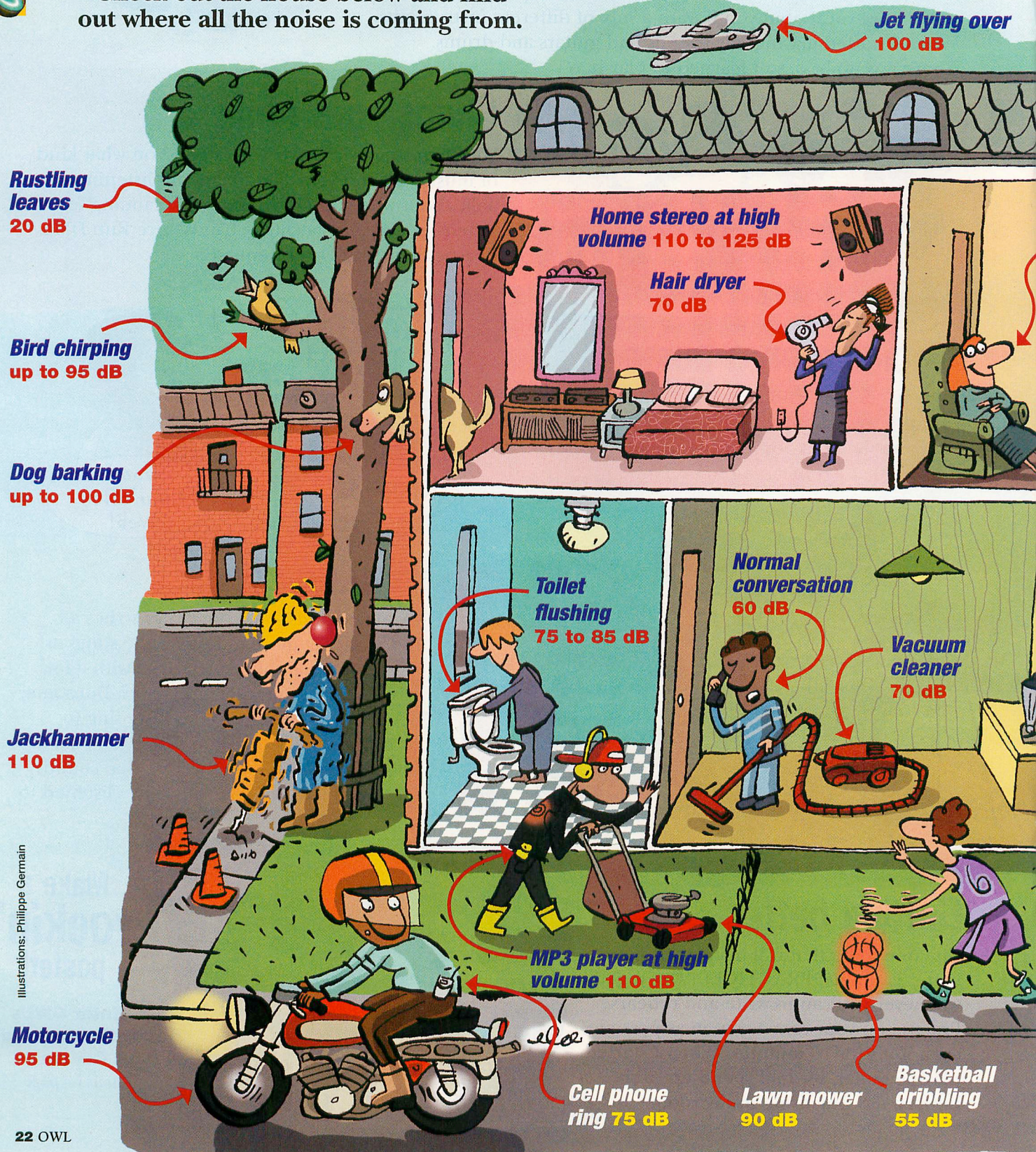




# Home, Moisy

By Dominic Ali

Our world can be a loud place.  
Check out the house below and find  
out where all the noise is coming from.

