

Changing the settings of your portable music player

At the same volume, a bass sound seems louder than a high-pitched sound. Thus, *increasing the bass setting* will give you the sensation of louder music, while keeping a safe volume.

It is also possible on some devices to *activate the volume limitation system* (e.g.: maximum volume on iPod®). Teens or parents can set the maximum volume for a portable music player that never exceeds the safe level (60% of the volume bar).



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This document contains information on the impact of noise exposure when listening to music on a portable music player (e.g.: mp3 player, iPod®, tablet or cell phone).

It aims to support teens and their parents by offering tips for safe listening practices.



The proportion of teens listening to music on portable music players (e.g.: mp3 player, iPod®, tablet or cell phone) continues to grow.

Prolonged and repeated exposure to loud music may cause permanent hearing impairment.

As the damage slowly grows over time, it can take several years for the hearing loss to become evident.

The first sign of a noise-induced hearing loss is having difficulties hearing in a noisy environment. For example, you may have trouble following a conversation in a crowded restaurant. Hearing a « buzzing or ringing sound » for several days after listening to loud music is another sign of hearing damage.

Choosing the right setting to listen to music

It can be tempting to raise the volume to better appreciate music in a noisy setting. However, it is not recommended to listen to music in noisy environments. Some environments are too noisy to be safe when listening to music (e.g.: subway, bus). However, raising the music volume in order to mask the surrounding noise can quickly bring it to an unsafe level. For example, listening to music while mowing the lawn can lead to noise-induced hearing loss.

The volume setting (depending on the listening time) should not be changed in spite of the presence of background noise. The amount of time you listen to music each day is also important.

BE CAREFUL!

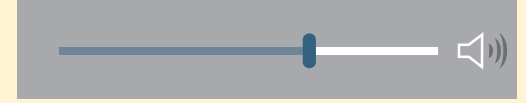
Listening to music can sometimes prevent us from hearing the noises around us and can even be dangerous. A common example is listening to music while crossing the street and can prevent you from hearing traffic.

Identifying a safe music volume according to the listening time

To find out if listening to your portable music player is harmful to your hearing, it is important to consider the volume and the total amount of time spent listening to music per day.

The basic guideline

Less than 60% of the volume bar



It is important to know that the higher the volume, the less time you can listen to music. Setting the volume at 80% reduces your listening time to a total of 20 minutes per day.

If you want to listen to music longer than the volume should be lower in order to protect your ears. For example, if you listen to music for more than 60 minutes a day, do not forget to decrease the volume *to less than 60% of the volume bar*.

Having good headphones

A good pair of headphones can cut the surrounding noise. Headphones that fit deep inside the ear canal or those that fit snugly on the head provide better listening experience than those usually provided with the portable music player. As such, a good pair of headphones allows one to enjoy the same volume in the same environment and be less disturbed by background noise.

However, at peak volume, good headphones are louder than those provided by the portable music player company. It is therefore important to respect a safe listening duration and volume.

