

TOOLS TO MANAGE TINNITUS

Although there is no clinically proven tool to cure tinnitus, this handout includes several strategies to help manage one's perception and/or reaction to their tinnitus.

SOUND

- Sound can be used to improve sleep, concentration, and relaxation. You can utilize any type of sounds you find pleasant. It is important to find and use multiple types of sounds.
 - Examples include, but are not limited to fans, moving water, music, movies, nature sounds, and audio books.
- Tools to produce sounds:
 - Television, radio, CD player, iPod/iPad, computers, fans, smart phone
- Free apps are available for download for streaming a variety of sounds from your smart phone. These apps also walk you through some relaxation exercises.

Oticon Tinnitus Sounds



ReSound Relief



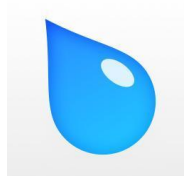
Starkey Relax



Phonak Tinnitus Balance



Rain Rain



Sleep Pillow



- Two ways of using sound for your tinnitus:
 - 1) Create a background of sound to make tinnitus less noticeable (fan noise, white noise, nature sounds, etc.)
 - 2) Use attention getting sounds to distract you from your tinnitus (lectures, books on tape, talk shows, conversations, etc.)
- Three steps to determine the best use of sound for your tinnitus:
 - 1) Identify specific situations when your tinnitus is most bothersome.
 - 2) Determine which type of sound would be most helpful in each situation.
 - 3) Determine the best device for presenting the sound in each situation.

HEARING PROTECTION

- Wear hearing protection in the presence of loud noises, as exposure to loud sound can make your tinnitus worse or result in hearing loss.

EDUCATION

- Knowledge is power! Continue learning about tinnitus by reading good books, articles, and other resources.
- The American Tinnitus Association website includes research and additional tinnitus management tips (membership is required).
- If needed, counseling sessions can be scheduled to further discuss your tinnitus and ways to manage your reactions to it.

OPTIMIZE YOUR LIFESTYLE

- Stress can negatively affect your tinnitus. If you are able, try to identify and limit stressors.
- Exercise!
- Get adequate sleep
- Minimize caffeine, sodium, alcohol, and cigarettes
- Eat a healthy diet
- Incorporate activities you enjoy into your daily schedule

RELAXATION

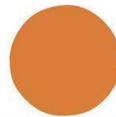
- Free phone apps are available for download to stream a variety of relaxation techniques including deep breathing, mindfulness, imagery, and guided meditation.

Insight Timer



InsightTimer

Headspace



HEADSPACE®

Calm



SimpleMind+



Breathe 2 Relax

