

Protecting Your Hearing Health

Student Information Sheet on Noise-Induced Hearing Loss

Standard Version

**National Association of Schools of Music
Performing Arts Medicine Association**

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Protecting Your Hearing Health

An NASM PAMA

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- **Hearing health is essential to your lifelong success as a musician.**
- **Your hearing can be permanently damaged by loud sounds**, including music. Technically, this is called Noise-Induced Hearing Loss (NIHL). Such danger is constant.
- **Noise-induced hearing loss is generally preventable.** You must avoid overexposure to loud sounds, especially for long periods of time.