

## Taking Care Of Your Hearing

### Description

It is an unfortunate truth that hearing is one of those senses, once it is damaged, that damage is there for good. That is why it is essential that you are more aware of what is and isn't good for your hearing health.

And it isn't just for you, it is for your family too.

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Although you should wait until you need a hearing solution before you take steps, you should always [learn more](#) about your option should you ever need.

## Dry

If you are a swim loving family, then there is always a risk of [swimmer's ear](#). Swimmer's ear is where water gets trapped in the ear canal. This is the ideal place for bacteria to thrive. It doesn't take long before that turns into an ear infection – causing a lot of pain and inflammation. One of the most simple ways to help the water out of your ear is by tipping your head to the side and waiting for a few moments. Failing that, gently pull your earlobe down, and that can usually help any water out.

## Stress

Many people don't realize the reach of stress in terms of physical issues. But stress has been linked with temporary and permanent tinnitus. The higher your levels of stress, the more likely your body will settle into fight or flight mode. And as that is designed to protect you from danger, it floods your body with adrenaline – putting excessive pressure on your body heat, blood flow, and nerves.

## Volume

This tends to be something that teenagers do. They often turn their headphone volume up too high for too long.

There are over 1.1 billion teens and young adults that are currently at risk of noise-induced hearing loss.

You can take preventative measures when talking to them about the safest levels of the volume when using headphones. There is a very simple rule that you can apply to the situation, and it is called [the 60/60](#). It is very simple to remember the 60/60 rule – it just means you only have the volume of your headphones on at 60% of the maximum for 60 minutes a day.

Of course, there is a high possibility that they would like to listen for longer or at a higher volume, so you need to find a compromise that works for you. But in general the 60/60 rule is highly recommended.

## Rest

Believe it or not, you actually have to rest your ears. Much like every other muscle in the body, they work very hard. If you happen to have a job that is pretty noisy, then you're going to have to give yourself a couple of hours rest per day. If you enjoy live music, nightclubs, or going to bars, then you will need to have at least 16 hours of rest for your ears the following day. This will help you recover from prolonged loud noise, And it is actually noise-induced hearing loss that comes in at number one for damaged hearing and hearing loss cases.

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