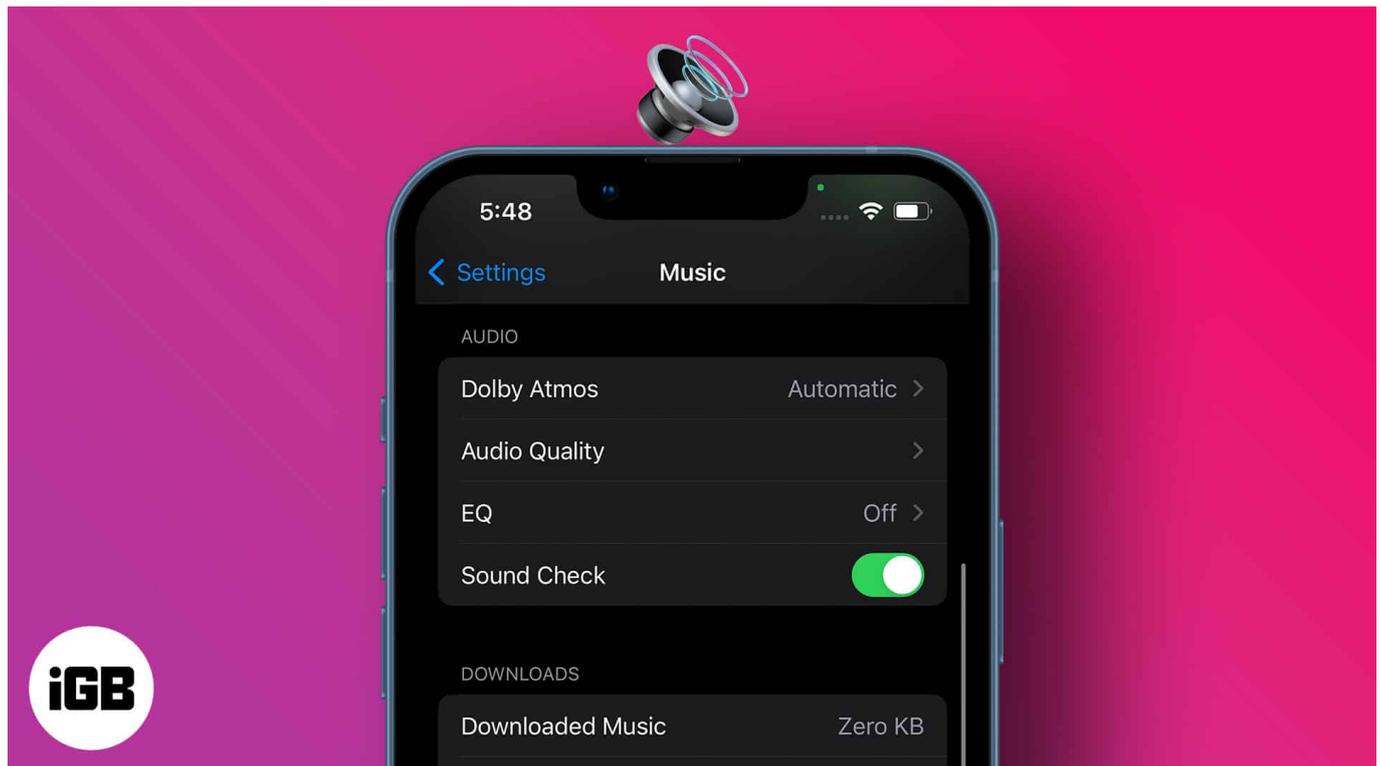Each music piece carries its own studio record volume; thus, some are louder than others. However, sound fluctuations can hamper your listening experience and mental state. So, maintaining a consistent sound regardless of the music volume is much needed, and that's where the iPhone Sound Check feature comes in handy.

So what's Sound Check on the iPhone, and how do you use it? Keep reading to find out.

- [What is Sound Check on Apple devices?](#)
- [How to enable/disable Sound Check on iPhone or iPad](#)
- [How to turn on/off Sound Check on your Mac](#)
- [Turn on/off Sound Check on Apple TV](#)

What is Sound Check on Apple devices?

