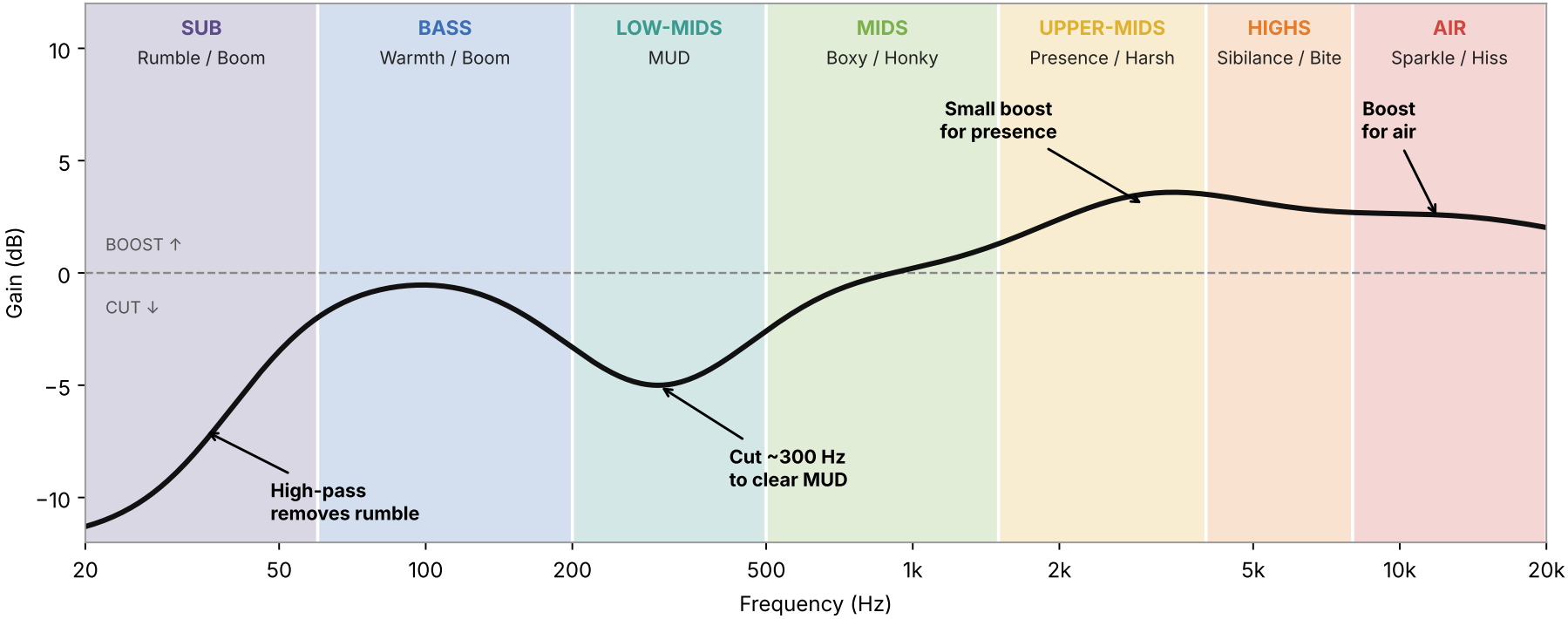
EQ Cheat Sheet: Where to Fix Common Mix Problems

Left = low (bass) · Right = high (treble) · Up = boost (louder) · Down = cut (quieter)



If it sounds…	Look here	What to do
Muddy, cloudy, everything blurs together	200–500 Hz	CUT
Low rumble, boomy, mic-stand thumps	20–80 Hz	CUT (high-pass filter)
Mix sounds thin, no weight	60–200 Hz	BOOST gently
Boxy, honky, 'in a cardboard box'	500 Hz–1.5 kHz	CUT
Vocal or guitar buried in the mix	2–4 kHz	BOOST gently
Harsh, piercing, tiring to listen to	2–5 kHz	CUT
Sharp 'S' sounds on vocals	5–8 kHz	CUT (or de-esser)
Dull, lifeless, no shine	10–16 kHz	BOOST gently
Hiss or noise	8–20 kHz	CUT

Beginner tips: Cut before you boost · Make small moves (2–4 dB) · Sweep a narrow boost to find a problem, then cut it · Always A/B with the EQ bypassed