

**Picking a restaurant**

Look on the internet:  
Quiet restaurants near me.

Ask other people: Quiet restaurants in the area.

**Apps/Websites for finding a quiet restaurant:**  
-- SoundPrint includes a decibel meter to measure restaurant loudness and share it with other app users.  
-- Opentable.  
-- Yelp.

Information to look for:

Information to ask about:

**Search for the restaurant on Google:**  
-- Look for information about peak busy times.  
-- Look at pictures of the restaurant interior for clues about how noisy the space may be.

- Least busy times.
- Presence of a private room.
- Presence of booth seating along wall/in corner.
- Presence of lots of soft surfaces (to reduce noise).
- Customer reviews (including reviews on noise level).
- Option for takeout.
- Outdoor seating options (in a quiet location).
- Willingness of waitstaff to accommodate hearing loss.

- Least busy times.
- Presence of a private room.
- Presence of booth seating along wall/in corner.
- Presence of lots of soft surfaces (to reduce noise).
- Observations of background noise levels (TV, music, kitchen).
- Option for takeout.
- Outdoor seating options (in a quiet location).
- Willingness of waitstaff to accommodate hearing loss.

Contact the restaurant and ask if they can accommodate someone with a hearing loss.

**For tips related to self-advocating needs:**

Check out our page on optimizing music experiences through self-advocacy for hearing device users.

Explain the difficulties dining in a restaurant with a hearing loss. Explain your need for accommodations due to disability.

Explain that accommodations means sitting at a table that is as quiet as possible, away from the kitchen, traffic, and music.

If yes: remind waitstaff when you arrive that you have hearing loss and need a quiet place to dine.

If no: consider takeout.