The Sound Check is a feature exclusively for Apple Music that helps keep the music volume consistent regardless of its original studio volume. So, your eardrums aren't tortured during the music switch.
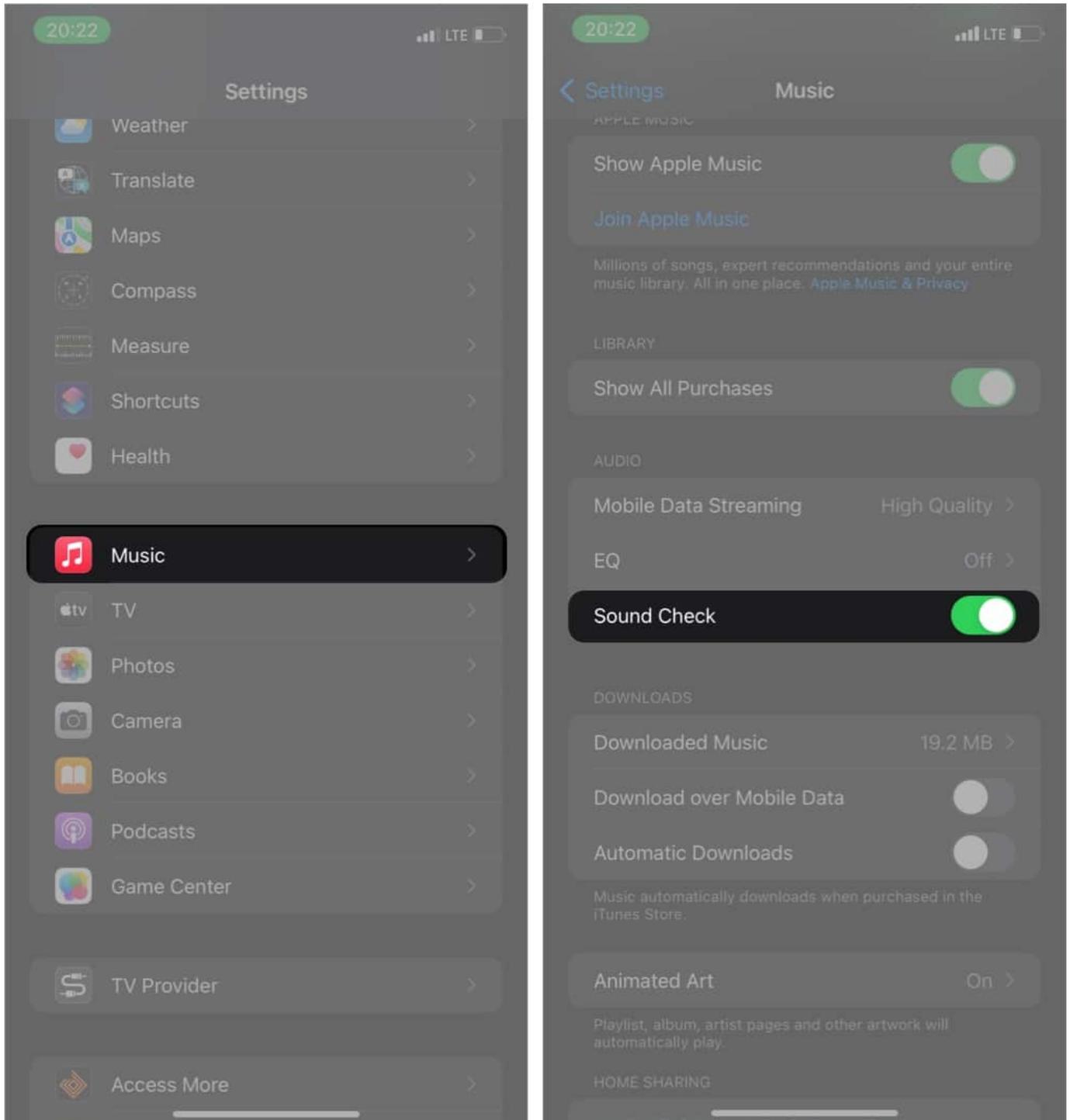
How Sound Check works on iPhone

The eardrum has a volume limit it can absorb. Apple adds the Sound Check feature to the iPhone to help increase or reduce playback volume to strike a balance between high and low playbacks. So it's an intuitive feature since it reduces human intervention in music volume control.

