



Article published on February 11th 2012 | [Health](#)

When your mother tells you to keep your heavy metal music at bay, do yourself a favor and really keep it down. Being exposed to loud noise is one of the contributing factors in hearing loss in children and adults. Of course, being avid listeners to today's most popular music icons, teens are just as susceptible to hearing loss as the rest of the population.

Scientists say that normal conversations happen around 60 decibels, setting the median for the different hearing ranges. Anything below 60 decibels will not hurt your ears, although you are less likely to hear anything at all. However, go beyond 100 decibels and you may wish that you did not have to hear those sounds at all. As a matter of fact, the Occupational Safety and Health Administration set the ceiling grade at 90 decibels for industrial functions.

This does not imply that you should turn off that music player and shun music from your life--not even by a long shot. Nobody will mind if you listen to heavy metal, just turn the volume down to a reasonable level. Your ears, just like the rest of your sensory organs, are more sensitive than an emotional person. People tend to hear constant ringing immediately after being exposed to a loud boom or bang.

When the ears' ability to pick up different kinds of sounds is drastically reduced, it is up to Bluetooth hearing aids to help them hear the world again. Hearing aids consist of a central unit that adjusts the volume to the right level and a microphone that picks up the sounds present in the environment. Advanced electronics create clearer sounds for the ears to transmit signals to the brain and back to the ear. Hearing aids are your secondary ears.

As Bluetooth hearing aids are just as sensitive as the ear itself, it also implies to not put them to the same abuse. Keep the volume low enough for you to hear the lyrics and sound crystal clear without damaging your ears. Hearing aids let you adjust the volume so that your ears will not be hurt by loud noises at the most crowded places.

You can get different kinds of hearing aids when you buy hearing aids online or as prescribed by the ear doctor. In matters regarding sound, however, it falls to the correct volume to help the hearing-impaired listen to the sounds of the planet. Go ahead and listen to your favorite music but make sure that you do not hurt your ears in the process.

Article Source:

<http://www.articleside.com/health-articles/keep-the-music-down-even-with-bluetooth-hearing-aids.htm> - [Article Side](#)

[Rebecca Kavel](#) - About Author:

For more details, please search a [Bluetooth hearing aids](#) and a [buy hearing aids online](#) in Google.

Article Keywords:

bluetooth hearing aids, buy hearing aids online