



Ipod and Hearing Safety

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This summer while we sit pool side, hoping for a peaceful moment, please remember to turn down the volume on your, or your child's listening device, such as MP3, Ipod and/or portable Playstations. *Google* this topic (type in: *ipod hearing loss*) and you will find a wide range of hits: from hearing information to numerous lawsuits blaming the Apple and Sony companies.

The American Speech-Language-Hearing Association (ASHA) has found two disturbing pieces of information pertaining to the use of Ipods and MP3 players. Individuals can listen to music much louder and longer than in previous generations and consequently have been experiencing hearing loss. (*Parents Magazine*) Fifty-nine percent of high school students surveyed said that they play their ipod/MP3 “loudly” compared to thirty-four percent of the adults.

Hearing Loss Symptoms Include the following:

- *the need to constantly turn up the volume while listening
- *Regularly asking people to repeat themselves during normal conversation.
- *Experiencing “ringing” of the ears.



Exposure duration **and** volume level work hand in hand producing hearing loss to the user. Many European countries have laws dealing with the sound levels citizens can endure. These laws are often lower than the volume that we can listen to freely, on the ipod/MP3. The more **intense sound** that is brought to us by these devices enables it to be used for **longer times**. The digital sound lacks static hence, we tolerate the high levels of sound for longer periods of time. The use of the ear bud, which can increase sound 6-9 decibels, also allows the music to be administered directly to the ear. Some articles suggest that the digital music device be used with speakers or with “old fashioned”, external headphones. *Science Daily* (*google Ipod Hearing loss*) suggests that individuals are listening to music at levels 110-120 decibels. This is similar to a rock concert and this same level does cause a hearing loss when used for a duration of 1 hour or more. The hearing range impacted is the mid level range required to hear a normal conversation in a crowded restaurant. Please observe your family members and advise them to turn down their digital listening device.

What to do:

The National Institute on Deafness and Communication Disorders (NIDCD) offers the following suggestions (presented by Parents.com) :

1. Make sure you **hear normal conversation** voices while listening to your Ipod/MP3.
 2. Limit time using this device to **one hour a day**.
 3. Set the volume of the Ipod/MP3 to no more than **60% of the maximum** volume.
 4. Other notes: Rap and Rock music are most dangerous since they are listened with higher volume than classical or jazz.
- Enjoy your music but be safe, your ears must last a lifetime.

Articles are from Parent.com/Science Daily.com/macworld.com.uk