Sound Check doesn't alter the original music quality, as some users erroneously believe. But it tags the music volume information at the time of playing instead. Hence, when you play a song on your iPhone, iPad, Mac, or Apple TV, Sound Check determines its volume level at that point only and adjusts it to a tolerable limit.
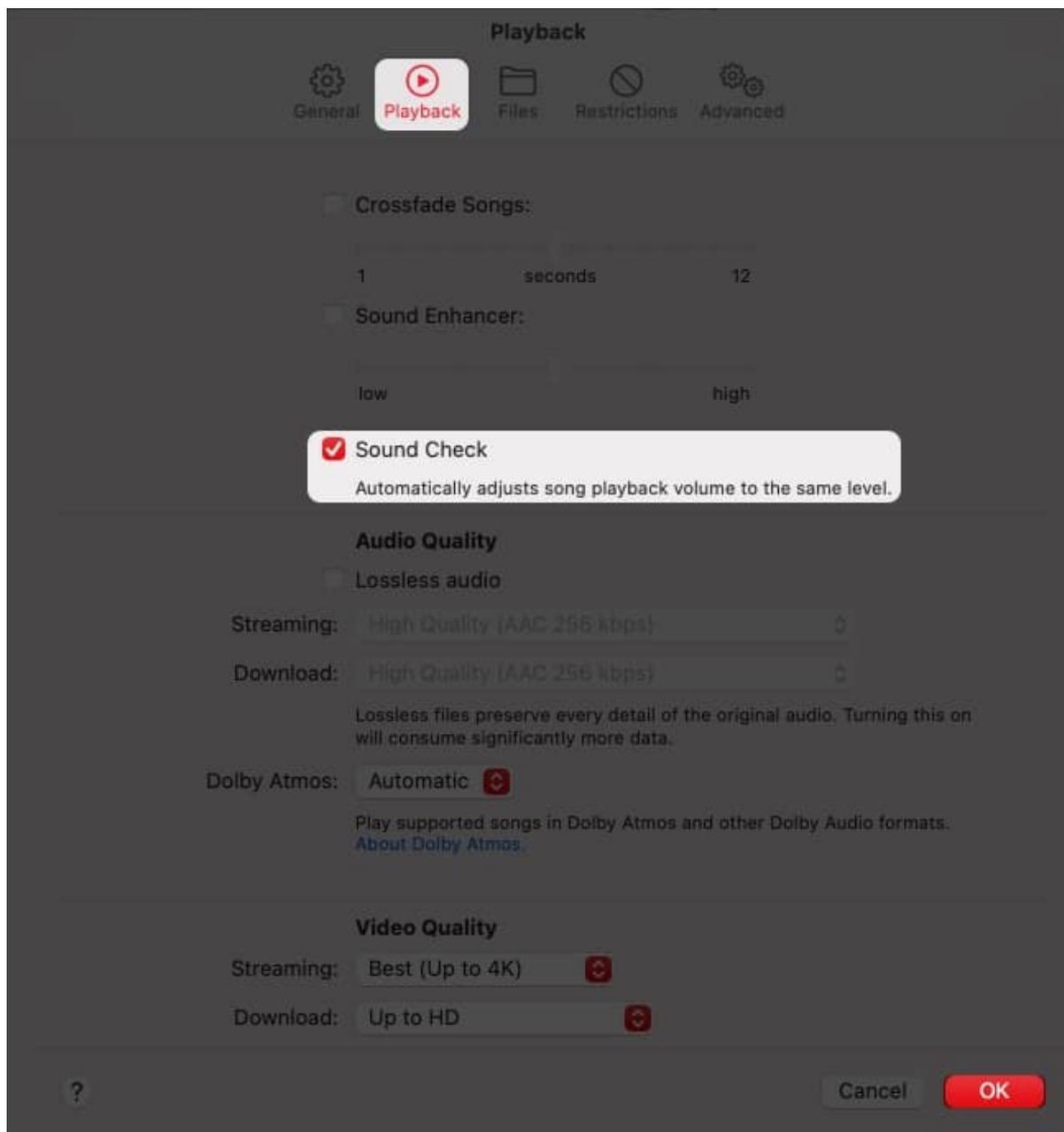
How to enable/disable Sound Check on iPhone or iPad

1. Open your iPhone **Settings → Music**.
2. Toggle on the switch to the right of **Sound Check**.

To disable Sound Check and listen to original music volumes instead, simply open your iPhone **Settings → Music →** Toggle off the **Sound Check** switch.

How to turn on/off Sound Check on your Mac

1. Open the **Music** app.
2. Go to **Music → Preferences** from the menu bar at the top.
3. Click **Playback**, then **Sound Check** to activate it:
   Follow similar steps to disable Sound Check.

Turn on/off Sound Check on Apple TV

1. Go to **Settings**.
2. Click **Apps → Music**.
3. Choose **Sound Check** from the settings list to turn it on.

For Windows user: If you're using a Windows device, go to **iTunes → Edit menu → Preferences →** check **Sound Check**

FAQs

Q. Should I use Sound Check on my iPhone?

Using the Sound Check feature on the iPhone is a choice. But as earlier mentioned, it helps keep all music playback volumes at an optimum level. So expect low to loud volume surprises for different songs when it's off.

Q. What is the best EQ to pair with the iPhone Sound Check?

The iPhone Sound Check feature itself is a volume equalizer. However, pairing it with a sound equalizer from your EQ list might help tailor playbacks to your preference. You can also pair the setting with third-party equalizer apps for better control.

Now that you've seen how to activate and deactivate the Sound Check feature on the iPhone, iPad, Mac, and Apple TV, I bet you can toggle it on or off as you wish. Besides, the process is straightforward despite adding more adaptability to your playback experience.

Got any questions or comments? Let me know in the comment box below.

Read more:

- How to download free music on iPhone
- Best wired headphones for Apple Music lossless audio
- How to play MKV files on iPhone
- How to listen to Apple Music offline on Apple devices