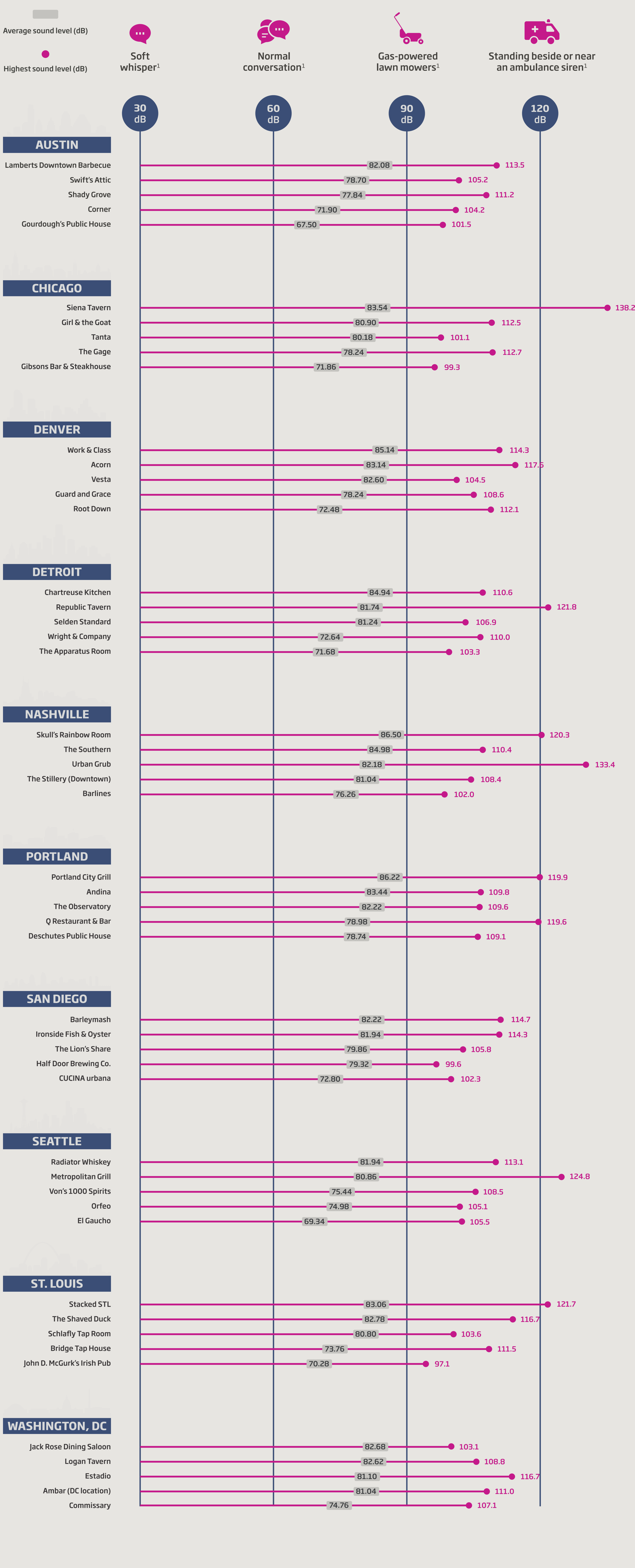


# Huh? What are the noisiest restaurants in top food cities in America? *Our research tells all.*

Nothing's worse than going to a restaurant and not being able to follow a conversation with friends and family. For many Americans suffering from hearing loss, restaurants are one of the toughest environments. Some evidence even suggests they're getting louder, due to industrial design trends and use of harder surfaces.

To uncover just how noisy restaurants can be, Oticon, a leading hearing aid manufacturer, sent mystery diners to five top-rated restaurants in 10 of America's most prized food cities.\* Equipped with a sound level meter, the mystery diners measured sound levels during the Saturday dinner rush. Here's what we found.

## Noise levels at restaurants in 10 American foodie cities



## Noisiest and quietest dining scenes: by average noise level

82.19 dB

Nashville

81.92 dB

Portland

76.51 dB

Seattle

75.60 dB

Austin

## Trendy design features contribute to high noise levels

- Industrial designs with minimal decor
- High ceilings
- Open kitchens
- Hard tables and floors
- Tall open windows
- Blaring music

Hearing care professionals advise that over time, exposure to noise levels above 85 decibels can contribute to hearing loss.<sup>2</sup>



For individuals with hearing loss, there are solutions to help you engage with companions while dining out. Oticon Opn™ hearing aids deliver a more natural, open sound experience that enables wearers to better navigate conversations in crowded, noisy restaurants.

### Sources:

- [https://www.cdc.gov/nceh/hearing\\_loss/what\\_noises\\_cause\\_hearing\\_loss.html](https://www.cdc.gov/nceh/hearing_loss/what_noises_cause_hearing_loss.html)
- <https://www.nidcd.nih.gov/health/noise-induced-hearing-loss>



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\*Restaurants included in the Oticon study were selected from TripAdvisor's top-rated restaurants in 10 American cities known for their restaurant scene, and excluded national chains. Mystery diners sampled each restaurant on Saturday, April 21, 2018 or Saturday, April 28, 2018 between 7 p.m. and 8 p.m. local time. Mystery diners used the NIOSH Sound Level Meter app to take five one-minute decibel readings in the main bar area of each restaurant over the course of about one hour. www.oticon.com/restaurantdilemma

Oticon is a global hearing device manufacturer with more than 110 years of experience providing advanced solutions to individuals with hearing loss. www.oticon.com.

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