YOU HAVE GOOD EARS, PROTECT THEM.

MUSIC CREATORS ARE NEARLY **FOUR TIMES** MORE LIKELY TO SUFFER FROM HEARING DAMAGE THAT’S 100% PREVENTABLE.
Looking after your ears is unfortunately something you don’t think about until there’s a problem. I’ve had tinnitus for about 10 years, and since I started protecting my ears it hasn’t got any worse – touch wood. But I wish I’d thought about it earlier.

— Chris Martin, Coldplay
Approximately **15% of Americans** between the ages of 20 and 69 have hearing loss that may have been caused by noise exposure.²

> Musicians are almost **60%** more likely to suffer from tinnitus³

> Hearing damage often occurs **undetected** over time³

> **Men are more likely** to report hearing loss³

> Damage results from sound **volume and duration**⁴

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**UNDERSTANDING**

**TINNITUS**

Tinnitus is the sensation of **hearing phantom sound** commonly described as "ringing" and is attributed to ear damage due to noise exposure.

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¹ Moodie, C. (2012). ‘Terrible ringing in his ears and excruciating headaches’: Chris Martin’s secret ten-year hearing torment
⁵ Workplace Solutions: Reducing The Risk Of Hearing Disorders Among Musicians, CDC (Centers For Disease Control & Prevention), June 2015
There is a daily "sound dose" that corresponds to volume and duration. The higher the decibels, the less you can listen to it without damaging your ears.

**DID YOU KNOW?**

- **0 dB**: Weakest sound ears can hear.
- **30 dB**: Whisper
- **60 dB**: Casual Conversation
- **65-70 dB**: Piano Practice
- **91-95 dB**: Band Rehearsal
  - 1-2 hours
- **95-105 dB**: Night Club
  - Less than 15 minutes
- **110 dB**: Rock Concert
  - Less than 1 minute
- **194 dB**: Loudest Measurable Sound

Prolonged exposure above this sound can cause hearing loss.
YOU CAN PREVENT HEARING DAMAGE

CREATE SPACE
If possible, rehearse in a bigger space, turning speakers away and adding absorbent materials, like acoustic foam, to the walls.

MONITOR SOUND
Check sound levels regularly between practice and performances to monitor and pace your sound exposure.

WEAR PROTECTION
Wear proper ear protection when exposed to sounds above 85 dB.

TAKE BREAKS
If you can’t cut the volume, try rotating sessions, taking frequent quiet breaks, and giving your ears a rest.
Whether you need to learn the facts, take preventative steps or seek medical attention, The Recording Academy® is here for you. Contact us to learn more about receiving the following assistance at highly reduced or complimentary rates:

- Personalized high-fidelity hearing protection
- Custom ear plugs
- Custom distortion-sensitive hearing aids
- Audiogram by certified audiologist experienced in music-based noise exposure

DO I QUALIFY?
If you're a music person experiencing a time of need, contact us to learn how MusiCares® can help you:

West: 800.687.4227
Central: 877.626.2748
East: 877.303.6962

www.musicares.org