

MIXING CHEATSHEET



REFERENCE GUIDE FOR EQ, COMPRESSION, & PRE-EXPORT SETTINGS

PART	EQ Cuts	EQ Boosts	Compression
Kick	<ul style="list-style-type: none"> ■ Cut below 40Hz for more headroom ■ To remove muddiness, cut between 100Hz and 350Hz. ■ Cut at 700 to 900Hz to eliminate boxiness or hollow sounds. ■ Cut after 6000Hz if your kick sounds <i>thin or papery</i> 	<ul style="list-style-type: none"> ■ Boost between 45-70Hz to increase low-end <i>boom</i>. ■ Boost between 2,500Hz and 4,500Hz for a slap/snap sound. ■ Boost 8000Hz for attack and/or definition [beater sound]. 	<ul style="list-style-type: none"> ■ Attack: 10-30ms ■ Release: 100-200ms ■ Threshold: -10 to -20dB ■ Ratio: 4:1 to 6:1
Snare	<ul style="list-style-type: none"> ■ Cut below 100Hz for headroom. ■ Cut at 150Hz-300Hz to remove mud. ■ Cut at 450Hz-750Hz for hollowness. ■ Cut between 2000Hz and 4000Hz if it's too harsh. ■ Cut above 6000Hz if you're getting too much <i>sizzle/hiss</i>. 	<ul style="list-style-type: none"> ■ Boost at 8000Hz to give it a crackly sound like lightning. ■ Add 2,500Hz for more mid-range attack. ■ Increase 200Hz to beef up the low-end and also add warmth. 	<ul style="list-style-type: none"> ■ Attack: 10-30ms ■ Release: 100-200ms ■ Threshold: -10 to -20dB ■ Ratio: 4:1 to 6:1
Overheads	<ul style="list-style-type: none"> ■ Apply a high-pass filter (HPF) at 200Hz or higher. ■ Cut between 400-700Hz to reduce boxiness & hollow sounds. ■ Cut between 3000Hz and 6000Hz for too much harshness. 	<ul style="list-style-type: none"> ■ Boost from 6000Hz and up to increase airiness or breathiness. ■ Boost from 3000Hz to 6000Hz to help the drums cut through. ■ Boost between 1000Hz and 3000Hz to emphasize overheads. ■ Boost between 200Hz and 800Hz can add body. 	<ul style="list-style-type: none"> ■ Attack: 30-75ms ■ Release: 100-200ms ■ Threshold: -15dB to -10dB ■ Ratio: 2:1 to 3:1 (subtle), 4:1 or above (noticeable)
Toms	<ul style="list-style-type: none"> ■ Cut below 60Hz for headroom. ■ Cut between 100Hz and 350Hz for muddiness. ■ Cut at 700 to 900Hz to eliminate boxiness or hollow sounds. ■ Cut between 2000Hz and 5000Hz for too much attack. 	<ul style="list-style-type: none"> ■ Boost 100Hz-250Hz for the upper tom low-end. ■ Boost 70Hz-100Hz for the floor tom ■ Enhance the attack by boosting at 4500Hz. ■ A boost at 8000Hz can increase attack as well. 	<ul style="list-style-type: none"> ■ Attack: 10-30ms ■ Release: 100-200ms ■ Threshold: -10 to -20dB ■ Ratio: 4:1 to 6:1
Clean Guitars	<ul style="list-style-type: none"> ■ Cut 80Hz to 100Hz for too much rumble and low-end. ■ Cut 200Hz for muddiness & 600Hz for muddiness/hollow sound. ■ Cut between 1000Hz and 1500Hz for a nasal sound. ■ Cut between 2500Hz and 4000Hz if it's too harsh. 	<ul style="list-style-type: none"> ■ <i>Carefully</i> boost 1500Hz for more prominence. ■ Boost at 2500Hz for more bite & aggressiveness. ■ Boost between 7000Hz and 11000Hz for brilliance/sparkliness. 	<ul style="list-style-type: none"> ■ Attack: 10-20ms ■ Release: 100-150ms ■ Threshold: -20dB to -15dB ■ Ratio: 2:1 to 3:1
High-Gain & Distorted Guitars	<ul style="list-style-type: none"> ■ Cut 40Hz to 120Hz for too much rumble ■ Cut below 100Hz for more room for bass instruments ■ Cut between 200Hz to 400Hz to eliminate muddy frequencies. ■ Attenuate 500Hz to 2000Hz for "nasal" or "honky" sounds. ■ Cut 9000Hz to 12000Hz for too much sparkle. ■ Cut between 2000Hz and 5000Hz for abrasiveness. ■ Attenuate after 5000Hz for brittleness 	<ul style="list-style-type: none"> ■ Boost between 50Hz & 85Hz for depth, sub, & lower frequencies. ■ Boost from 950Hz to 1050Hz for character & distinction. ■ Boost between 2000Hz to 2500Hz for grit & presence. 	<ul style="list-style-type: none"> ■ Attack: 20-40ms ■ Release: 100-250ms ■ Threshold: -10 to -20dB ■ Ratio: 4:1 to 6:1
