

Using Youlean to Monitor Audio

Last Modified on 06/09/2026 4:48 pm EDT

This document will guide you through the process of installing Youlean Loudness Meter 2 as a plug-in to monitor your film's audio.

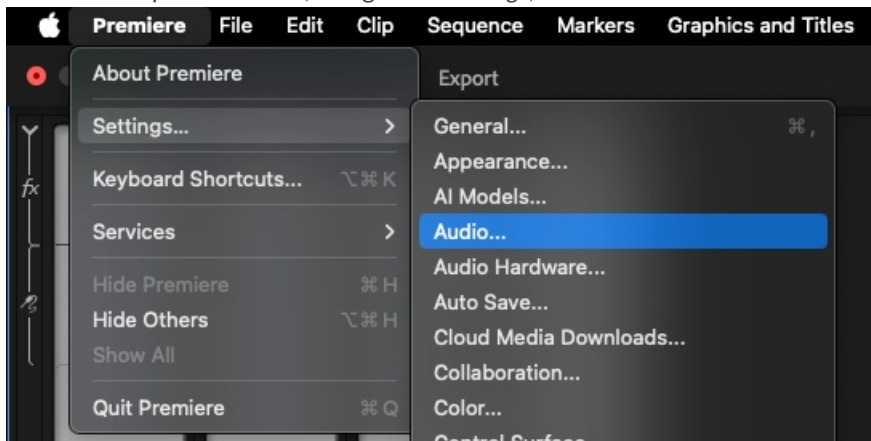
Installing Youlean

1. **Download** Youlean for either MacOS or Windows.
2. **Follow** steps for installation.
3. **Launch** your NLE.

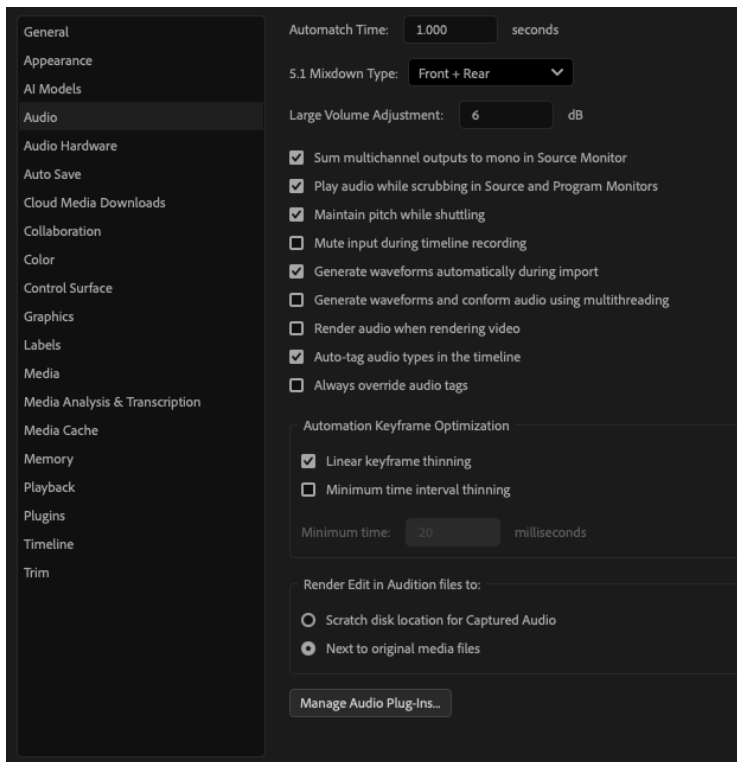
Premiere Pro

To setup Youlean Loudness Meter 2 as a plug-in within Premiere Pro:

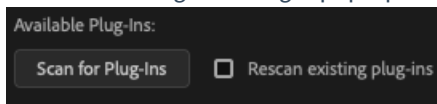
1. **Click** *Premiere Pro* in the top left corner to open the drop-down menu.
2. From the drop-down menu, navigate to *Settings*, and then **select** *Audio*.