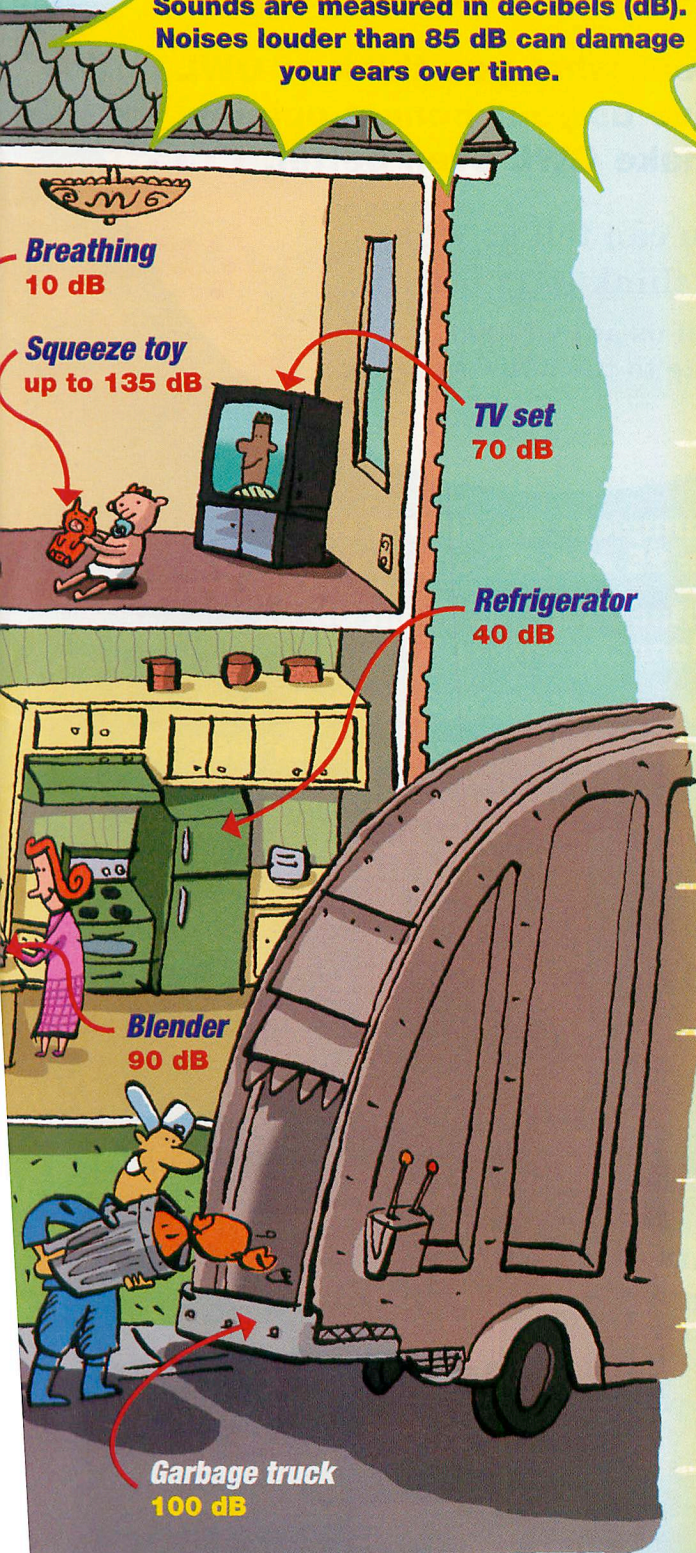




# Home

## How Loud is **TOO LOUD**?

Sounds are measured in decibels (dB).  
Noises louder than 85 dB can damage  
your ears over time.



## Sound Facts

Listen up to find out why you  
should turn down the volume.

### 1 Noise can make you sick.

If you listen to loud music for a few hours, you might hear a strange ringing in your ears afterward. That ringing is called tinnitus (pronounced TIN-i-tus), a sign of temporary hearing loss that usually fades after a few hours. But if you're around loud noise a lot, your hearing could be damaged for good. Noise can also make you feel anxious and disturb your sleep.

**Tip:** Carry earplugs and use them in noisy places the same way you'd wear sunglasses on a sunny day.



### 2 Hearing damage is forever.

You have about 20,000 tiny, sensitive hairs deep within your ear, in a snail-shaped structure called the cochlea. Sounds cause these hairs to send signals to the brain. Noises louder than 85 dB damage the hairs over time, so they no longer work properly. The worst news? Once they're hurt, the hairs can't be repaired and your hearing is permanently damaged.



**Tip:** To keep an ear on your hearing, ask your doctor for a hearing test at your regular checkups.

### 3 Blasting your tunes is bad news.

People love to crank their CD and MP3 players to the max. But at full volume, the music blaring from the headphones can reach 110 dB. That's almost as loud as a rock concert! And having the noise right against your ears only increases the possibility of hearing loss.

**Tip:** If you can't hear others talking while you're listening to music through your headphones, it's probably too loud.

