Mayo Clinic Minute

An easy way to check if your headphones are too loud

VIDEO	AUDIO
	So anytime you're exposed to loud sounds, the potential exists for you to damage your hearing …
	Sound of a song playing through a set of headphones
	… because of that excess noise level.
	Mayo Clinic audiologist Dr. Greta Stamper says headphones are an increasingly common cause of hearing loss.
Title: GRETA STAMPER, Au.D., Ph.D. AUDIOLOGY Mayo Clinic	Whether you're listening to music, you're playing a game, you're watching a movie – it's not really about a specific type of headphone. It's more about how loud you set the volume.
	Here's a quick way to check if you're listening at too loud a volume.
	Put on your headphones, turn on a song, and try to have a conversation.
	The general rule of thumb is if you have headphones on or if you have those iPod inserts in your ears, and you're about arm's length away from a person, and you can't understand them without really having to speak at a raised voice, it's too loud.
	Simply lower the volume, and you'll lower your risk for hearing loss.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.