

Room Calibration Cheat Sheet

Dolby Cinema Processor	dBc SPL Dolby Pink Calibration	monitoring pot when calibrated to '85'	LUFS / LKFS / Leq(A) / Dialnorm	
7	85	0 dB	-31	THEATRICAL standard
6.5	83.33	-1.66 dB		
6	81.66	-3.33 dB		
	81	-4 dB	-27	DVD/BluRay standard
5.5	80	-5 dB		
	79	-6 dB	-25	common old TV cal.
5	78.33	-6.66 dB		
	78	-7 dB	-24	US TV standard*, ATSC speech sample
	77	-8 dB	-23	EBU R128 TV standard
4	75	-10 dB		
	72	-13 dB	-18	my WWW mixes

----> READ THE NOTES ON THE NEXT PAGE

---->

NOTE 1: the relationship between the 'Dolby Cinema Processor' value, the 'Dolby Pink Calibration' measurement value and the monitoring setting is universal. The LUFS / LKFS / Leq(A) / Dialnorm values (which are all usually +/- 1.5dB between them) relation to other values in the table is APPROXIMATE, and it works for me personally, in my room, which is L5.5 x W4.5 x H3.5m (18 x 15 x 11.5 feet), with me sitting 2.5m (8 feet) away from the front speakers. This does NOT mean that the dialog for a feature film should be -31 LUFS!!! **It will be different from scene to scene.** It just means that when you take the 'ATSC speech sample' and drop it by 7dB, it will sound fine at the calibrated dub stage. Use this table at your own risk, and only after reading the loudness and calibration discussions at the Gearsutz and the DUC:

[NEW UPDATED Room Calibration for Film and TV Post](#)

[Standard Mixing Levels for Movie Theater, DVD, TV, Internet, Radio and Games](#)

NOTE 2: to adjust this table to your own monitoring and ears, take the 'ATSC speech sample' (which is at -24 LKFS), and play it while adjusting the level of your monitoring with your master monitoring pot. When you feel comfortable with the loudness, you've found your relation between LKFS and your monitoring, so adjust the table accordingly. Repeat the process several times on different days to get a better approximation.

NOTE 3: 'US TV standard' is an over-simplification. Every broadcaster in the US has their own spec sheet.