

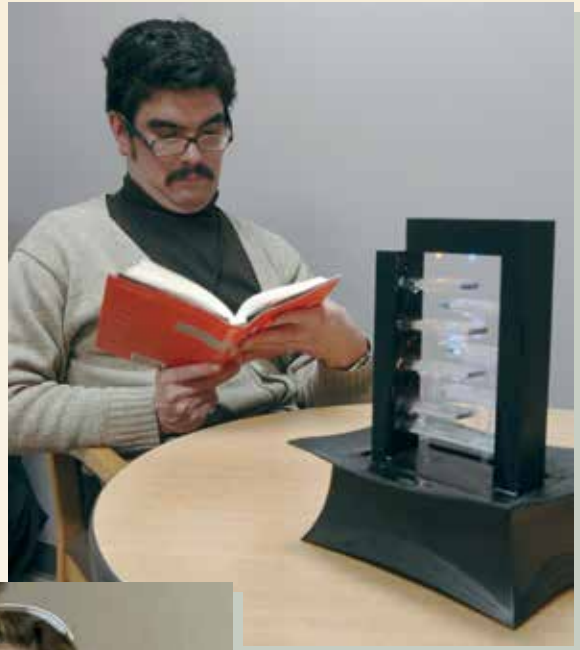
# *Progressive Tinnitus Management* **Counseling Guide**

**James A. Henry, PhD**

**Tara L. Zaugg, AuD**

**Paula J. Myers, PhD**

**Caroline J. Kendall, PhD**



**VA**



U.S. Department  
of Veterans Affairs

 **VETERANS HEALTH ADMINISTRATION**  
**EMPLOYEE EDUCATION SYSTEM**



# **Progressive Tinnitus Management Counseling Guide**

**James A. Henry, PhD**

**Tara L. Zaugg, AuD**

**Paula J. Myers, PhD**

**Caroline J. Kendall, PhD**

Illustrations by Lynn H. Kitagawa, MFA

Photography by Michael Moody

Published by the VA RR&D National Center for Rehabilitative Auditory Research (NCRAR), VA Portland Health Care System (VAPORHCS), Portland, Oregon.



# Table of Contents

Dedication and Acknowledgments

## **Section I: Managing Your Tinnitus: What to Do and How to Do it (Introduction)** **I**

Can Tinnitus be Cured?	3
Goals of Tinnitus Management ( <i>All Methods</i> )	5
Goal of Today's Session	7
Today's Session: Three Parts	9
Today's Focus	11
How to Manage Your Tinnitus: A Step-by-Step Workbook	13

## **Part 1: Review the Tinnitus and Hearing Survey** **15**

Sample of Tinnitus and Hearing Survey	17
I Completed the Tinnitus and Hearing Survey - What Does it Tell Me?	19

## **Part 2: Learning How to Make a "Sound Plan" to Manage Your Reactions to Tinnitus** **23**

How do I fill out #1 on the Sound Plan Worksheet?	25
Tinnitus Problem Checklist	27
How do I fill out #2 on the Worksheet?	29
Soothing Sound	31
Example of How Soothing Sound Can be Used	33
Relief Scale	35
Soothing Sound: Things to Remember	37
Background Sound	39
Imagine a Lit Candle in a Dark Room	41
Turn on the Lights!	43
Imagine "Tinnitus" in a Quiet Room	45
Turn on the Sound!	47
Example of How Background Sound Can be Used	49
Tinnitus Contrast Activity	51
Background Sound: Things to Remember	53
Interesting Sound	55
Attention Scale	57

Example of How Interesting Sound Can be Used	59
Interesting Sound: Things to Remember	61
Summary: Types of Sound	63
Which Type of Sound is Martha Using?	65
Which Type of Sound is Ben Using?	67
Which Type of Sound is Frank Using?	69
#2 on the Sound Plan Worksheet	71
#3 on the Sound Plan Worksheet	73
Using Environmental Sound, Music, and Speech	75
Environmental Sound	77
Music	79
Speech	81
Nine Combinations of Sounds	83
Soothing Sound Can Be Environmental Sound, Music, or Speech	85
Choosing Sounds to Use as Soothing Sound	87
Where Does This Example of <i>Soothing Sound</i> Fit on the Sound Grid?	89
Background Sound Can Be Environmental Sound, Music, or Speech	91
Choosing Sounds to Use as Background Sound	93
Where Does This Example of <i>Background Sound</i> Fit on the Sound Grid?	95
Interesting Sound Can Be Environmental Sound, Music, or Speech	97
Choosing Sounds to Use as Interesting Sound	99
Where Does This Example of <i>Interesting Sound</i> Fit on the Sound Grid?	101
Where Does This Example (Malcolm) Fit on the Sound Grid?	103
Where Does This Example (Julie) Fit on the Sound Grid?	105
Where Does This Example (William) Fit on the Sound Grid?	107
Where Does This Example (Enrique) Fit on the Sound Grid?	109
Where Does This Example (Ben) Fit on the Sound Grid?	111
Where Does This Example (David) Fit on the Sound Grid?	113
Summary: Soothing Sound	115
Summary: Background Sound	117
Summary: Interesting Sound	119
You Have Now Finished Your Practice Worksheet	121
“Bob”	123

Won't Interesting Sound Keep Me Awake?	125
Another Sleep Challenge for Bob	127
<b>Part 3: Design Your First "Sound Plan"</b>	<b>129</b>
Design a Sound Plan That is Easy to Use	131
Step 1	133
Step 2	135
Step 3	137
Step 4	139
You Have Completed Your First Sound Plan!	141
Step 5	143
At the Next Meeting . . .	145
Ongoing Use of the Sound Plan Worksheet	147
New Topics to be Covered at the Next Meeting	149
Bring to the Next Meeting:	151
<b>Section 2: Managing Your Tinnitus: What to Do and How to Do it (Follow-up session)</b>	<b>153</b>
Goals of Tinnitus Management ( <i>All Methods</i> )	155
Today's Session	157
<b>Part 1: Review the Sound Plan Worksheet</b>	<b>159</b>
Review #1 on the Worksheet	161
Review #2 on the Worksheet	163
Soothing Sound	165
Background Sound	167
Interesting Sound	169
Summary: Types of Sound	171
Tell me in your own words:	173
Review #3 on the Worksheet	175
Nine Combinations of Sounds	177
For each Type of Sound, You Can Use Environmental Sound, Music, or Speech	179
Tell me in your own words . . .	181

<b>Part 2: Discuss Your “Sound Plan”</b>	<b>183</b>
Can Your Sound Plan be Improved?	185
<b>Part 3: Ideas for Choosing Devices</b>	<b>187</b>
Two <i>Categories</i> of Devices	189
Wearable Listening Devices: Examples	191
MP3 Players	193
Bluetooth	195
Bluetooth with Hearing Aids	197
Satellite Radio	199
Hearing Aids with T-coils	201
Stationary Devices: Examples	203
Sight and Sound	205
Some Ideas for Using Sound at Night	207
“Sound Pillow”	209
Fleece Headband with Embedded Speakers	211
Neck Pillows	213
<b>Part 4: Update Your “Sound Plan”</b>	<b>215</b>
Which Types of Sound Were Most Helpful for You?	217
Which Sounds Were Most Helpful for You?	219
Update Your Worksheet Now (to Try to Get Better Results)	221
Ongoing Use of the Sound Plan Worksheet	223
<b>Part 5 (optional): Sound-based Methods of Tinnitus Management</b>	<b>225</b>
Tinnitus Masking	227
Tinnitus Retraining Therapy	229
Neuromonics Tinnitus Treatment: Stage 1	231
Neuromonics Tinnitus Treatment: Stage 2	233
Progressive Tinnitus Management	235
<b>Part 6 (optional): Other Things You Can Do</b>	<b>237</b>
Changing Thoughts and Feelings to Manage Tinnitus	239
Avoid Loud Noise	241
The Louder a Sound is, the Faster it can Damage Your Hearing	243
Protect Your Ears from Loud Sound!	245



It is Essential to Use Earplugs Properly	247
Take Good Care of Yourself	249
Keep Your Mind and Body Active	251
Learn All You Can About Tinnitus	253
Checklist	255
<b>Section 3: What To Do When Everyday Sounds Are Too Loud (not related to using hearing aids )</b>	<b>257</b>
Sound is the Problem - Sound is the Answer	259
<b>Three Things You Can Do if Everyday Sounds are Too Loud for You</b>	<b>261</b>
<b>1. Keep Yourself Surrounded with Sound that is Comfortable for You</b>	<b>263</b>
<b>How do I Keep Myself Surrounded with Sound?</b>	<b>265</b>
<b>2. Listen to Sounds that You Enjoy as Often as You Can</b>	<b>267</b>
<b>3. Only Wear Earplugs or Earmuffs when You Really Need To</b>	<b>269</b>
When Should I Use Earplugs and Earmuffs?	271
<b>Is There Any Research?</b>	<b>273</b>
Bottom Line	275
<b>Review: Three Things I Can Do if Everyday Sounds are Too Loud</b>	<b>277</b>
Sound Tolerance Worksheet	279
Fill Out the Sound Tolerance Worksheet	281



### ***Dedication***

This book is dedicated to Martin A. Schechter, PhD. Dr. Schechter was a clinical audiologist at the VA Portland Health Care System for 27 years, and is recently retired from federal service. He was the tinnitus specialist for the VAPORHCS Audiology & Speech Pathology Service. He helped thousands of Veterans learn how to manage their tinnitus. He was a Co-Principal Investigator and collaborator on numerous tinnitus studies conducted by the VA RR&D National Center for Rehabilitative Auditory Research (NCRAR). He spent his career helping Veterans, and influenced the tinnitus management program developed at the NCRAR.