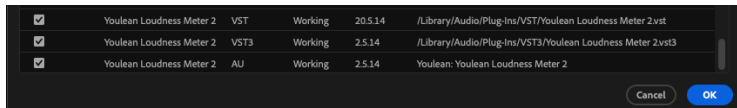
3. In the *Audio Preferences* pop-up window, **click** the *Manage Audio Plug-ins...* button.



4. In the *Audio Plug-in Manager* pop-up window, click the *Scan for Plug-ins* button.

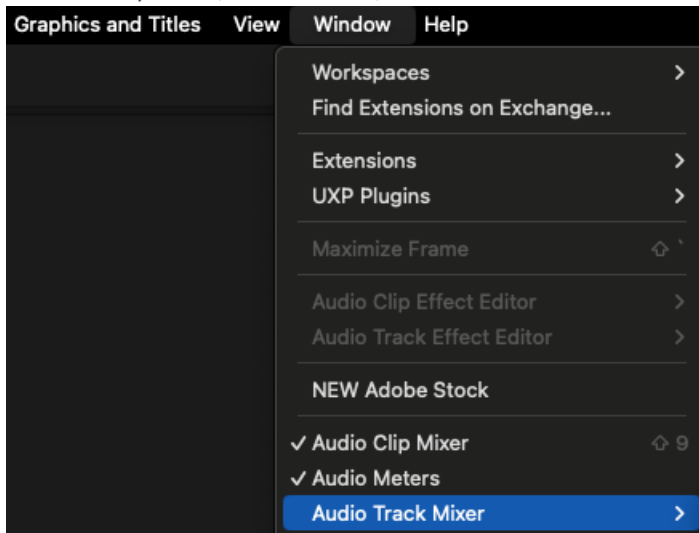


5. Scroll to the bottom of the list and **confirm** that *Youlean Loudness Meter 2* appears.

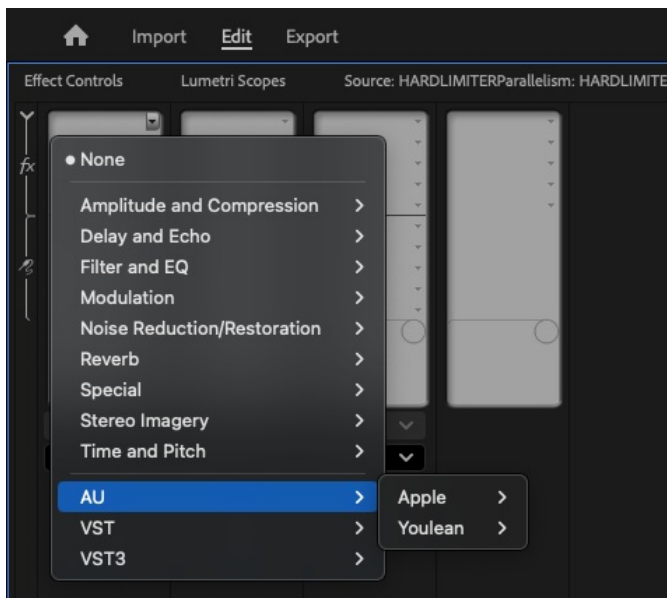


6. Click **OK** in both pop-up windows.

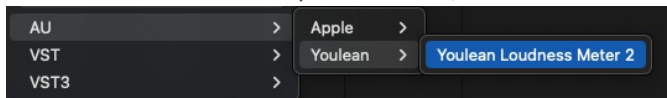
7. From the top menu, click *Window*, then click *Audio Track Mixer*.



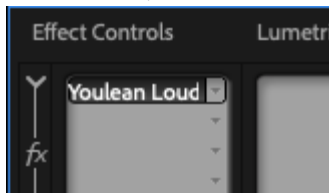
8. In the *Audio Track Mixer* window, use the drop-down menu to **select AU**.



- Click **Youlean** from the drop-down menu, and then select **Youlean Loudness Meter 2**.



- Once loaded, **double click** the **Youlean Loudness Meter 2** to open the pop-up window.



