Sabrent USB Audio Adapter Measurements:

Fullscale Mic input voltage(using a 1khz sinewave) for various MicLevel settings of PC laptop. MicLevel setting are located on ControlPanel/Sound/Input/Microphone(USB Audio Device)/Device Properties/Volume/Start Test. Also, MAKE SURE "AGC" is OFF as shown in the picture below!!

(Input Volume)

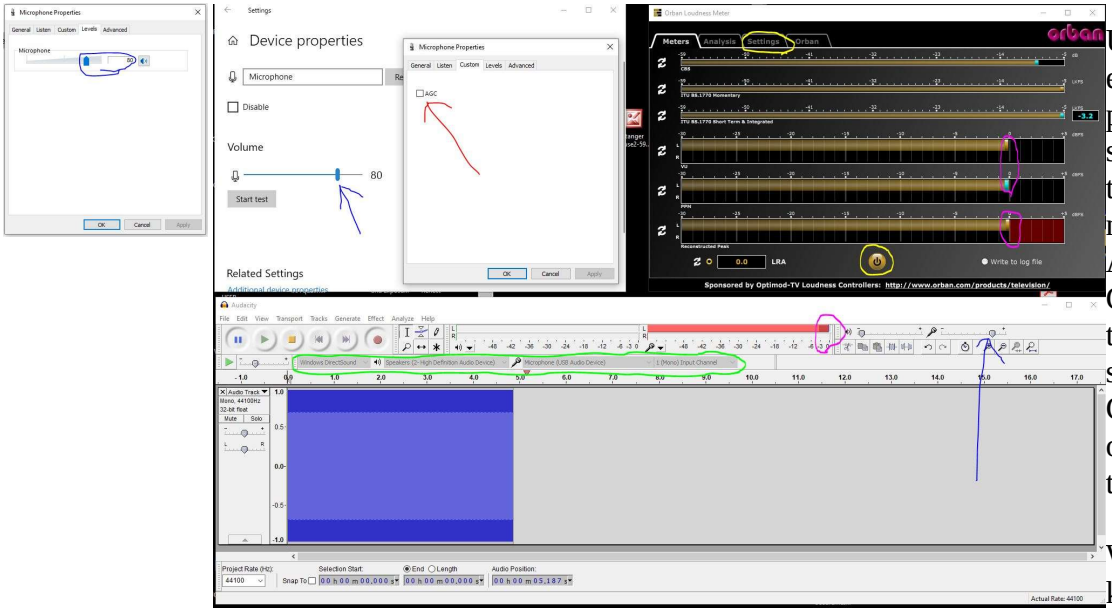
MicLevel	rmsInput	peakInput
100%	136mv	192mv
90%	316mv	446mv
80%	570mv	806mv
75%	710mv	1000mv
70%	900mv	1270mv
60%	1200mv	1700mv

RecordOut Jack amplitudes in 3 chapels I checked varied from 400mv peak to 1000mv peak as someone talks loudly. My conclusion is to set the MicLevel to 75% or 70% to avoid distortion. Also, you MUST turn off AGC as shown in the pics below!!

If you want to confirm what the MicLevel should be set to for "your" RecordOut jack then read on.

Download and install the free Orban Loudness meter https://www.orban.com/meter , or Audacity https://www.audacityteam.org/.

The Orban Loudness meter is the easiest to use. Just go to it's Settings tab and select the USB Audio Microphone as the audio device to monitor. Go to the Meters tab and press the yellow button to start metering. Connect the USB adapter to the RecordOut jack and have someone speak loudly into pulpit mic and watch the bottom peak meter. If the meter goes into the red you should lower the MicLevel(Input Volume). If the meter never get above -5dbFS you should raise the MicLevel(Input Volume). Write down the MicLevel(Input Volume) setting for future reference.



Using Audacity is not as easy so I just circled the program setting you need to set and leave the rest for you to figure out. One thing to note about Audacity-Audacity's "Microphone Gain" setting is the same as the MicLevel(Input Volume) setting on the PC's ControlPanel! If you change one, the other gets changed too!

With Audacity, you want to keep the dark red portion of the meter below "0" and above "-5" for the loudest parts of speech.

I have included info about another free diagnostic program for those of you that want/need to “see” the actual waveforms from the USB adapter Mic input. The program is TrueRTA from https://www.trueaudio.com/rta_down.htm . I have highlighted the settings to get you started. The yellow hilight shows when distortion sets in. Enjoy!

