

Your ear contains the smallest bone in the body! It's called the *stapes*, a stirrup shaped bone in the middle ear.



DID YOU KNOW?

The ears never sleep! When you're sleeping, the ears receive sounds and send neural signals to the brain. Your brain processes these signals and decides which sounds are relevant. When the brain decides a sound is relevant, that is when the sleeper wakes up!



Noise is the leading cause of hearing loss. Avoid long exposure to loud noise by using hearing protection in loud environments and keeping media consumption at a safe volume (below 85 decibels).



DID KNOW?

Your ears help you balance! Your inner ear contains fluid. As you move, the fluid movement is sensed by hair cells in these tube-like structures called semi-circular canals. Your brain uses this information to judge if you are upright or not.



Q-tips are not for ears! Placing small objects in your ear can push the ear wax further in, cause infections, and/or puncture your ear drum. All of these things can be uncomfortable and affect your ability to hear.

