

Many times, simple Bluetooth connection troubleshooting solves the static issues. This includes:

- Turning Bluetooth off and then on again
- Double-checking whether the headphone and the audio source device, such as a phone or a stereo system, are correctly paired
- Restarting both the headphone and the source device and continuing playback to determine if the stutter stops

If these basic fixes don't stop the stutter problem, it is time to use more advanced techniques.

But to solve the issue, you need to know what you are doing. You don't want to destroy your brand new, expensive headphones while at it.

So, the best place to start is to establish what could be causing the audio stutter issue.

Common Causes of Bluetooth Audio Stutter



1. Your headset's battery is running low
2. The headphones are too far from the Bluetooth signal
3. You have a signal mismatch
4. Your body is interfering with the signal
5. Other obstructions could be causing the Bluetooth stutter problem
6. The bandwidth is cluttered and you have one or several Bluetooth devices on
7. Your wireless Bluetooth headphone needs to be reset
8. The headphones haven't been updated to the latest version
9. The headphones are old, it's time to upgrade

These may seem like a lot of issues to look out for, but they never occur at the same time. And if you know what to look out for, you can isolate the problem and fix it in minutes.

How to Fix These Common Bluetooth Audio Stutter Issues

Here's what you need to do to fix each of the above issues.

1. Ensure You Have a Reliable Battery and Charger

If you've used your wireless [Bluetooth](#) headphones for a while, you may have noticed that the audio becomes choppy when the charge gets depleted.

If that's the case, you have headphones that need to have a certain charge to work seamlessly. Ensure they are charged at all times and the issue will disappear.

If you've used the headphones for a while and they don't retain charge like they used to, it might be time to grab a new battery.

What if the headphones are new and have a new battery?

Then try the following solutions.

2. Maintain Your Headphones' Signal Range

Bluetooth technology transmits data over short distances using short-wavelength radio waves.

When you are out of range, your wireless Bluetooth headphones will disconnect the playback. Step further and the pairing will cut off altogether.

Your headphones' manufacturer explicitly states the Bluetooth range right on the package. And that's likely one of the specs you checked before buying the pair.

You can also check the headphones' manual or the manufacturer's website to get the figure. Many Bluetooth devices work seamlessly 4-5 feet from the source device (such as a phone, laptop, or Bluetooth music system).

More powerful cans, like some TaoTronics headphones, support Bluetooth reception up to 100 feet from the audio source.

3. Check To Ensure the Signal and Bluetooth Audio Profiles Match



New Bluetooth headphones paired with an old Bluetooth source unit [may cause audio crackling](#).

Take the [TaoTronics SoundSurge 46 Active Noise-cancelling headphones](#), for example. The pair comes with Bluetooth 5.0, the fastest, most advanced Bluetooth technology around.

If you paired them with an old Bluetooth 2.0 unit, the mismatch might cause stutter problems.

Most crucial, however, is the audio profile match.

Take the profile A2DP (Advanced Audio Distribution Profile), for example. It might be tricky to reconfigure the generating clock and consuming clock of the source device and the headphones. So, check your headphone manufacturer's website to see if they have a firmware fix for the issue.

If they don't, chat with their customer service representatives. The company might be working on something or may have solved similar cases with success.

If there's an interruption of the signal or a partial disconnection, you can try un-pairing your headphones then re-pairing them with your phone.

4. Check for Cross-Body Interference

Have you ever worn a pair of wireless earbuds and noticed a Bluetooth audio stutter issue? You might have put your phone in the right pocket of your trouser and worn one earbud in the left ear when this happened.

If you have ever experienced this, it was your body's 70+% water content interfering with the Bluetooth signal.

Bluetooth radio waves travel poorly in water-logged matter because they are quite weak. To solve this problem, keep changing your phone's position till the stutter goes away.

5. Metal and Reinforced Concrete Could Be Problematic Obstructions

Metal deflects, bounces, and/or blocks Bluetooth radio waves from passing through it.

Reinforced concrete—such as the kind that separates rooms at the workplace, at home, or at school—contains metal rods. Concrete can also block the transmission of radio waves if it's too thick for them to penetrate.

So, avoid obstructions between the audio source and your headphones. If the audio device has a cover, be sure to remove it.

6. Avoid Places with High Wi-Fi Usage

Modern technology offers a wide selection of wireless devices, like smart bulbs and lighting systems, Wi-Fi routers, microwaves, cordless and hands-free phones, baby monitors, and wireless Bluetooth headphones.

You may not know it, but Wi-Fi technology operates in the same 2.4 GHz-2.5Ghz wavelengths as Bluetooth technology.

While the two technologies differ, they share a network. This means they can clog each other's data transmission paths. You may experience Bluetooth audio stutter when using your Bluetooth headphones in a place with many Wi-Fi devices.

To avoid this issue, use your headphones in areas with low Wi-Fi usage and see if the Bluetooth audio stutter stops. Also remove any unnecessary Bluetooth connections.

7. Reset Your Wireless Bluetooth Headphones



- Turn the headphones off
- Press the power button and hold for over 7 seconds
- A blue light will flash approximately 4 times.
- Your headphones are factory reset and pairing information is deleted

Bluetooth technology can connect up to 7 devices without needing to reset.

However, you can reset the settings to see if it's pairing problems that could be causing the stutter. If you are using an android phone, you can also try clearing the cache.

8. Check with Your Device's Manufacturer for Updates

Changes in device firmware may trigger subtle mismatches that can interfere with Bluetooth's radio waves. If you bought your Bluetooth headset online, check your email.

That's the means of communication the manufacturer will likely use to send a notification about the latest software update for your model of headphones. If there's no email, you can visit their website and talk to customer support.