



FROM THE OFFICE OF DR.

Tinnitus relief: Suggestions for patients

Use sound to:

- Take attention away from your tinnitus
- Improve your sleep
- Improve your concentration
- Improve your relaxation

Two ways of using sound for your tinnitus

- Create a background sound to make the tinnitus less noticeable (eg, fan noise, radio, TV, nature sounds, water sounds)
- Use attention-getting sound to distract you from your tinnitus (lectures, books on tape, talk shows, conversation)

Three steps to determine the best use of sound for your tinnitus

- Identify specific situations when your tinnitus is most bothersome
- Determine which type of sound would be most helpful in each situation
- Determine the best device for presenting the sound in each situation

Obtain and use devices that produce sounds you like

- Background sounds from CDs
- Tabletop devices (eg, sound machines, water fountains)
- Portable listening devices (eg, MP3 player with music)

Protect your ears

- Loud noise can make your tinnitus worse (and damage your hearing)
- Always use earplugs or earmuffs around loud noise

Optimize your lifestyle and minimize tinnitus by

- Getting adequate sleep
- Reducing stress
- Reducing coffee, alcohol, cigarettes, aspirin, salt
- Eating healthy
- Exercising
- Staying busy with meaningful activities
- Becoming aware of your posture
- Taking breaks from work at the computer every 30 minutes to promote proper posture

Become educated about your tinnitus

- Join the American Tinnitus Association (www.ata.org)
- Read *The Mindfulness and Acceptance Workbook for Anxiety* (JP Forsyth & GH Eifert)

CDs that produce various background sounds

(We offer the following as suggestions, but do not provide a product endorsement.)

- www.sleepmachines.com
- www.binaural.com/bines.html
- www.naturesounds.com
- www.purewhitenoise.com
- www.soundpillow.com
- www.t-gone.com/white-noise

Tabletop devices

- www.sharperimage.com
- www.brookstone.com
- www.marpac.com
- www.simplyfountains.com