



# Music Ed Insights



## Three Insights to take with you from... Hearing Health with Alyssa Ottmar

### Healthy habits and things to do:

- Sound level awareness: Use apps (like DecibelX or NIOSH) to test your environment. Be especially wary of anything over 85dB.
- Lower volume of anything you listen to, especially anything you put in or near your ears.
- Walk away from loud noise sources.
- Be a good consumer by selecting appliances like hair dryers and children's toys that aren't overly loud.
- Wear hearing protection.
- Get an annual hearing check.
- Remember it's not just volume - duration of sound affects us as well.
- When you've been exposed to loud sounds, try to give yourself a day off from hearing noise.
- If you're wearing earbuds, and you can't hear people speaking near you, they're too loud.
- Educate your students about hearing health and musician earplugs.