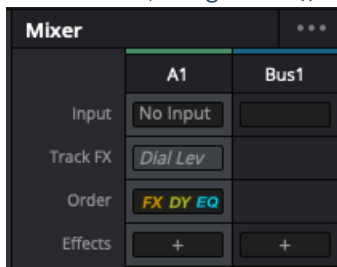
DaVinci Resolve

To setup Youlean Loudness Meter 2 as a plug-in within DaVinci Resolve:

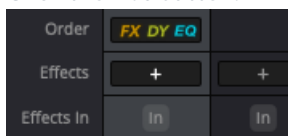
- Navigate to the Fairlight page.



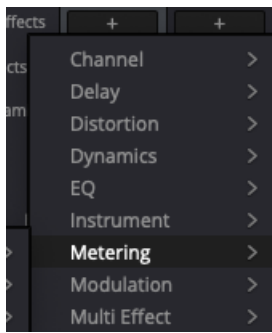
- Under Mixer, navigate to **Effects**.



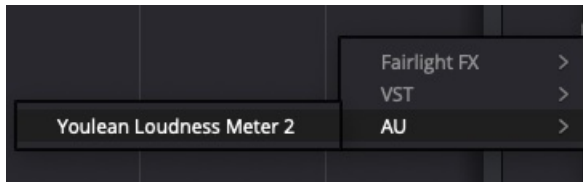
- Click the **Plus** button.



- From the **plugin** drop-down menu, select **Metering**.



5. Click AU, and then click Youlean Loudness Meter 2.



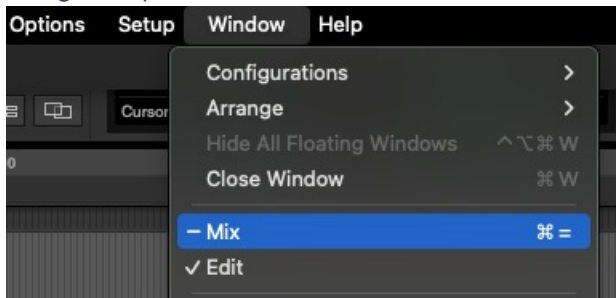
6. Click the Youlean Loudness Meter 2 Controls button to open the pop-up window.



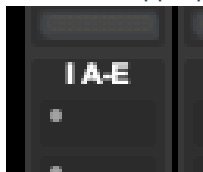
ProTools

To setup Youlean Loudness Meter 2 as a plug-in within ProTools:

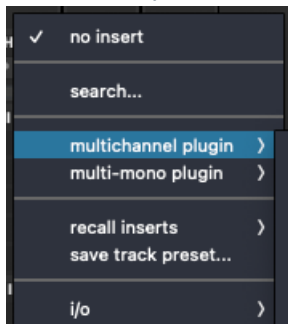
1. Navigate to your Mix window.



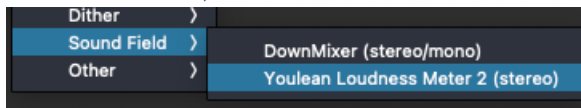
2. Within the appropriate track, or master track, click the *plug-in* pane.



3. From the drop-down menu, select *multichannel plugin*.



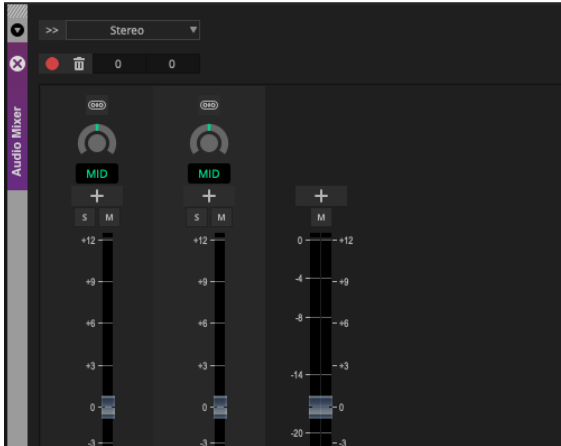
4. Select *Sound Field*, and then click *Youlean Loudness Meter 2*.



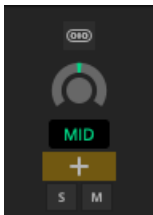
Avid Media Composer

To setup Youlean Loudness Meter 2 as a plug-in within Avid Media Composer:

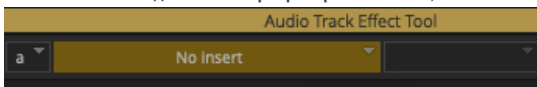
1. Navigate to the *Audio Mixer* window.



