Instructions to Establish Loudness Discomfort Level

Read aloud the following instructions to the patient to establish an accurate loudness discomfort level at 500Hz, 1kHz, and 4kHz (and at any other defined frequency) bilaterally.

- I am going to try to find the upper limit of what sounds you find comfortable
- I am going to present a series of tones which gradually will get louder
- I would like you to point to the current levels on the chart so that I can know how loud each level of sound appears to you.
- I am most interested in finding the Uncomfortable Loudness Level, which is the level of loudness which would be uncomfortable for more than a minute.
Levels of Loudness

PAINFULLY LOUD

EXTREMELY UNCOMFORTABLE

UNCOMFORTABLY LOUD

LOUD, BUT O.K.

COMFORTABLE, BUT SLIGHTLY LOUD

COMFORTABLE

COMFORTABLE, BUT SLIGHTLY SOFT

SOFT

VERY SOFT