## *Acknowledgments*

Development and publication of this book was supported by VA Rehabilitation Research and Development (RR&D) Service, the NCRAR, and VA Employee Education System. Numerous individuals have contributed in various and significant ways toward this effort, including:

- **Russell L. Bennett** (Computer Specialist, Long Beach Employee Education Resource Center, Long Beach, California)
- **Daniel C. Garcia** (Graphic Designer, Long Beach Employee Education Resource Center, Long Beach, California)
- **Katie J. Fick, MS** (Research Assistant, James A. Haley Veterans' Hospital, Tampa, Florida)
- **Jeff Hall** (Production Sound Mixer, Salt Lake City Employee Education Resource Center, Salt Lake City, Utah)
- **Christine Kaelin, MBA** (Clinical Research Coordinator, NCRAR, Portland, Oregon)
- **David Lehman** (Executive Producer, Salt Lake City Employee Education Resource Center, Salt Lake City, Utah)
- **Marcia Legro, PhD** (Research Psychologist, Seattle, Washington)
- **Will Murphy** (Audiovisual Production Specialist, VA Portland Health Care System)
- **Kimberly Owens, MPH** (Clinical Research Coordinator, Saint Thomas Research Institute, Nashville, Tennessee)
- **Emily Thielman, MS** (Research Assistant, NCRAR, Portland, Oregon)
- **Dwayne Washington** (Audiovisual Production Specialist, VA Portland Health Care System)
- **John C. Whatley, PhD** (Project Manager, Birmingham Employee Education Resource Center, Birmingham, Alabama)

Also, thanks to Stephen Fausti, PhD and Sara Ruth Oliver, AuD for their continued support of tinnitus research and clinical activities at the VAPORHCS.



# SECTION I

## Managing Your Tinnitus:

### What to Do and How to Do it (Introduction)

*[Clinician: The typical patient who will receive this one-on-one PTM counseling will already have received a copy of the patient-education workbook and attended the Level 3 group education sessions. For these patients, it is not necessary to cover the introductory material, and it would be most appropriate to start with the follow-up session. The primary purpose of the PTM counseling is to help the patient to generate viable “sound plans” using the Sound Plan Worksheet. The follow-up session provides a brief summary of the different ways to use sound. If further detail is needed, then this introductory material can be used as needed.]*

- Providing the PTM education involves at least two sessions - more as necessary
- During this introductory session:
  - » We will discuss the different ways that sound can be used to manage reactions to tinnitus
  - » You will develop a “sound plan” for managing your “most bothersome” tinnitus
- For the follow-up session, the sound plan from this first session will be reviewed and modified as needed, and additional information about managing tinnitus will be covered
- Any further sessions will be scheduled as necessary to work together to improve on your ability to manage your reactions to tinnitus

# **SECTION I**

## **Managing Your Tinnitus: What to Do and How to Do it (Introduction)**



# Can Tinnitus Be Cured?

- Many people with bothersome tinnitus spend a lot of time and energy searching for a way to quiet or eliminate the tinnitus - a perfectly normal and reasonable reaction
- Unfortunately, there currently is no therapy that can safely and consistently reduce the loudness of tinnitus
- Tinnitus cannot be “cured” but it can be **managed**
  - » (Notes:
    1. We do not use the word “treatment,” which might imply that a “course of treatment” will remove your tinnitus. Instead, we use the word “management,” which more correctly reflects the need for ongoing tinnitus management.
    2. When we say “manage tinnitus” we really mean “manage reactions to tinnitus.” “Manage tinnitus” might be misinterpreted to mean “manage the sound of tinnitus” or “do something to make the tinnitus quieter.” Because we cannot change tinnitus itself, tinnitus management should be interpreted to mean making lifestyle adjustments to reduce any reactions to tinnitus. “Reactions” pertains to any negative effects of tinnitus on quality of life, such as sleep disturbance, concentration difficulties, or any negative emotions that are associated with the tinnitus.)
- Managing reactions to tinnitus can make the tinnitus less of a problem



# Can Tinnitus Be Cured?

- “Cure” = eliminate or reduce the tinnitus
- No cure yet - research underway
- It can't be cured, but but you can learn to *manage* your reactions to it

# Goals of Tinnitus Management (All Methods)

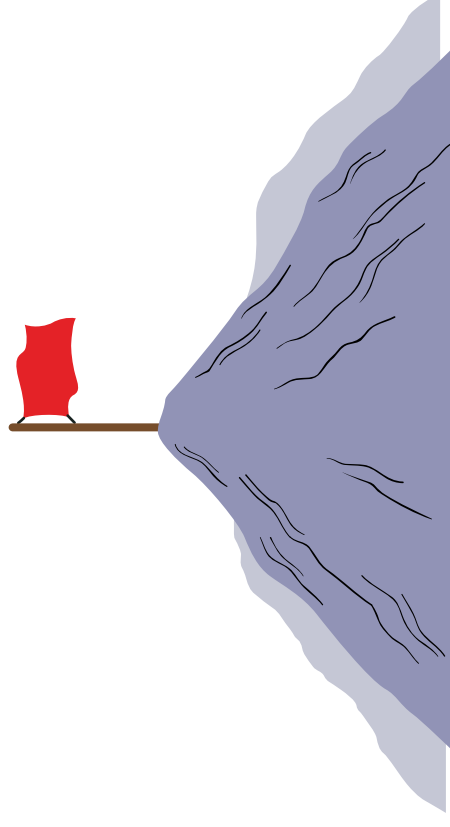
[Clinician: Make sure the patient understands that we are working to accomplish each goal below *without changing the loudness (or any other quality) of the tinnitus*]

- Emotional reactions are reduced
- Stress is reduced
- Little if any attention is given to tinnitus
- Tinnitus does not affect any life activities in a major way
- Further help is not needed or wanted

## Are these *your* goals?

These goals can be reached even if the sound of your tinnitus doesn't change!

# Goals of Tinnitus Management (All Methods)



- Emotional reactions are reduced
- Stress is reduced
- Little if any attention is given to tinnitus
- Tinnitus does not affect any life activities in a major way
- Further help is not needed or wanted

These goals can be reached even if the sound of your tinnitus doesn't change!

# Goal of Today's Session




- The goal of today's session is to develop an action plan for using sound to manage your reactions to tinnitus
  - a “sound plan”
- We will discuss the different ways that sound is used to manage reactions to tinnitus
- You will then use the Sound Plan Worksheet to develop an action plan for managing your reactions to tinnitus in the situation when your tinnitus is the most bothersome

# Goal of Today's Session

Develop an *action plan* for using sound to manage your reactions to tinnitus - a “sound plan”

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use																					
<input type="checkbox"/> <b>Soothing sound</b> 	_____ _____ _____	_____ _____ _____	5. Use your sound plan <b>over the next week. How helpful</b> was each sound after using it for 1 week? <table style="width: 100%; text-align: center;"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all	A little	Moderately	Very much	Extremely																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/> <b>Background sound</b> 	_____ _____ _____	_____ _____ _____	6. <b>Comments</b> When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments. _____ _____ _____																				
<input type="checkbox"/> <b>Interesting sound</b> 	_____ _____ _____	_____ _____ _____	6. <b>Comments</b> When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments. _____ _____ _____																				

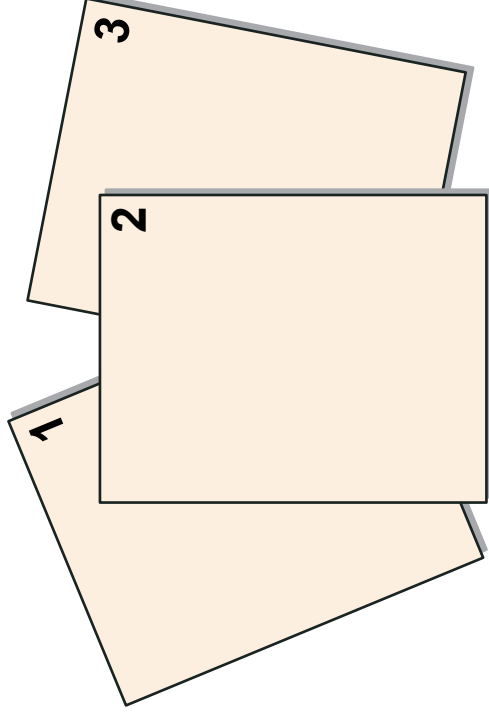
# Today's Sessions: Three Parts

- 1 Review the “Tinnitus and Hearing Survey”
- 2 Learn how to make a “sound plan” to manage your reactions to tinnitus
- 3 Complete a personal “sound plan”



