

EQ Frequencies

Music

What lives at each frequency, and what cutting or boosting there does.

Approximate bands. Use them to find a problem, then trust your ears.

Band	Range	Holds
Sub bass	20–60 Hz	Weight; mostly felt
Bass	60–250 Hz	Kick, bass, body
Low mid	250–500 Hz	Mud lives here
Mid	500 Hz–2 kHz	Where most instruments sit
Upper mid	2–4 kHz	Presence, vocal clarity, harshness
Treble	4–8 kHz	Attack, consonants, sibilance
Air	8–20 kHz	Sparkle, space

If a mix sounds muddy, cut around 300 Hz on several tracks. If it sounds harsh, look at 3 kHz.