

# Turn Down Music To Save Hearing



Do you spend a lot of time listening to songs on a portable music player? If you do, you should turn down the sound so you don't harm your hearing.

Experts are worried that portable music players are harming the hearing of kids and adults. A recent survey found that most teenagers have one or more signs of hearing loss. Signs of hearing loss include

- asking people to repeat what they said,
- having to turn up the sound on a television, and
- having a "ringing" sound in the ears.

## **NEWS WORD BOX**

portable survey realize  
canal volume directly

Experts think some of the reasons teens are having trouble hearing are that they are spending too much time listening to music on their portable music players and they are playing the music too loud. Most people don't realize how loud the volume on music players can be. One expert said the sound can be as loud as a jet engine!

The small "earbud" earphones that come with many music players might be one of the causes of hearing loss. Those earphones fit tightly into the ear and send sound directly into the ear canal.

To protect hearing, experts say kids should turn down the volume on their portable music players, use bigger earphones that cover the whole ear, and spend less time using their music players.

## **MORE FACTS ABOUT PORTABLE MUSIC PLAYERS AND HEARING**

- Apple Computer recently introduced a software update that can be used to limit the volume on their iPod music players.
- More than half of the teens who were questioned said they sometimes have to say "What?" or "Huh?" during a normal conversation.

## **THINK ABOUT THE NEWS**

What are some of the other sources of loud noise in your environment? How might you cut down exposure to those noises?