

# **dBud** by **EARLABS**™

**dBud Volume Adjustable Earplugs**

**Assessor Recommendations Guide**



# Introduction

**dBud Volume Adjustable Earplugs** are an essential tool for neurodiverse students, such as those with autism, sensory processing disorders, or other conditions, by providing a means to regulate and control their sensory environment.

These students may have heightened sensitivity to sensory stimuli, including sound, which can be overwhelming and lead to sensory overload or anxiety.

**dBud Volume Adjustable Earplugs** can serve several purposes in assisting neurodiverse students:

- **Noise Reduction:** dBud Volume Adjustable Earplugs can help reduce or block out excessive noise, making it easier for students who are sensitive to sound to concentrate, relax, or engage in activities without feeling overwhelmed by auditory input.
- **Sensory Modulation:** dBud Volume Adjustable Earplugs can serve as a tool for sensory modulation. Neurodiverse students may use them to self-regulate their sensory experiences. When they feel overstimulated or anxious due to noise, they can insert earplugs to create a quieter, more controlled environment.
- **Increased Comfort:** For some neurodiverse students, earplugs can provide comfort and a sense of security. By reducing the intensity of auditory input, they can feel more at ease in various situations.
- **Decreased Anxiety:** By reducing sensory overload, earplugs can help lower anxiety levels in neurodiverse students, making it easier for them to participate in social activities, work, or educational settings.
- **Enhanced Focus:** dBud Volume Adjustable Earplugs can help students with attention and focus difficulties by minimising distractions and allowing them to concentrate on tasks or activities without being sidetracked by environmental noises.

Watch how to use dBud earplugs effectively here: [▶ dBud USER GUIDE](#)

# Key features and benefits of dBud Volume Adjustable Earplugs

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- **dBud Volume Adjustable Earplugs** offer two selectable levels of attenuation, -12dB and -24dB, allowing the user to adjust the settings depending on the environment.
- **No battery required!:** **dBud Volume Adjustable Earplugs** are purely analog, and do not require charging or a battery to operate.
- **Light and Portable:** **dBud Volume Adjustable Earplugs** are compact and easy to carry.
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# Areas of study where dBud Volume Adjustable Earplugs can be recommended.

Here is a comprehensive study-related recommendation guide for **dBud Volume Adjustable Earplugs** which can be used to support neurodiverse students, including those with autism, ADHD, sensory processing disorders, or other conditions.

**dBud Volume Adjustable Earplugs** can be valuable tools to regulate and control sensory environments in various study-related situations:

<b>Research and Reading</b>
<ul style="list-style-type: none"><li>● <b>dBud Volume Adjustable Earplugs</b> can help eliminate background noise, making it easier for students to concentrate on their reading.</li><li>● <b>dBud Volume Adjustable Earplugs</b> offer a personalised fit and superior noise reduction, enhancing comfort during extended reading sessions.</li></ul>
<b>Writing and Reviewing Academic Work</b>
<ul style="list-style-type: none"><li>● <b>dBud Volume Adjustable Earplugs</b> can help eliminate background noise, making it easier for students to concentrate during the writing process.</li></ul>
<b>Note-taking in Lectures and Seminars</b>
<ul style="list-style-type: none"><li>● <b>dBud Volume Adjustable Earplugs</b> can reduce high-frequency sounds while allowing important speech frequencies to come through. They are ideal for lectures as they dampen distractions while still enabling the student to hear the professor.</li><li>● Neurodiverse students, such as those with autism or sensory processing disorders, can be hypersensitive to auditory stimuli. <b>dBud Volume Adjustable Earplugs</b> help by actively reducing background noise, making the experience less overwhelming and in turn reduce sensory overload.</li><li>● By reducing sensory overload, the <b>dBud Volume Adjustable Earplugs</b> will improve focus and engagement, while minimising stress and mental fatigue.</li><li>● <b>dBud Volume Adjustable Earplugs</b> are small and discreet to avoid drawing unwanted attention during lectures.</li></ul>

## Practical Sessions, Placements, Field Trips and Additional Course Activities

- **dBud Volume Adjustable Earplugs** are designed to minimise sensory overload. They provide a quieter and more controlled environment for focused working.
- **dBud Volume Adjustable Earplugs** can help mask distracting sounds and create a consistent auditory background. This is highly beneficial, particularly when students are engaged with additional course activities such as study placement, or attending an external study related events.

## Examinations and Timed Assessments

- **dBud Volume Adjustable Earplugs** can help in noisy exam halls, as they are essential to block out environmental sounds which can reduce stress, distraction and overwhelm for neurodiverse students.
- **dBud Volume Adjustable Earplugs** are small and discreet to avoid drawing unwanted attention during exams.

## Social Interaction and Communication

- **dBud Volume Adjustable Earplugs** reduce background noise while still allowing students to hear speech, making it easier to participate in group discussions and meetings.
- **dBud Volume Adjustable Earplugs** are designed to be transparent or inconspicuous, making them less noticeable in social situations.

## Travel and Access to Higher Education Environment

- Travel can be anxiety-inducing for some neurodiverse students. **dBud Volume Adjustable Earplugs** can create a more predictable and controlled auditory environment, reducing anxiety and promoting relaxation during journeys.
- The **dBud Volume Adjustable Earplugs** can be considered over recommending taxi travel for those students who need to control their sensory environment.

## Additional Information

- Although it is the responsibility of the landlord or HEI to provide a suitable study/living environment for the student, they are unable to account for unpredictable environmental disturbances such as car alarms, or planes flying

overhead.

- For those with sensory processing issues, controlling their environment is crucial. Therefore, the **dBud Volume Adjustable Earplugs** enable students to actively manage their auditory environment and create a sensory space that suits their needs.