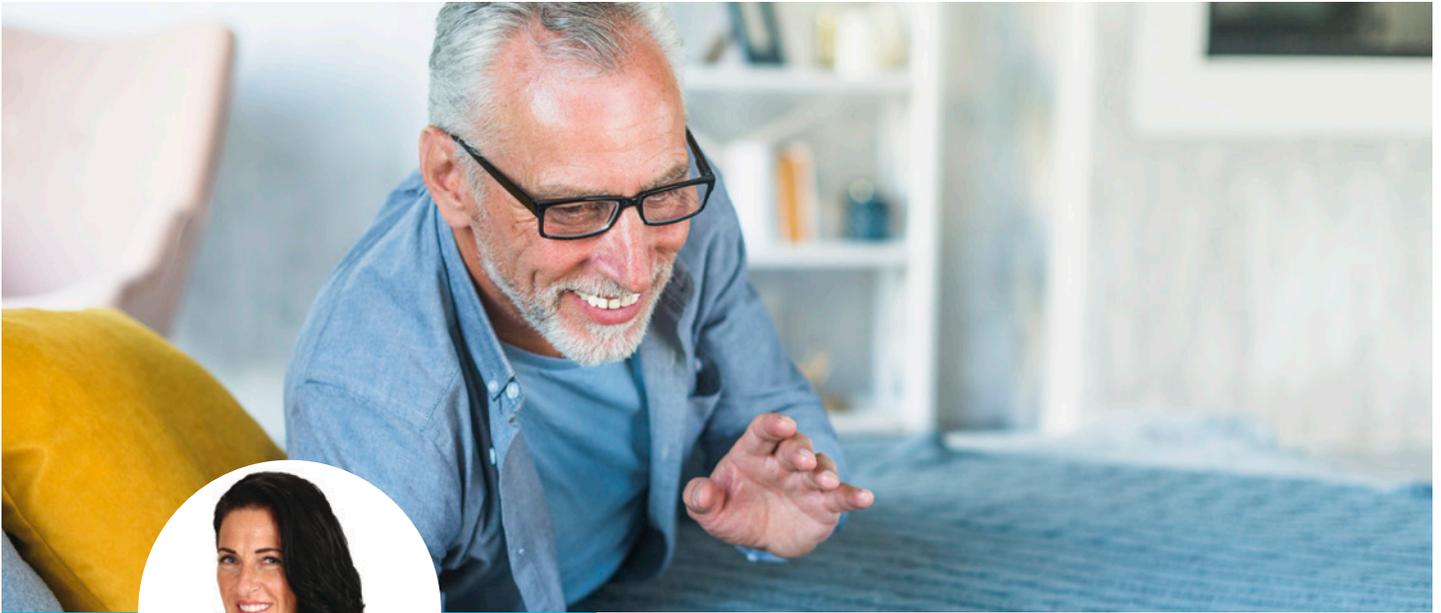


# Spring Newsletter



## Letter from the owner

Laura Carter, RHIP, CEO, Owner Of Carter Hearing Ltd., Registered Hearing Instrument Practitioner

Though many things in the world are changing, one thing remains the same: our commitment to our patients.

We are dedicated to delivering and meeting your hearing care needs however we can during this time - don't hesitate to reach out!

And, most importantly: please, take care of yourself and your loved ones during this challenging time.

## Experience the world from home

We are fortunate in this digital age to have so much available to us, online. Isolation doesn't have to be boring - we've rounded up a collection of the best online resources!

### **The Metropolitan Opera - [metopera.org](http://metopera.org)**

The Met has launched "Nightly Met Opera Streams," a free series of encore Live in HD presentations.

### **Arts & Culture - [artsandculture.google.com](http://artsandculture.google.com)**

Google has partnered up with 1,200 leading museums and archives to share their exhibits online and offer virtual tours.

### **Fitness - [Youtube.com](https://www.youtube.com)**

There is a massive selection of fitness videos on YouTube for all fitness levels!

### **Language - [duolingo.com](https://www.duolingo.com)**

What better way to pass the time than to learn, or refresh yourself on another language?

### **Audiobooks - [audible.ca](https://www.audible.ca)**

Sign up for a 30 day free-trial and enjoy access to top audiobooks and original podcasts!



# Hearing Health Update: Protect yourself from hearing hazards in your home

**Noises in your home could actually be damaging your hearing without you even realizing it!**

A good rule of thumb is that if the volume or noise is too loud where you are not able to carry on a conversation standing beside someone else, it is not safe for your ears. This goes for movies, the television, instruments, stereos and even appliances around the house.

Note these safe decibel ranges for household appliances:

- Vacuum cleaner: 60-85 dB
- Hair dryer: 60-95 dB
- Blender: 80-90 dB
- Washing machine: 50-75 dB
- Television audio: 70 dB
- Doorbell and telephone ring: 80 dB
- Garbage disposal: 70-95 dB

Try not to purchase something that is higher than these ranges. Make sure to also wear protection on your ears when you are using the blower for yard work or are running other loud appliances for a long period of time.

[Give us a call to learn how you can protect your ears!](#)

## 4 Ways to get a Better Night's Sleep

**Good sleep is more important than you think. The loss of sleep will affect your ability to reason, solve problems and think clearly, and routine is more crucial now, than ever.**

### 1. Wind down.

Your body needs time to wind down at night, so put your phone away and embrace peace and quiet before you shut your eyes. Try listening to restful music or a podcast, taking a hot bath, trying aromatherapy or even essential oils.

### 2. Watch what you eat.

Avoid anything high in saturated fat close to bed time because your digestive system

will work overtime to break down these foods, making it harder for you to fall into a circadian rhythm, helps dictate when to sleep and when to wake. Avoid erratic sleep patterns and try to set a bedtime to regulate this.

### 3. Create a dark environment.

Lights and lamps close to your bed can make it difficult to fall asleep. Light in traditional bulbs react with cells in your eyes and tell your brain not to make melatonin, the

hormone your body creates to regulate your sleep. So, consider filtered light bulbs in the bedroom that don't contain blue light (which is linked to poor sleep quality).

### 4. Set a bedtime.

Your internal body clock, or circadian rhythm, helps dictate when to sleep and when to wake. Avoid erratic sleep patterns and try to set a bedtime to regulate this.

**CARTER** Hearing

1- 844-234-6665

[carterhearing.ca](http://carterhearing.ca)

**CHILLIWACK**

#101 – 9193 Main St.

**HOPE**

591-F Wallace St.

**AGASSIZ**

7069 Cheam Ave.

**PRINCETON**

131 Vermillion Ave.

**LILLOOET**

3-682 Main

**MOBILE CLINIC**