

EQ Frequency Cheat Sheet

A simple frequency map for making faster EQ decisions in bedroom production rooms.

20-60 Hz: Sub

- Weight and pressure. Keep this controlled, mono and intentional.
- If the mix feels huge but quiet, the sub may be eating headroom.

60-120 Hz: Kick and Bass Body

- Kick fundamental, bass notes and club weight live here.
- Do not let every drum, sample and synth own this range.

120-350 Hz: Warmth and Mud

- Adds body, but builds up quickly in small rooms.
- Cut gently on layers that do not need weight.

350 Hz-1 kHz: Box and Tone

- Useful for note definition, but too much can sound boxy.
- Check vocals, snares, guitars and keys here.

1-5 kHz: Presence

- This is where hooks, vocals, claps and leads cut through.
- Harshness usually appears when too many parts compete here.

5-12 kHz: Brightness

- Hats, vocal air, synth shine and transient detail.
- Boost with care; brightness becomes fatigue quickly.

12 kHz+: Air

- Use for polish once the balance already works.
- If the mix is dull, fix arrangement and midrange before adding air everywhere.