

Are Audiobooks As Good For You As Reading? Here's What Experts Say

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Even for people who love books, finding the opportunity to read can be a challenge. Many, then, rely on audiobooks, a convenient alternative to old-fashioned reading. You can listen to the latest bestseller while commuting or cleaning up the house.

But is listening to a book really the same as reading one?

“I was a fan of audiobooks, but I always viewed them as cheating,” says Beth Rogowsky, an associate professor of education at Bloomsburg University of Pennsylvania.

For [a 2016 study](#), Rogowsky put her assumptions to the test. One group in her study listened to sections of *Unbroken*, a nonfiction book about World War II by Laura Hillenbrand, while a second group read the same parts on an e-reader. She included a third group that both read and listened at the same time. Afterward, everyone took a quiz designed to measure how well they had absorbed the material. “We found no significant differences in comprehension between reading, listening, or reading and listening simultaneously,” Rogowsky says.