# Today's Sessions: Three Parts

- 1 Review the “Tinnitus and Hearing Survey”
- 2 Learn how to make a “sound plan” to manage tinnitus
- 3 Complete a personal “sound plan”

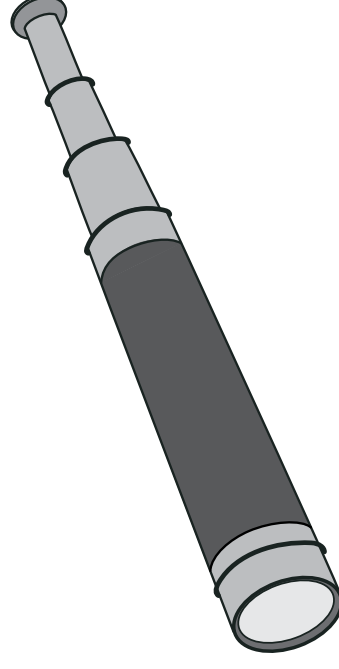


# Today's Focus

- Because time is limited in this session, we will focus on using sound to manage your reactions to tinnitus - not on information that is not directly related to the focus
- Information about methods of tinnitus management, causes of tinnitus, and other related topics can be found in the patient education workbook (*How to Manage Your Tinnitus: A Step-by-Step Workbook*)
  - » Any questions about these general topics will be answered at the end of today's session



# Today's Focus



- Time is limited, so we will focus on *learning to use sound to manage reactions to tinnitus*
- Questions about general topics will be answered at the end of today's session
- Additional information will be provided in the second session
- Further information is in the workbook  
*How to Manage Your Tinnitus: A Step-by-Step Workbook*

# **How to Manage Your Tinnitus: A Step-by-Step Workbook**

- You should have received this workbook when you had your hearing evaluation
- The workbook provides step by step instructions for how to use sound to manage reactions to tinnitus
- Please review this workbook on a regular basis as long as your tinnitus is a problem
- Most importantly, use the Sound Plan Worksheet as often as needed

# How to Manage Your Tinnitus: A Step-by-Step Workbook

Third Edition

James A. Henry, PhD  
Tara L. Zaugg, AuD  
Paula J. Myers, PhD  
Caroline J. Kendall, PhD



# **PART I**

## **Review the Tinnitus and Hearing Survey**

- We're going to start by reviewing the Tinnitus and Hearing Survey
- You should have completed this during your hearing evaluation
  - » If not, we'll complete one now

# PART I

## Review the Tinnitus and Hearing Survey

Tinnitus and Hearing Survey					
	No, not a problem	Yes, a small problem	Yes, a moderate problem	Yes, a big problem	Yes, a very big problem
<b>A. Tinnitus</b>					
Over the last week, tinnitus kept me from sleeping.	0	1	2	3	4
Over the last week, tinnitus kept me from concentrating on reading.	0	1	2	3	4
Over the last week, tinnitus kept me from relaxing.	0	1	2	3	4
Over the last week, I couldn't get my mind off of my tinnitus.	0	1	2	3	4
	Total of each column				<input type="text"/>
<b>B. Hearing</b>					
Over the last week, I couldn't understand what others were saying in noisy or crowded places.	0	1	2	3	4
Over the last week, I couldn't understand what people were saying on TV or in movies.	0	1	2	3	4
Over the last week, I couldn't understand people with soft voices.	0	1	2	3	4
Over the last week, I couldn't understand what was being said in group conversations.	0	1	2	3	4
	Total of each column				<input type="text"/>
<b>C. Sound Tolerance</b>					
Over the last week, everyday sounds were too loud for me.*	0	1	2	3	4
<i>If you responded 1, 2, 3 or 4 to the statement above:</i>					
Being in a meeting with 5 to 10 people would be too loud for me.*	0	1	2	3	4

\*If sounds are too loud for you when wearing hearing aids, please tell your audiologist



# Sample of Tinnitus and Hearing Survey

- This is a sample survey completed by “Bob”
- Note that he chose higher numbers for the statements in Section A than for Section B
- His grand total for Section A is 8 - indicating a fairly large problem with tinnitus
- His grand total for Section B is 2 - indicating a small problem with hearing
- His Section C responses show that he does not have a problem with reduced sound tolerance

## Tinnitus and Hearing Survey

Bob

### A. Tinnitus

Over the last week, tinnitus kept me from sleeping.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Over the last week, tinnitus kept me from concentrating on reading.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Over the last week, tinnitus kept me from relaxing.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Over the last week, I couldn't get my mind off of my tinnitus.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Grand Total

Total of each column

8

### B. Hearing

Over the last week, I couldn't understand what others were saying in noisy or crowded places.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Over the last week, I couldn't understand what people were saying on TV or in movies.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Over the last week, I couldn't understand people with soft voices.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Over the last week, I couldn't understand what was being said in group conversations.

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

Grand Total

Total of each column

2

### C. Sound Tolerance

Over the last week, everyday sounds were too loud for me.\*

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

*If you responded 1, 2, 3 or 4 to the statement above:*

Being in a meeting with 5 to 10 people would be too loud for me.\*

No, not a problem	0	1	2	3	4
-------------------	---	---	---	---	---

\*If sounds are too loud for you when wearing hearing aids, please tell your audiologist

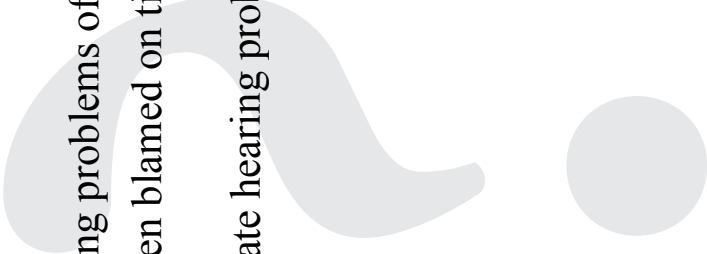
# **I Completed the Tinnitus and Hearing Survey - What Does it Tell Me?**

- Tinnitus problems and hearing problems often are confused
  - » Hearing problems are often blamed on tinnitus
- The Survey helps you separate hearing problems from tinnitus problems



# **I Completed the Tinnitus and Hearing Survey - What Does it Tell Me?**

- Tinnitus problems and hearing problems often are confused
  - » Hearing problems are often blamed on tinnitus
- The Survey helps you separate hearing problems from tinnitus problems



- Today we will focus on learning how to manage tinnitus (Section A) problems
- We will not learn how to manage hearing (Section B) problems

[Clinician: If the response to the first question of Section C is “yes,” make sure that the patient has a copy of the special loudness tolerance handout (*What to Do When Everyday Sounds are Too Loud*). If the response to the second question of Section C is “yes,” then the patient may require special procedures to assess and treat the sound hypersensitivity.]

## Tinnitus and Hearing Survey

	No, not a problem	Yes, a small problem	Yes, a moderate problem	Yes, a big problem	Yes, a very big problem
<b>A. Tinnitus</b>					
Over the last week, tinnitus kept me from sleeping.	0	1	2	3	4
Over the last week, tinnitus kept me from concentrating on reading.	0	1	2	3	4
Over the last week, tinnitus kept me from relaxing.	0	1	2	3	4
Over the last week, I couldn't get my mind off of my tinnitus.	0	1	2	3	4
<b>Grand Total</b>	—	—	—	—	—
<b>Total of each column</b>	—	—	—	—	—
<b>B. Hearing</b>					
Over the last week, I couldn't understand what others were saying in noisy or crowded places.	0	1	2	3	4
Over the last week, I couldn't understand what people were saying on TV or in movies.	0	1	2	3	4
Over the last week, I couldn't understand people with soft voices.	0	1	2	3	4
Over the last week, I couldn't understand what was being said in group conversations.	0	1	2	3	4
<b>Grand Total</b>	—	—	—	—	—
<b>Total of each column</b>	—	—	—	—	—
<b>C. Sound Tolerance</b>					
Over the last week, everyday sounds were too loud for me.*	0	1	2	3	4
<b>Grand Total</b>	—	—	—	—	—

*If you responded 1, 2, 3 or 4 to the statement above:*

Being in a meeting with 5 to 10 people would be too loud for me.\*

\*If sounds are too loud for you when wearing hearing aids, please tell your audiologist

Today we will focus on learning how to manage tinnitus (**Section A**) problems

We will not learn how to manage hearing (Section B) or loudness tolerance (Section C) problems



