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

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