

# **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**

### **Student Information Sheet on Noise-Induced Hearing Loss**

- **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.