Bass	<ul style="list-style-type: none"> ■ Cut before 50Hz if your bass instrument is too boomy and loud. ■ Cut between 200Hz and 500Hz to remove muddiness. ■ To remove boxy or hollow sounds, cut 350Hz to 700Hz. ■ Cut between 500Hz & 2000Hz for sonic space. ■ Similarly, cut after 4000Hz to make room for other instruments. 	<ul style="list-style-type: none"> ■ Boost between 20Hz and 60Hz for depth & power. ■ <i>Carefully</i> boost between 60Hz and 200Hz for warmth & body. ■ <i>Sparingly</i> boost between 200Hz and 500Hz for additional warmth. ■ Boost 5000Hz to 8500Hz for presence. 	<ul style="list-style-type: none"> ■ Attack: 20-40ms ■ Release: 100-300ms ■ Threshold: -6 to -14dB ■ Ratio: 3:1 to 5:1
808s	<ul style="list-style-type: none"> ■ Reduce muddiness by attenuating 100Hz to 200Hz. ■ Cut between 250Hz and 500Hz to reduce muddiness/boxiness. ■ Cut 500Hz to 2000Hz to remove competition with other instruments. ■ Leave 500Hz and 2000Hz intact for small speaker audibility. 	<ul style="list-style-type: none"> ■ Boost around 60Hz to 100Hz for more body and weight. ■ Boost between 500Hz and 2000Hz for more harmonics. ■ Boost 2000Hz and above for more <i>click</i> or <i>snap</i>. 	<ul style="list-style-type: none"> ■ Attack: 20-50ms ■ Release: 150-200ms ■ Threshold: -18dB to -12dB ■ Ratio: 4:1 to 6:1
Lead Vocals	<ul style="list-style-type: none"> ■ Cut below 200Hz because most lead vocals don't sit here anyway. ■ Cutting between 200Hz and 500Hz can eliminate muffled sounds. ■ Cut between 500Hz and 2000Hz if your vocals are too harsh. ■ Cut after 5000Hz if your vocals are too "airy" or "breathy". 	<ul style="list-style-type: none"> ■ Boost between 1000Hz & 2500Hz for more prominence. ■ Boost between 1000Hz and 2500Hz for presence. ■ Boost at 4500Hz for more definition. ■ Boost between 8000-12000Hz for clarity. ■ Men often occupy the 100Hz - 200Hz range. ■ Women occupy 200Hz - 400Hz range. 	<ul style="list-style-type: none"> ■ Attack: 5-15ms ■ Release: 50-150ms ■ Threshold: -6 to -14dB ■ Ratio: 4:1 to 8:1
Background Vocals	<ul style="list-style-type: none"> ■ Cut from 1000Hz to 2,500Hz to make space for lead vocals. ■ Attenuate below 200Hz low-shelf for muddiness and woofiness. ■ Gently cut between 200Hz and 500Hz for more clarity. ■ Cut between 4000Hz and 6000Hz to help the background vocals sit with other instruments. 	<ul style="list-style-type: none"> ■ Boost 800Hz for richness and depth. ■ Boost between 12000Hz for openness or clarity. ■ Boost 3000Hz to 4500Hz for distinction. 	<ul style="list-style-type: none"> ■ Attack: 5-15ms ■ Release: 50-150ms ■ Threshold: -6 to -14dB ■ Ratio: 4:1 to 8:1
Rooms	<ul style="list-style-type: none"> ■ Cut at 150Hz to 350Hz for muddiness. ■ Apply a high-cut filter at 8000Hz to remove abrasiveness. ■ Cut below 200Hz if your room is small and has too much bass. ■ Cut after 2000Hz if you have too many reflective surfaces (concrete, glass, hardwood, tile, or drywall). 	<ul style="list-style-type: none"> ■ Boost from 70Hz to 90Hz is for low-end. ■ Boost from 5000Hz to 8000Hz to add presence. ■ Boost 12,000Hz to add brightness to rooms. 	<ul style="list-style-type: none"> ■ Attack: 1-5ms ■ Release: 50-100ms ■ Threshold: -15 to -30dB ■ Ratio: 8:1 to 10:1