## PART 2

# Learning How to Make a “Sound Plan” to Manage Your Reactions to Tinnitus

- We will use the *Sound Plan Worksheet* as a guide to making your “Sound Plan”
- Use a *Worksheet* to take notes while you learn about using sound to manage tinnitus
- This practice *Worksheet* won't be your “final” plan
- After you fill out this practice *Worksheet*, then you will use a clean *Worksheet* to make a plan to manage your tinnitus until the next session




# PART 2

## Learning How to Make a “Sound Plan” to Manage Your Reactions to Tinnitus

We will use the  
*Sound Plan Worksheet*  
as a guide to making  
your “Sound Plan”

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments																																																		
<input type="checkbox"/> <b>Soothing sound</b> 	_____	_____	<table border="0"> <tr> <td>Not at all</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>A little</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments. _____ _____ _____
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
<input type="checkbox"/> <b>Background sound</b> 	_____	_____	<table border="0"> <tr> <td>Not at all</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>A little</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____ _____ _____
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
<input type="checkbox"/> <b>Interesting sound</b> 	_____	_____	<table border="0"> <tr> <td>Not at all</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>A little</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____ _____ _____
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																													




## **How do I fill out #1 on the Sound Plan Worksheet?**

- The first step in completing a *Sound Plan Worksheet* is to write down a bothersome tinnitus situation
- We will need to use the *Tinnitus Problem Checklist*

# How do I fill out #1 on the Sound Plan Worksheet?

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments																
<input type="checkbox"/> Soothing sound 	_____ _____ _____	_____ _____ _____	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td>Moderately</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td><td>Extremely</td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments. _____ _____ _____
Not at all	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>													
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													
<input type="checkbox"/> Background sound 	_____ _____ _____	_____ _____ _____	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td>Moderately</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td><td>Extremely</td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____ _____ _____
Not at all	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>													
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													
<input type="checkbox"/> Interesting sound 	_____ _____ _____	_____ _____ _____	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td>Moderately</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td><td>Extremely</td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____ _____ _____
Not at all	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>													
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													

# Tinnitus Problem Checklist

[Clinician: Please provide a copy of the Tinnitus Problem Checklist, or have the patient fill out the Tinnitus Problem Checklist in the patient-education workbook]

- Fill out the *Checklist* now
- Write the “most bothersome” situation from the *Checklist* at the top of the *Worksheet* (#1)



# Tinnitus Problem Checklist

## Tinnitus Problem Checklist

1. My most bothersome tinnitus situation is:

- Falling asleep at night
- Relaxing in my recliner
- Staying asleep at night
- Napping during the day
- Waking up in the morning
- Planning activities
- Reading
- Driving
- Working at the computer
- Other \_\_\_\_\_

Now, write your answer on #1 of the Sound Plan Worksheet

(Copies of the Worksheet can be found in your workbook.)

Bob

1. Write down one bothersome tinnitus situation falling asleep at night




2. My second most bothersome tinnitus situation is:
- Falling asleep at night
  - Staying asleep at night
  - Waking up in the morning
  - Reading
  - Working at the computer

Now, write your answer on #1 of a Sound Plan Worksheet

3. My third most bothersome tinnitus situation is:
- Falling asleep at night
  - Staying asleep at night
  - Waking up in the morning
  - Reading
  - Working at the computer

Now, write your answer on #1 of a Sound Plan Worksheet

EXAMPLE

<p>2. Check one or more of the three ways to use sound to manage the situation</p> <p><input type="checkbox"/> Soothing sound</p> 	<p>3. Write down the sounds that you will try</p> <p>fan</p>	<p>4. Write down the devices you will use</p> <p>box fan</p>	<p>6. Comments</p> <p>When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.</p>
<p><input checked="" type="checkbox"/> Background sound</p> 	<p>television</p> <p>talk radio</p> <p>books on CD</p>	<p>TV in bedroom</p> <p>radio with earbuds</p> <p>CD player by bed with earbuds</p>	<p>adding fan noise helped me get to sleep and helped me stay asleep</p>
<p><input checked="" type="checkbox"/> Interesting sound</p> 	<p>television</p> <p>talk radio</p> <p>books on CD</p>	<p>TV in bedroom</p> <p>radio with earbuds</p> <p>CD player by bed with earbuds</p>	<p>talk radio helped me get to sleep but I still wake up in the night</p>

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?
- |            |                          |          |                          |            |                          |           |                          |           |                          |
|------------|--------------------------|----------|--------------------------|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|
| Not at all | <input type="checkbox"/> | A little | <input type="checkbox"/> | Moderately | <input type="checkbox"/> | Very much | <input type="checkbox"/> | Extremely | <input type="checkbox"/> |
|------------|--------------------------|----------|--------------------------|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|

- |            |                          |          |                                     |            |                          |           |                          |           |                          |
|------------|--------------------------|----------|-------------------------------------|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|
| Not at all | <input type="checkbox"/> | A little | <input checked="" type="checkbox"/> | Moderately | <input type="checkbox"/> | Very much | <input type="checkbox"/> | Extremely | <input type="checkbox"/> |
|------------|--------------------------|----------|-------------------------------------|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|

- |            |                          |          |                                     |            |                          |           |                          |           |                          |
|------------|--------------------------|----------|-------------------------------------|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|
| Not at all | <input type="checkbox"/> | A little | <input checked="" type="checkbox"/> | Moderately | <input type="checkbox"/> | Very much | <input type="checkbox"/> | Extremely | <input type="checkbox"/> |
|------------|--------------------------|----------|-------------------------------------|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|

## **How do I fill out #2 on the Worksheet?**

- We'll begin by learning about the three *types of sound* to manage tinnitus
- As you learn about the three *types of sound* (#2 on the Worksheet) for tinnitus, think about how each type of sound might apply to your “most bothersome” tinnitus situation (#1 on the Worksheet)

# How do I fill out #2 on the Worksheet?

Three types of sound

**Sound Plan Worksheet**

1. Write down the bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

6. Comments  
When you find something that works well (or not so well) please comment.  
You do not need to wait 1 week to write your comments.

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Soothing Sound

What is it?

- Sound that makes you feel better as soon as you hear it

How can it help?

- By giving you a sense of relief from tension and stress caused by tinnitus

*When* can it help?

- Any time your tinnitus bothers you

# Soothing Sound

Sound Plan Worksheet																																			
1. Write down one bothersome tinnitus situation _____	2. Write down the sound _____	3. Write down the sound _____	4. Write down the sound _____	5. Use your sound _____	6. Comments _____																														
<p>2. Check one or more of the three ways to use sound to manage the situation</p> <p><input type="checkbox"/> Soothing sound</p> <p><input type="checkbox"/> Background sound</p> <p><input type="checkbox"/> Interesting sound</p>	<p>3. Write down the sound _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>4. Write down the sound _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>5. Use your sound _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>6. Comments _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>																														
<p>• What is it?</p> <p>» Sound that makes you feel better as soon as you hear it</p> <p>• How can it help?</p> <p>» By giving you a sense of relief from tension and stress caused by tinnitus</p> <p>• When can it help?</p> <p>» Any time your tinnitus bothers you</p>																																			
<table border="0"> <tr> <td>Not at all</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>						Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														

# Example of How Soothing Sound Can be Used

- To understand how sound can be used to manage tinnitus it helps to use *real-life examples*
  - » We will use examples throughout this session
- Our first example is Martha
- One of Martha's favorite activities for relaxing was reading in her quiet home. However, her tinnitus annoyed her, which made it difficult to concentrate. She learned that playing soothing music gives her a sense of relief from the tinnitus, which helps her to concentrate on her reading.
- This an example of *using soothing sound*

# Martha



- When Martha reads at home, she plays soothing music
- The sense of relief she feels from the music makes it easier for her to concentrate
- This an example of *using soothing sound*



# Relief Scale

- Used to rate the amount of relief given by a sound (*relief* is defined as a “*sense of relief from the tension or stress caused by tinnitus*”)
  - » *No relief* means there is no change in the stress or tension caused by the tinnitus
  - » *Complete relief* means that, with the sound, the stress or tension caused by the tinnitus is completely gone

[Note to Clinician: at this point demonstrate some sounds that are likely to induce a sense of relief. Examples of sounds that would be considered “soothing” to many people can be found on tracks 8 through 14 on the sound demonstration CD that is included with this book.]

- Instructions for using the Relief Scale (for Soothing Sound):
  - 1 Choose a sound that you think will be soothing
  - 2 Listen to the sound and decide how much relief you feel from the stress or tension caused by your tinnitus; **when you first listen to the sound, make it louder or softer to achieve the most relief**
  - 3 Answer the question “When I listen to this sound, how much relief do I feel?”



