



Cross-Disciplinary Interplay  
between the Humanities,  
Technology and Musical Practice

**Thursday,  
March 1, 2012.  
2:15-4 p.m. in U73.**

Guest lecture in the seminar  
series

**Topics in the Aesthetics  
of Music and Sound,**

<http://soundmusicresearch.org/seminarsspring2012.html>

## **Is Music Healthy for Your Ears?**

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**Abstract:** Music is pleasant to listen to and - normally - your hearing will not be harmed. The musician runs a potential risk of developing various hearing disorders, however, including hearing loss due to long and lasting sound exposure throughout a professional career. Both classic and rhythmic music are often played at sound levels which exceed national noise limits permitted for employees. Musicians should also be protected by these same rules.

In this talk I will address the sound exposure resulting from music and how it can affect musicians' hearing throughout their lives. Various factors relevant to exposure to music such as instrument types, different repertoires, and different conditions during concerts, rehearsals and individual practice will be discussed. Furthermore, various hearing disorders such tinnitus (ringing sound in your ears), hyperacusis (hypersensitivity to loud sounds) and hearing loss in musicians will be discussed.

**ALL ARE WELCOME!**