Using a click badly can waste practice time.

1. Too much speed

Starting at full speed ingrains errors.

2. No subdivisions

At slow tempos, long gaps cause rushing. Turn on eighth notes.

3. Total dependence

Practise *metronome* without the click too to build independence.

4. Using Bluetooth headphones

Bluetooth metronome adds a delay, so prefer wired audio.

5. Not tracking progress

Log your tempos to see real improvement.