



Compare a nursery sound setup

Use this with the crib empty. A phone check describes sound at the measuring phone; it cannot assess a baby's hearing or certify a nursery.

- [] Identify the sound, speaker and volume controls you intend to use.
- [] Keep the sound source in its intended position, away from the baby and with cords out of reach.
- [] Position the measuring phone near the baby's usual head position at mattress height; keep its microphone clear.
- [] Keep the phone still. Record whether the app shows a live estimate or a named average, plus the observation period.
- [] Change one setting or placement and repeat under comparable conditions.
- [] Remove the phone before the baby uses the crib. Decide when the added sound will stop.

Keep these details together

Date / room

Speaker / sound

Volume control(s)

Speaker and phone positions

Phone / app / validation status

Metric / observation duration

First observation / interruptions

Change made / second observation

Planned stop / timer

Keep the limits with the number

Lullasure currently displays live estimates and guidance bands without completed device calibration. These are unvalidated. Watching a live value for 30 seconds does not turn it into a 30-second average.

NIOSH documents measurement metrics and calibration; NIH describes an infant sleep space clear of extra objects. The comparison workflow is Lullasure's editorial planning aid, not a clinical protocol.

[NIOSH: Sound Level Meter Application Help Guide](#)

[NIH: Safe Sleep Environment for Baby](#)

[Lullasure measurement implementation and limits](#)

[Full guide: lullasure.com/guides/measure-sound-machine-with-iphone](https://lullasure.com/guides/measure-sound-machine-with-iphone)