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Turn it down: Millions of young risk hearing loss from loud music, UN health agency warns

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The U.N. agency said Friday that a review of data from middle- and high-income countries shows almost half of all 12 to 35-year-olds listen to unsafe levels of music on their personal audio devices or cellphones.

And about 40 per cent of teens and young adults are exposed to damaging levels of sound at nightclubs, bars and sporting events.

WHO says volumes above 85 decibels for eight hours or 100 decibels for 15 minutes are unsafe.

The Geneva-based agency recommends that young people take listening breaks, use apps to limit the volume on their smartphone and consider using personal audio players for no more than one hour a day.

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