

TURN DOWN MUSIC TO SAVE HEARING

Do you spend a lot of time (1) _____ to songs on a (2) _____ music player? If you do, you should turn down the sound so you don't harm your hearing.

Experts are (3) _____ that portable music players are (4) _____ the hearing of kids and adults. A recent survey found that most teenagers have one or more signs of hearing loss. Signs of hearing loss (5) _____ : asking people to repeat what they (6) _____, having to turn up the sound on a television, and having a "ringing" sound in the ears. Experts think some of the reasons teens are having trouble hearing are that they are spending too much time listening to music on their portable music players and they are playing the music (7) _____ loud. Most people don't realize how loud the volume on music players can be. One expert said the sound can be as (8) _____ as a jet engine! The small "earbud" earphones that come with many music players might be one of the (9) _____ of hearing loss. Those earphones fit tightly into the ear and send sound (10) _____ into the ear canal. To protect hearing, experts say kids should turn down the volume on their portable music players, use bigger earphones that (11) _____ the whole ear, and spend less time (12) _____ their music players.

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