# Relief Scale



***Let's try it!***

- 1 Listen to the sound (adjust the volume to the most comfortable level)
- 2 While you listen, choose the amount of relief you feel
- 3 Choose either 0, 1, 2, 3, 4, or 5



- |          |                        |
|----------|------------------------|
| <b>0</b> | No relief              |
| <b>1</b> | Slight relief          |
| <b>2</b> | Mild relief            |
| <b>3</b> | Moderate relief        |
| <b>4</b> | Nearly complete relief |
| <b>5</b> | Complete relief        |

# **Soothing Sound: Things to Remember**

- The sound you just heard is more soothing to some people, and less soothing to others
  - » Different sounds have different qualities, such as loudness and pitch. Some sounds are pleasant, or soothing, and other sounds can be harsh. (A sound that is soothing to one person may be harsh to another.) Some sounds easily cover up (or “mask”) tinnitus, while other sounds do not. Each of these differences can affect how much a sound will give you relief from stress caused by your tinnitus.
  - » Remember: the goal is not to cover up your tinnitus, but instead to find soothing sounds that provide *relief* from tension or stress caused by tinnitus. This can occur with or without masking.
- Your job is to find sounds that are soothing to *you*
  - » Be creative in finding sounds that are soothing for you. Some people use music, the sound of ocean waves, recordings of guided imagery for relaxation, wind chimes, etc.
- It might take *time and patience* to find the sounds that are most soothing and helpful for you
- *Never use sound that is irritating or annoying to you to manage your tinnitus*
  - » Any soothing sound that you use must not bother you in any way. If the sound seems harsh, then it will not provide a sense of relief and is not a good choice.

# Soothing Sound: Things to Remember



- The sound you just heard is more soothing to some people, and less soothing to others
- Your job is to find sounds that are soothing to *you*
- It might take *time and patience* to find the sounds that are most soothing and helpful for you
- *Never use sound that is irritating or annoying to you to manage your tinnitus*

# Background Sound

What is it?

- Any sound that is neutral (not soothing and not interesting)
  - » Background sound does not give a sense of relief (like soothing sound) and it does not draw your attention

How can it help?

- Reduces contrast to make it easier to ignore your tinnitus (*I'll explain!*)

When can it help?

- *Any* time
  - » The use of background sound is always helpful because it reduces contrast to make it easier to ignore your tinnitus - let's discuss what that means

[Note to Clinician: technically any sound would be considered background sound (because any sound reduces the contrast between the tinnitus and the acoustic environment); what distinguishes background sound for PTM is that the sound does not induce an immediate sense of relief and is not considered “interesting” by the listener]



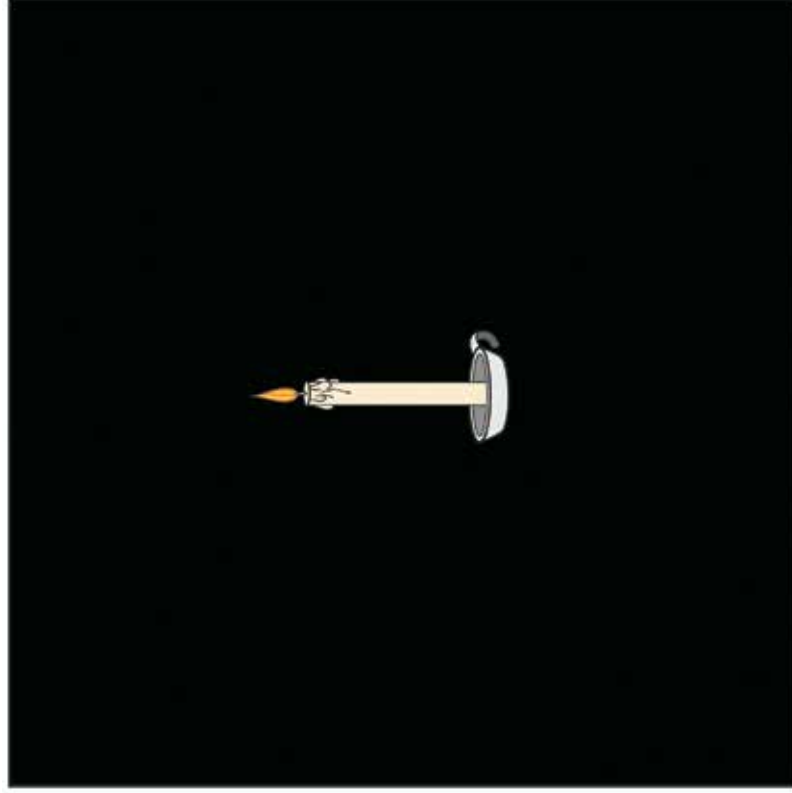
# **Imagine a Lit Candle in a Dark Room**

- The candle is the only light in the room
- There is sharp contrast between the bright candle and the dark room
- The candle naturally attracts a lot of attention

# Imagine a Lit Candle in a Dark Room



- The candle is the only light in the room
- There is sharp contrast between the bright candle and the dark room
- The candle naturally attracts a lot of attention



## Turn on the Lights!

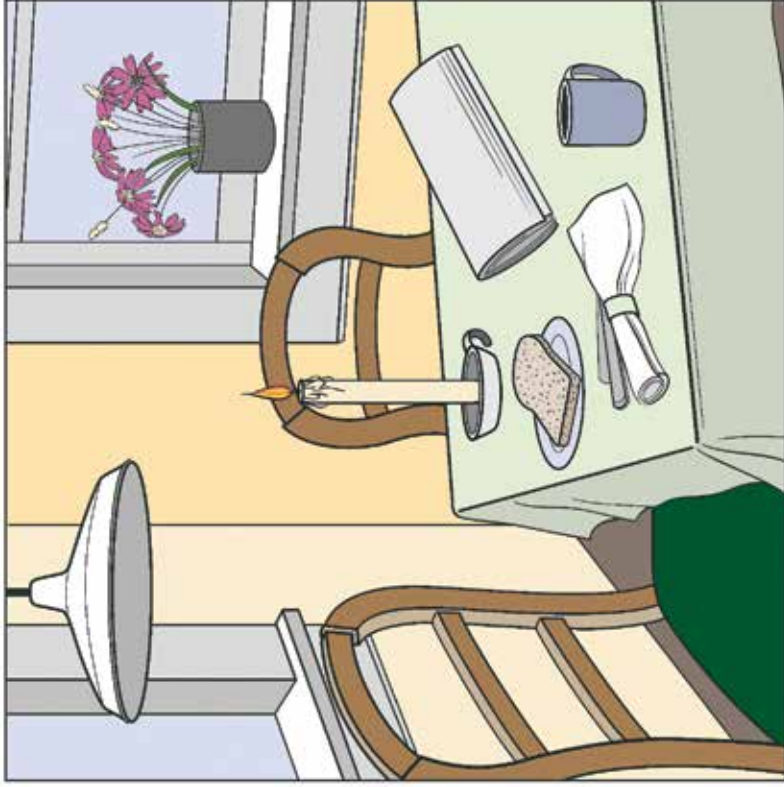
- Next, imagine the same lit candle, but now with the lights on in the room
- The contrast between the candle and the room has been reduced
- The candle is just as bright as before, but attracts less attention because now there is other light in the room along with the candle



# Turn on the Lights!



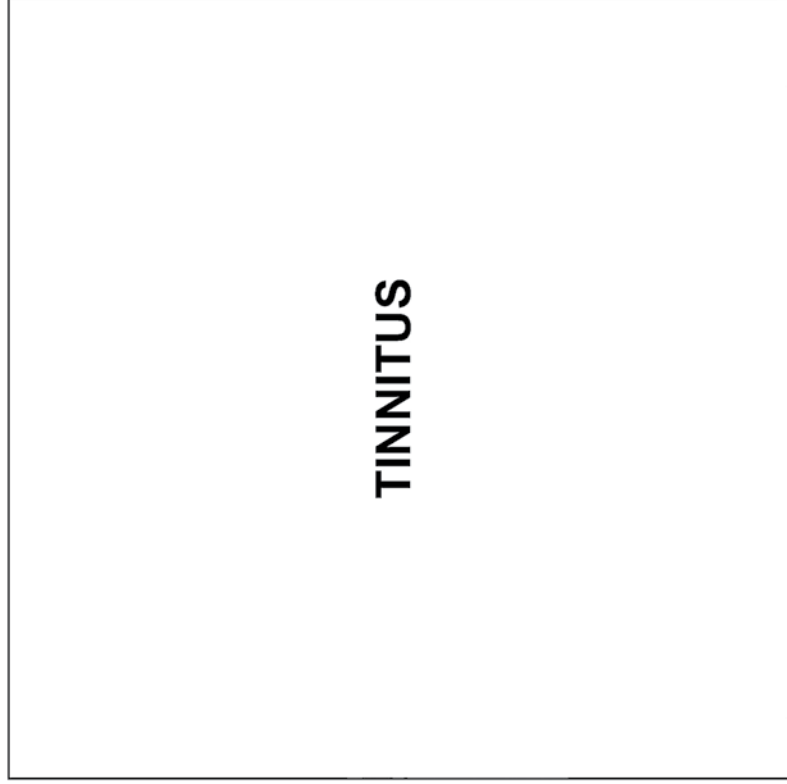
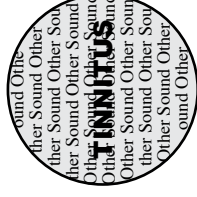
- This is the same lit candle, but with the lights on
- The contrast between the candle and the room has been *reduced*
- The candle is just as bright as before, but attracts less attention because now there is other light in the room along with the candle



