

TAKE-HOME SUGGESTIONS FOR PATIENTS

- **Use sound to take your attention away from your tinnitus**
 - Use sound to improve sleep
 - Use sound to improve concentration
 - Use sound to improve relaxation

- **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, water sounds, etc.
 2. Use attention-getting sound to distract you from your tinnitus
 - Lectures, books on tape, talk shows, conversation, etc.

(Music can be used for both)

- **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

- **Obtain and use devices that produce sounds you like**
 - Background sound from CDs
 - Tabletop devices
 - Portable listening devices

- **Protect Your Ears!**
 - Loud noise can make your tinnitus worse (and damage your hearing)
 - Always use earplugs or earmuffs around very loud noise

- **Optimize Your Lifestyle**

To minimize tinnitus:

 - Get adequate sleep
 - Reduce stress
 - Minimize coffee, alcohol, cigarettes, aspirin, salt
 - Eat a healthy diet
 - Exercise
 - Stay busy with meaningful activities

- **Become Educated About Tinnitus**
 - “Knowledge is power”
 - Continue learning all you can about tinnitus
 - Join the American Tinnitus Association (ATA, P.O. Box 5, Portland, OR 97207; www.ata.org; 503-248-9985).
 - Receive and read *Tinnitus Today*
 - Read good books, articles and websites about tinnitus