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Subject: Re: Ear health

Posted by [Shane](#) on Mon, 08 Mar 2010 13:54:08 GMT

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Ah, but with headphones it's not just about being perceived as loud. Moderate volumes over a length of time can have the same effect. And like I said, if you listen for a while, say several hours, you tend to get used to the volume and perceive it as being softer, so in turn ramp up the volume a little. I've been guilty of this. I found out how loud it really was when I left the volume control alone at the end of a listening session, then played the same music back at that volume to start with the next day. It was very loud and I didn't even realize it the day before.

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