# Imagine “Tinnitus” in a Quiet Room

- Contrast reduction also works with sound
- Because of the sharp contrast between tinnitus and a quiet room the tinnitus *attracts attention*

# Imagine “Tinnitus” in a Quiet Room



- The tinnitus is the only “sound”
- There is sharp contrast between the tinnitus and the quiet room
- The tinnitus naturally attracts a lot of attention

## **Turn on the Sound!**

- Same tinnitus, but in a background of sound
- The contrast between the tinnitus and the quiet room has been reduced
- The tinnitus is just as loud as before, but attracts less attention because of the background sound
  - » It is easier for the brain to ignore the tinnitus because there is other sound in the room with the tinnitus

# Turn on the Sound!



**ELEVATOR MUSIC**  
**RADIO STATIC**  
**CLASSICAL MUSIC**  
**ELECTRIC FAN**  
**WHITE NOISE GUITAR MUSIC**  
**TINNITUS**  
**TRAFFIC NOISE WIND NOISE**  
**AIR CONDITIONER**  
**NEW AGE MUSIC**  
**FOUNTAIN NOISE**  
**FISH TANK NOISE**

- Same tinnitus, but in a background of sound
- The contrast between the tinnitus and the quiet room has been *reduced*
- The tinnitus is just as loud as before, but attracts less attention because of the background sound



## **Example of How Background Sound Can be Used**

- Janet keeps a tabletop fountain running on her desk
- The background sound from the fountain makes it easier for her to ignore her tinnitus
- This is an example of *using background sound*

# Janet



- Janet keeps a tabletop fountain running on her desk
- The background sound from the fountain makes it easier for her to ignore her tinnitus
- This is an example of *using background sound*



# Tinnitus Contrast Activity

- Tinnitus in quiet creates high contrast. As sound is added, the *contrast is reduced*. You can hear the difference by listening to your tinnitus in quiet, and then adding sound.

[Note to Clinician: demonstrate one or more sounds that are constant and are perceived as pleasant or neutral; examples of sounds that would be considered “background” to many people can be found on tracks 20 through 23 on the sound demonstration CD that is included with this book]

- Instructions for the Tinnitus Contrast Activity:
  - 1 Spend a few moments listening to your tinnitus in quiet
  - 2 Then, with background sound turned on, notice the reduced contrast
  - 3 Reducing contrast makes it easier to ignore your tinnitus



# Tinnitus Contrast Activity



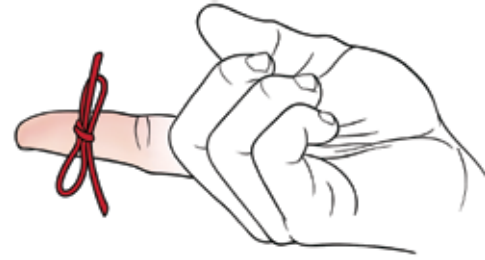
**Let's try it!**

- 1 Spend a few moments listening to your tinnitus in quiet
- 2 Then, with background sound turned on, notice the reduced contrast
- 3 Reducing contrast makes it easier to ignore your tinnitus

TINNITUS	ELEVATOR MUSIC RADIO STATIC CLASSICAL MUSIC ELECTRIC FAN WHITE NOISE GUITAR MUSIC TINNITUS TRAFFIC NOISE WIND NOISE AIR CONDITIONER NEW AGE MUSIC FOUNTAIN NOISE FISH TANK NOISE
----------	--

## Background Sound: Things to Remember

- Tinnitus is less likely to get your attention when you add background sound
  - » The purpose of using background sound for tinnitus is to reduce contrast between the tinnitus and a quiet environment. *Reducing contrast will make it easier for your brain to ignore the tinnitus.*
  - » Our brains are “wired” to notice striking contrasts. We notice tinnitus in silence more often than we notice it in noise. Over time the brain can “re-wire” itself to notice the tinnitus less often - even in quiet.
- You might not notice background sound helping you right away - *that doesn't mean it's not helping you*
- Using constant background sound over weeks or months can help you get better at ignoring tinnitus over time
  - » **Constant use of background sound can help you notice the tinnitus less often.** This is true even if the background sound does not give you a sense of relief from the tinnitus.
  - » If your goal is to reduce the amount of time that you notice your tinnitus, then a constant background of sound can help. Use ear-level devices, personal listening devices, and/or tabletop devices throughout each day (as we soon will discuss). The background sound should be set at a comfortable level to let the sound become a natural part of your day.
  - » A convenient way to keep a constant background of sound is to wear devices in your ears that provide sound (“ear-level devices”).
- *Never use sound that is irritating or annoying to you to manage your tinnitus*
  - » Sounds used to create a background must be either pleasant or neutral. Unpleasant or loud sounds should not be used.



## Background Sound: Things to Remember



- Tinnitus is less likely to get your attention when you add background sound
- You might not notice background sound helping you right away - *that doesn't mean it's not helping you*
  - » Using constant background sound over weeks or months can help you get better at ignoring tinnitus over time
- *Never use sound that is irritating or annoying to you to manage your tinnitus*

# Interesting Sound

What is it?

- Sound that keeps your attention
  - » You know a sound is interesting to you if it *keeps your attention*
- Sound that involves *active listening*

How can it help?

- Shifts your attention *away from your tinnitus*
  - » *Interesting sound* can help you get your mind off of your tinnitus. Shifting your thoughts away from the tinnitus can make it less of a problem.

When can it help?

- When you do not need to concentrate on something else
  - » For example, interesting sound would *not* be helpful when you need to concentrate on reading, writing, paying bills, etc.
- When you want to relax, sleep, walk, exercise, etc.

# Interesting Sound

## Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

Soothing sound



Background sound



Interesting sound



3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Comments  
When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- What is it?

- » Sound that keeps your attention

- » Sound that involves active listening

- How can it help?

- » Shifts your attention away from your tinnitus

- When can it help?

- » When you do not need to concentrate on something else

- » When you want to relax, sleep, walk, exercise, etc.

# Attention Scale

- Our world is filled with sights and sounds. Our attention shifts between the sights and sounds according to our interests and needs. Although it is possible to focus 100% of our attention on only one thing, we tend to divide our attention between different things. With tinnitus, we want our attention focused on something else. The Attention Scale helps you rate how much attention stays focused on a sound other than tinnitus. This scale can help you find sounds that do the best job of helping you shift your attention away from the tinnitus.

[Note to Clinician: demonstrate a sound passage that has high interest value for the typical person. Examples of sounds that would be considered “interesting” to many people can be found on tracks 15 through 19 on the sound demonstration CD that is included with this book.]

- Instructions for using the Attention Scale:
  - 1 Listen to the sound passage
  - 2 While you listen, choose the percent of attention focused on the passage
  - 3 Choose either 0, 25, 50, 75, or 100%

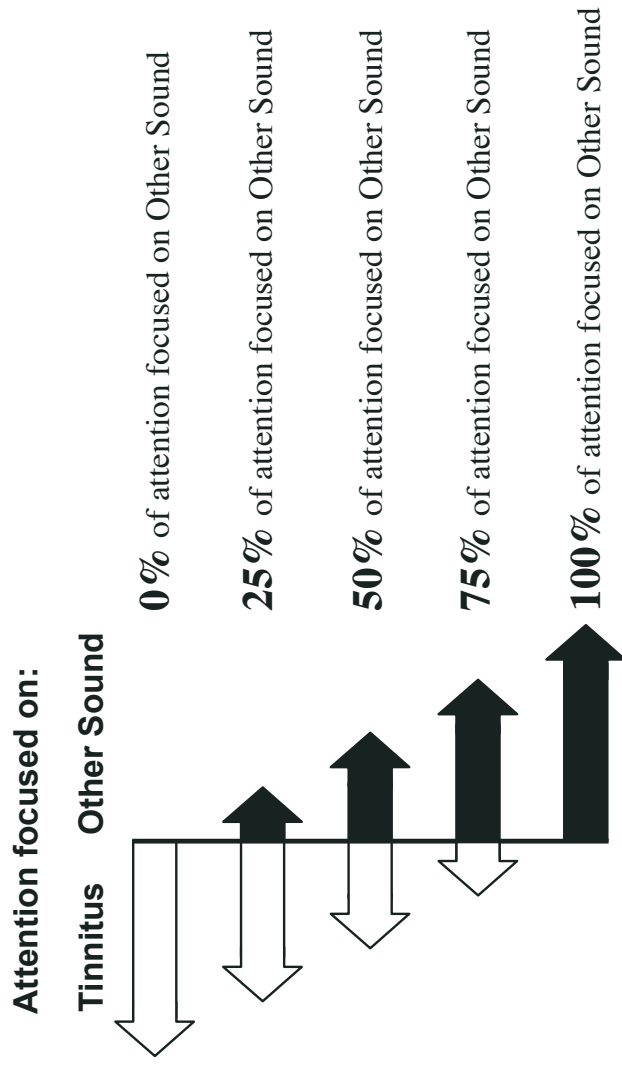


**Let's try it!**

# Attention Scale



- 1 Listen to the sound passage
- 2 While you listen, choose the percent of attention focused on the passage
- 3 Choose either 0, 25, 50, 75, or 100%



