

**Supplemental Material S2.** Published sound pressure levels (SPLs) of leisure time activities associated with noise exposure.

Activity	Equivalent continuous SPLs in dB(A)	Lowest value	Highest value
Riding a moped	82 (Bistrup et al., 2001) (Estimation)	n.d.	n.d.
Listening to music (stationary stereos) via loudspeaker	83 (Axelsson et al., 1993; Clark, 1991)	<80 (Clark, 1991)	85 (Clark, 1991)
Listening to music (stationary stereos) via headphones*	Median: 77	n.d.	n.d.
Listening to portable listening devices (PLDs) via headphones (charts, rock, pop)*	Median: 77	n.d.	n.d.
Listening to portable listening devices (PLDs) via headphones (oldies, jazz)*	Median: 71	n.d.	n.d.
Listening to portable listening devices (PLDs) via headphones (classic)*	Median: 65	n.d.	n.d.
Playing video games via headphones	84 (Axelsson, 1996; Plakke, 1983)	< 80 (Plakke, 1983)	92 (Mirbod et al., 1992)
Audio books, reports, or sport programs via headphones	80**	n.d.	n.d.
Watching movies (e.g., DVDs) via headphones	80**	n.d.	n.d.
Playing an instrument	80 - 96	n.d.	n.d.

Activity	Equivalent continuous SPLs in dB(A)	Lowest value	Highest value
	depending on type of instrument (Hohmann, 2000, 2010) (Supplemental Material S1)		
Playing in a band or in an orchestra or singing, playing music together	95 (McIlvaine et al., 2012)	90 (Hohmann, 2000) (Orchestra)	100 (Hohmann, 2000) (Rock and jazz music)
Cinema visits	< 80 (Ferguson et al., 2000)	n.d.	80 (Warszawa & Sataloff, 2010)
Attendance at classic concerts or operas	80 (Lebo & Oliphant, 1968)**	n.d.	n.d.
Attendance at rock, pop, or jazz concerts	98.5 (Derebery et al., 2012)	96 (Clark, 1991)	99 (Opperman et al., 2006)
Attendance at discotheques	100 (Twardella et al., 2008)	n.d.	n.d.
Attendance at sport events in a stadium (e.g., soccer game)	97 (Axelsson, 1996)	93 (Beach et al., 2013)	100 (Swanepoel & Hall, 2010)
Practicing ball sports in a sports hall	91 (Jiang, 1997)	80**	n.d.
Home handyman works, noisy home tools	85 (Bistrup et al., 2001)	80 (Bistrup et al., 2001)	n.d.

*Note.* n.d. = No deviation from conventional value; < 80 = Values were not considered in further analysis.

\*SPLs were allocated according to the participant data on their typical volume setting of PMPs. According to Hohmann (2010), 6 dB were subtracted from the value listening to charts, rock, pop for the value listening to jazz/oldies, and 12dB subtracted for listening to classic.

\*\*SUVA (Swiss Accident Insurance Institute) assessment

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