



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](http://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](http://www.sleepmachines.com)
- [www.binaural.com/bines.html](http://www.binaural.com/bines.html)
- [www.naturesounds.com](http://www.naturesounds.com)
- [www.purewhitenoise.com](http://www.purewhitenoise.com)
- [www.soundpillow.com](http://www.soundpillow.com)
- [www.t-gone.com/white-noise](http://www.t-gone.com/white-noise)

## Tabletop devices

- [www.sharperimage.com](http://www.sharperimage.com)
- [www.brookstone.com](http://www.brookstone.com)
- [www.marpac.com](http://www.marpac.com)
- [www.simplyfountains.com](http://www.simplyfountains.com)