## **Example of How Interesting Sound Can be Used**

- Patrick talks to his friends on the telephone to keep his mind off of his tinnitus
- This is an example of *using interesting sound*



# Patrick



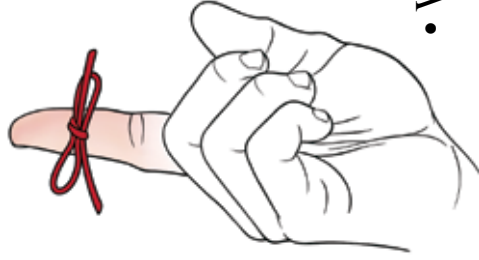
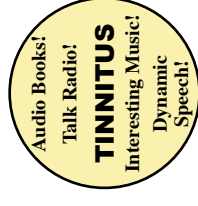
- Patrick talks to his friends on the telephone to keep his mind off of his tinnitus
- This is an example of *using interesting sound*



# Interesting Sound: Things to Remember

- We're all different!
  - » The passage you just heard is more interesting to some people, and less interesting to others
- Your job is to find sounds that are interesting to you
  - » We pay more attention to sounds that are important, interesting, or entertaining.
  - » Interesting sound is most helpful if it can *keep* your attention. Speech is often a good choice. You can try using audiobooks, podcasts, webcasts, radio drama, talk radio, comedy performances, community lectures, talking on the telephone, visiting with others, or any other kind of speech you enjoy.
  - » Environmental sounds and music that are interesting to you also can be used to help shift your attention away from the tinnitus.
- It might take *time and patience* to find the sounds that are most interesting and helpful for you
- *Never use sound that is irritating or annoying to you to manage your tinnitus*

# Interesting Sound: Things to Remember



- We're all different!
  - » The passage you just heard is more interesting to some people, and less interesting to others
- Your job is to find sounds that are interesting to *you*
- It might take *time and patience* to find the sounds that are most interesting and helpful for you
- *Never use sound that is irritating or annoying to you to manage your tinnitus*





## Which Type of Sound is Martha Using?

**Challenging Situation:** Martha reads a lot of books. She has always enjoyed reading in a quiet area of her house. When her tinnitus started, she felt tense whenever she tried to read there. This made concentration and reading difficult.

**Sound Plan:** She discovered that turning on soft classical music reduced her tension and allowed her to concentrate on reading.

**Question:** Is Martha using . . . Soothing sound? Background sound? Interesting sound?

*Answer:*

- *Soothing sound, because the sound is giving Martha a sense of relief.*
- *It is also background sound because any use of sound reduces the contrast between the tinnitus and the sound environment.*
- *It is not interesting sound because she is not paying attention to the sound; also, she could not use interesting sound when reading a book, which requires concentration.*

# Which Type of Sound is Martha Using?

**Challenging Situation:** Martha reads a lot of books. She has always enjoyed reading in a quiet area of her house. When her tinnitus started, she felt tense whenever she tried to read there. This made concentration and reading difficult.

**Sound Plan:** She discovered that turning on soft classical music reduced her tension and allowed her to concentrate on reading.

*Is Martha using . . .*

*Soothing sound?*

*Background sound?*

*Interesting sound?*



# Which Type of Sound is Ben Using?

**Challenging Situation:** Ben is retired. He likes to relax after breakfast, but is bothered by his tinnitus.

**Sound Plan:** Ben enjoys listening to bird calls. He can identify many local birds by their call. After breakfast he sits on his back porch and listens to bird calls. Other times he goes on-line to learn new bird calls. Listening to bird calls is interesting to Ben, and helps to get his mind off of the tinnitus.

**Question:** Is Ben using . . . Soothing sound? Background sound? Interesting sound?

*Answer:*

- *Interesting sound, because Ben actively listens to the sound, which takes his mind off of the tinnitus.*
- *It is also background sound because any use of sound reduces the contrast between the tinnitus and the sound environment.*
- *It may also be soothing sound if Ben experiences a sense of relief; this is not clear from the information provided.*



# Which Type of Sound is Ben Using?

**Challenging Situation:** Ben is retired. He likes to relax after breakfast, but is bothered by his tinnitus.

**Sound Plan:** Ben enjoys listening to bird calls. He can identify many local birds by their call. After breakfast he sits on his back porch and listens to bird calls. Other times he goes on-line to learn new bird calls. Listening to bird calls is interesting to Ben, and helps to get his mind off of the tinnitus.

*Is Ben using . . .*

*Soothing sound?*

*Background sound?*

*Interesting sound?*



# Which Type of Sound is Frank Using?

**Challenging Situation:** Frank works at home. He spends most of his day working on the computer. The room is very quiet and his tinnitus makes it hard for him to concentrate. He tried playing music, but it was too distracting.

**Sound Plan:** He then tried opening the window. He could hear traffic noise from the freeway, which reduced the contrast between the tinnitus and the quiet room without creating a distraction. It is now easier for him to concentrate on his work.

**Question:** Is Frank using . . . Soothing sound? Background sound? Interesting sound?

*Answer:*

- *Background sound, because it is neither soothing nor interesting to Frank.*

# Which Type of Sound is Frank Using?

**Challenging Situation:** Frank works at home. He spends most of his day working on the computer. The room is very quiet and his tinnitus makes it hard for him to concentrate. He tried playing music, but it was too distracting.

**Sound Plan:** He then tried opening the window. He could hear traffic noise from the freeway, which reduced the contrast between the tinnitus and the quiet room without creating a distraction. It is now easier for him to concentrate on his work.

*Is Frank using . . .*

*Soothing sound?*

*Background sound?*

*Interesting sound?*






## #2 on the Sound Plan Worksheet

- Put a checkmark next to each type of sound that you could try to manage your most bothersome tinnitus situation
  - » You can select soothing sound, background sound, and/or interesting sound
- Don't worry about getting this right. Just take your best guess as to what type of sound will work best
  - » Remember:
    - If you are choosing background sound, then you are choosing a sound that does not give a sense of relief and does not hold your attention
    - Soothing sound is chosen to provide a sense of relief
    - Interesting sound is chosen to keep your attention (and can be used only if your “most bothersome tinnitus situation” does not require your concentration)
- The first time you fill out the Worksheet is just for practice
  - » You will make your actual sound plan later

Put a checkmark next to each type of sound that you could try to manage your most bothersome tinnitus situation

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments																				
<input type="checkbox"/> Soothing sound 	_____	_____	<table border="0"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Not at all	A little	Moderately	Very much	Extremely																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/> Background sound 	_____	_____	<table border="0"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Not at all	A little	Moderately	Very much	Extremely																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/> Interesting sound 	_____	_____	<table border="0"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Not at all	A little	Moderately	Very much	Extremely																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																				

## #3 on the Sound Plan Worksheet

- On #2 of the Worksheet, you chose at least one type of sound to manage your most bothersome tinnitus situation
- For #3, you will write down the actual sound(s) you will try using for each type of sound you checked in #2
- Before you fill out #3, we will first review the different sounds that can be used

For #3, you will write down the actual sound(s) you will try using for each type of sound you checked in #2

**Bob**

1. Write down one bothersome tinnitus situation falling asleep at night

2. **Check one or more of the sounds** that you will try to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

3. Write down the sounds that you will try

fan

television  
talk radio  
books on CD

4. Write down the devices you will use

box fan

TV in bedroom  
radio with earbuds  
CD player by bed with earbuds

5. Use your sound plan **over the next week. How helpful** was each sound after using it for 1 week?

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Comments

When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

adding fan noise helped me get to sleep and helped me stay asleep

talk radio helped me get to sleep but I still wake up in the night

# Using Environmental Sound, Music, and Speech

- When filling out #3 on the Sound Plan Worksheet, you can choose from any sound that exists. The choices are almost endless. I will now give you ideas to help you make your choices. It can help to think of environmental sound, music, and speech.
- Remember, there are three *types of sound* for managing tinnitus:
  - » Interesting Sound - *helps to shift attention* away from tinnitus
  - » Soothing Sound - *helps to reduce stress or tension* that is caused by tinnitus
  - » Background Sound - *reduces contrast* between tinnitus and a quiet environment to make it easier to ignore the tinnitus
- Tinnitus-Management Sound Grid
  - » The Tinnitus-Management Sound Grid shows that environmental sound, music, and/or speech can be used for each of the three different types of sound (interesting, soothing, background). This results in a 3x3 grid with nine possible combinations (shown by the nine check-marks).



To help you come up with ideas for choosing sounds . . .

