IESD Recommended Listening Levels

If you are using a large mix stage to monitor, we recommend calibrating to a **79dB SPL reference listening level**. We recommend 79dB as this is a standard for home entertainment material (DVD / Blu-ray and Television) whereas 84/85dB is a standard for theatrical exhibition (cinema theaters)

However, if listening in a smaller studio or sound room, we strongly recommend following the ATSC guidelines set out in the A/85 document table 10.2 – i.e. a room with < 1,499 cubic feet of volume should ideally monitor at 76dB SPL


Notes
- Ensure no unwanted processing or attenuation is occurring via a receiver ('phantom centre' and 'no centre' presets etc) – (sometimes not possible on some receivers.)
- Ensure you have calibrated surround metering up to the resolution (5.1 / 7.1 etc.) you are mixing.

IESD Recommended Loudness

Sony, Microsoft & Nintendo Console Titles

The IESD, through thorough discussion, have reached consensus between its various members and associated partners to recommend the following overall loudness numbers.

Measurement of Loudness Level and True Peak Levels should be done according to the ITU-R BS.1770-3 algorithms and specifications via a compliant meter*.

Recommended Average Loudness for a console title should be normalized to -24 LUFS (tolerance of + or – 2 LU)

True Peak of content should not exceed -1dBTP

Down-mixing of content from surround to stereo should remain consistent with the above levels (stereo should be the same loudness as surround – recommend stereo and surround versions are measured in order to test this)

Mobile & Handheld Titles

Recommended Average Loudness for a mobile title should be normalized to -16 LUFS (tolerance of + or – 2 LU) with a Loudness Range (LRA) between 15 and 10 LU

* Measurements made using ITU-R BS.1770-2 are acceptable as not all commercially available meters are updated to revision