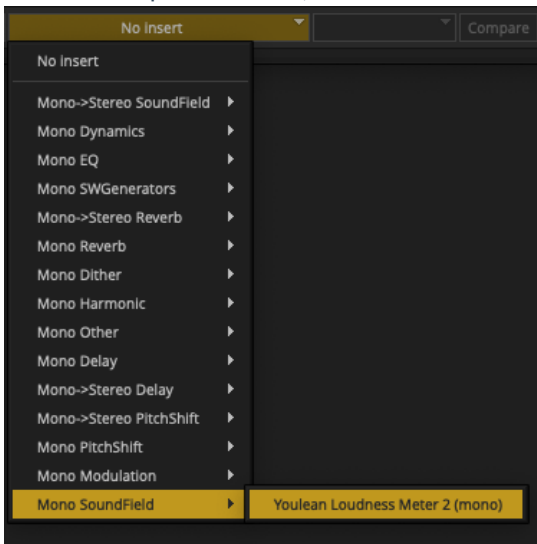
2. Click the *Plus* button beneath the panning controls.



3. In the *Audio Effect Tool* pop-up window, click *No insert*.



4. From the drop-down menu, select *Mono SoundField*, then click *Youlean Loudness Meter 2 (mono)*.

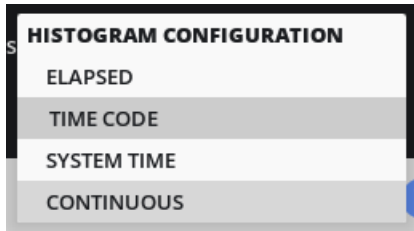


5. You can also render Youlean as an Audio Track Effect, and scrub through your audio after rendering.

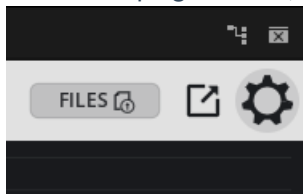
Using Youlean to Monitor True Peak

To use Youlean Loudness Meter 2 to monitor true peak:

1. In the Youlean pop-up window, **switch** the *histogram configuration* from *Continuous* to *Time Code*.



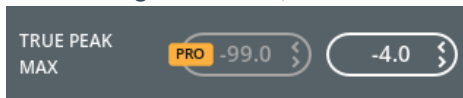
2. From the top right corner, **click** the *gear* button.



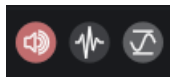
3. **Use** the *arrow* buttons to navigate to the *Targets* menu.



4. If submitting to First Run, **set** the True Peak Max to -4.0.

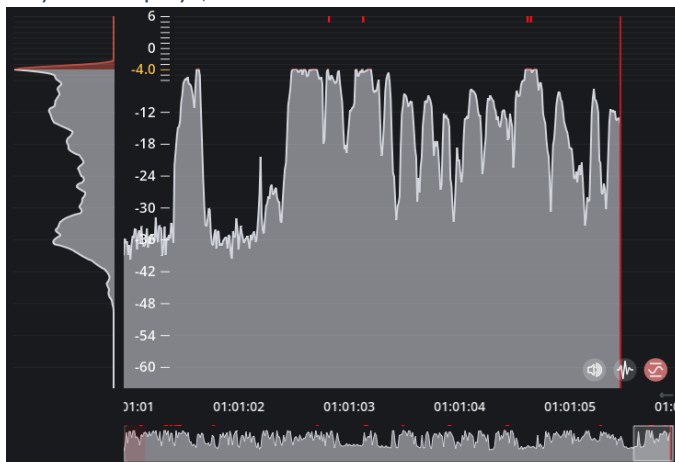


5. **Click** the *waveform monitor* button to switch the view.



6. **Play** your sequence in your NLE.

7. As your film plays, **monitor** the *True Peak*. Moments where audio surpasses -4.0 dBTP will be indicated in red.



8. After your film has finished, **press** pause in your NLE.
9. **Use** the Youlean window to scrub through your audio.

