

Dining Out with Hearing Loss

Does it seem like your favourite restaurant sounds louder than it used to? Some restaurants make their venue louder to create a certain kind of atmosphere. These noisy environments can be challenging for people who wear hearing devices. Even people with normal hearing struggle to follow conversation in restaurant noise.



Helpful Tips:

1. **Pick the right place.** Acoustics are important so consider more than just the food. How are the décor, layout, lighting, and surfaces inside the restaurant? Are there high ceilings, hard surfaces, dim lighting, or large windows? These make for highly reverberant spaces and if you cannot see the faces of the people who are with you, reading lips, body language, and facial expressions can be difficult.

2. **Steer clear of the kitchen.**

Think your home kitchen can get noisy? Restaurant kitchen noise can make conversation near impossible.

3. **Stay to the edge.** Sitting along the perimeter of a room instead of in the middle

of all the noise can help you understand conversation easier.

4. **Turn your back on noise.** If you wear hearing aids, try to sit with your back towards the noise. Most modern hearing aids have directional microphones to improve noise reduction.

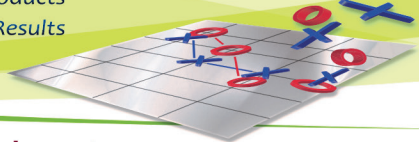
5. **Choose a booth over a table.** The high backs will help block some of the noise and are usually cushioned which can help absorb noise.

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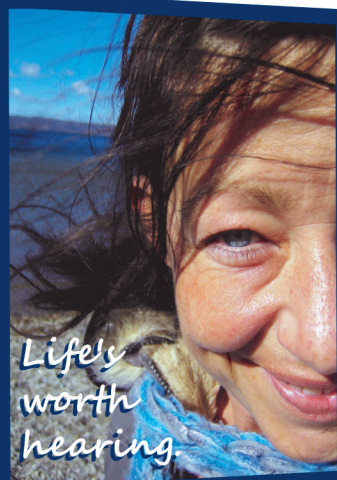
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