

Check electrical sockets
Make sure your audio equipment is only plugged into one electrical outlet if possible
Check all cables
This means checking all cable routing, checking for wear and tear on the cables, checking if any cables are unbalanced and if you can substitute a balanced cable instead. You also have to check cable length (where possible, always use a short cable). You need to check the cables connection points, and then lastly, you need to check if the quality of the cable is good enough and if you can afford a better quality cable.
Check all devices (audio devices and household devices)
Make sure all other AC devices are not plugged into your house's electrical circuit. Also, make sure your other audio equipment is in good working condition, and there are no problems or loose connection points.
Check your PC or laptop
Be sure that your PC case is made from metal, and make sure it or your laptop is a suitable distance away from your studio monitors.
Check your DAW and plugins
MMake sure your daw and plugins are operating correctly and in tandem with one another. Check all routing, buses, and channels to ensure there are no infinite loops or effects that are enabled.
Check yourself
Make sure that you are diligent and hard-working in your effort to have your studio in tip-top quality along with all the devices and gear that make it up. It is easy to say, "I'll do it later," but the fact is, even the smallest hiccup in any of these factors could cause you some massive problems.