## Sound Grid

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background	✓	✓	✓
Interesting	✓	✓	✓

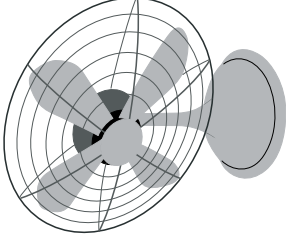


For each type of sound (soothing, background, interesting),  
environmental sound, music, and/or speech can be used

# Environmental Sound

- Environmental sounds include:
  - » Sounds of nature  
Moving water, beach sounds, forest sounds, animals, wind, storms, etc.
  - » Manmade sounds  
Electric fan noise, shower sound, masking noise, wind chimes, traffic noise, radio static, etc.
- All of these sounds, and many more, are available on CD. There are even special sounds that have been made just for tinnitus relief. A research study showed the value of these custom sounds in reducing tinnitus annoyance (Henry, Rheinsburg, Zaugg, 2004).

# Environmental Sound



## Sounds of nature

- Moving water
- Beach sounds
- Forest sounds
- Animals
- Insects
- Wind
- Storms
- etc.

## Manmade sounds

- Electric fan noise
- Shower sound
- Masking noise
- Aircraft noise
- Wind chimes
- Traffic noise
- Radio static
- etc.

# Music

- There are many styles of music. We all have our *preferred* styles.
- Any music that is neutral or pleasant can be used to manage tinnitus - *as long as it is not too loud*

# Music

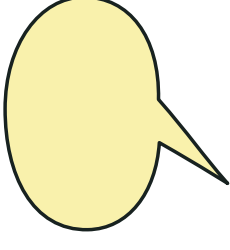


- There are many styles of music
- We all have our *preferred* styles
- Any music that is neutral or pleasant can be used to manage tinnitus -  
*as long as it is not too loud*

# Speech

- Speech can be used as part of your plan to manage tinnitus
- There are many kinds of speech, and we react differently depending on the type of speech and the situation
- Some examples:
  - » Talking on the phone
  - » Listening to an audio book
  - » Listening to a lecture

# Speech



- Speech can be used as part of your plan to manage tinnitus
- There are many kinds of speech, and we react differently depending on the type of speech and the situation
- Some examples:
  - » Talking on the phone
  - » Listening to an audio book
  - » Listening to a lecture

# Nine Combinations of Sounds

- The Sound Grid was created to show the different combinations of sounds that can be used for tinnitus management.
- Environmental sound, music, and/or speech can be used for each of the three different types of sound (interesting, soothing, background). This results in a 3x3 grid with nine possible combinations (shown by the nine check-marks).
- We are now going to review each of these nine combinations.



# Nine Combinations of Sounds

## Sound Grid

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background	✓	✓	✓
Interesting	✓	✓	✓

# **Soothing Sound can be Environmental Sound, Music, or Speech**

- We are going to describe each of the nine combinations of sounds
- We will start with soothing sound - you can choose environmental sound, music, and/or speech to use as soothing sound
- It is important that you understand these different combinations of sounds, but you don't need to remember everything we discuss - this information is in your workbook

# Soothing Sound can be Environmental Sound, Music, or Speech

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful \_\_\_\_\_

6. Comments When you find something that works \_\_\_\_\_

	Environmental	Music	Speech
<input type="checkbox"/> Soothing sound	✓	✓	✓
<input type="checkbox"/> Background sound			
<input type="checkbox"/> Interesting sound			

How helpful: Not at all, A little, Moderately, Very much, Extremely

# Choosing Sounds to Use as Soothing Sound

## Environmental sound

- Listening to: ocean waves, electric fan, insect sounds, custom tinnitus-relief sounds, etc.
  - » Any environmental sound that is soothing to *you*

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background			
Interesting			

## Music

- Listening to: classical music, New Age music, relaxation music, etc.
  - » Any music that is soothing to *you*

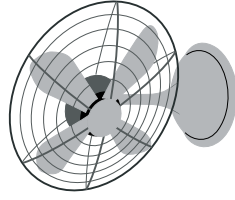
## Speech

- Active listening to recording of: Guided Imagery, Guided Deep Breathing, etc.
  - » Any speech that is soothing to *you*

[Clinician: **Imagery** and **Deep Breathing** are methods of relaxation that can be guided. **Imagery** involves imagining details of a peaceful setting. **Deep Breathing** is a specific method of breathing to induce relaxation. The sound demonstration CD provides examples of Imagery (track 26) and Deep Breathing (track 25).]

# Choosing Sounds to Use as Soothing Sound

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background			
Interesting			



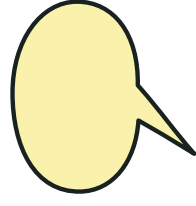
## Environmental sound

- Ocean waves, electric fan, insect sounds, custom tinnitus-relief sounds, etc.
  - »Any environmental sound that is soothing to *you*



## Music

- Classical music, New Age music, relaxation music, etc.
  - »Any music that is soothing to *you*



## Speech

- Imagery, Deep Breathing, etc.
  - »Any speech that is soothing to *you*

## **Where Does This Example of Soothing Sound Fit on the Sound Grid?**

Carmen notices her tinnitus a lot in her quiet office. The tinnitus annoys her and makes it hard to concentrate. Carmen feels soothed by the sound of ocean waves. When she keeps the sound of ocean waves in her office (using a CD player), she feels better and can concentrate on her work.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

*Answer:*

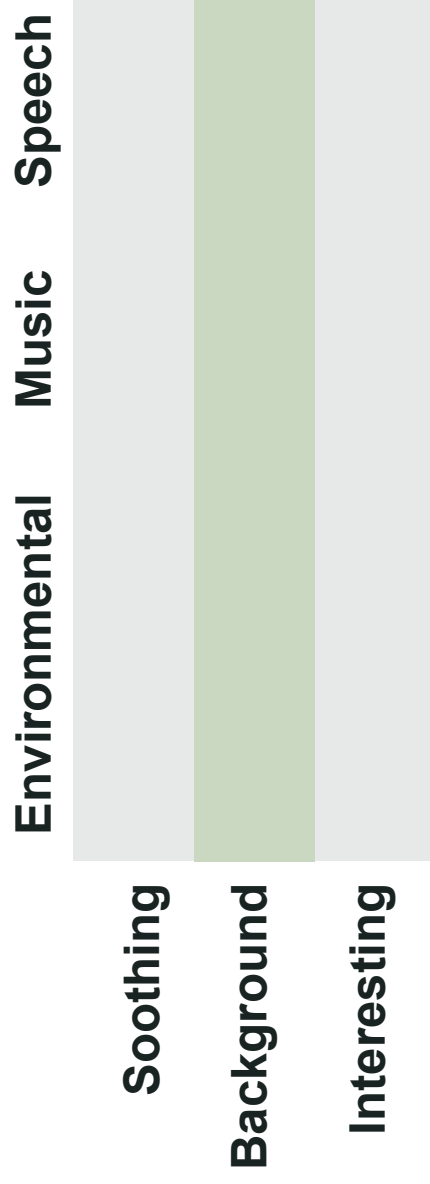
*This is an example of using environmental sound (ocean waves on CD) as soothing sound (she “feels better”)*

[Clinician:

- This is a situation that requires concentration; thus it would not be appropriate to use interesting sound, which would be distracting.
- The sound of ocean waves is also background sound because any use of sound reduces the contrast between the tinnitus and the sound environment.]

# Where Does This Example of Soothing Sound Fit on the Sound Grid?

Carmen notices her tinnitus a lot in her quiet office. The tinnitus annoys her and makes it hard to concentrate. Carmen feels soothed by the sound of ocean waves. When she keeps the sound of ocean waves in her office (using a CD player), she feels better and can concentrate on her work.



# **Background Sound can be Environmental Sound, Music, or Speech**

- Background sound is one of the three types of sound
- You can choose environmental sound, music, and/or speech to use as background sound
- Again, it is important that you understand these different combinations of sounds, but you don't need to remember everything we discuss - this information is in your workbook

[Clinician: As a reminder, our operational definition of background sound is “sound that is not interesting and not soothing.” However, it is technically true that *any* sound is background sound because *any* sound (even interesting sound and soothing sound) reduces contrast between the tinnitus and the acoustic environment. This can be a confusing point, so it helps to stick with the operational definition.]



# Background Sound can be Environmental Sound, Music, or Speech

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_


2. Check one or more of the three ways to use sound to manage the situation


3. Write down the sounds that you will try \_\_\_\_\_


4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

6. Comments  
When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

Soothing sound  


Background sound  


Interesting sound  


	Environmental	Music	Speech
Soothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Background	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Interesting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Choosing Sounds to Use as Background Sound

## Environmental sound

- *Passive listening* to: fan noise, waterfall or fountain noise, traffic noise, wind noise, etc.
  - » Any environmental sound that is neutral or pleasant for *you*

	Environmental	Music	Speech
Soothing			
Background	✓	✓	✓
Interesting			

## Music

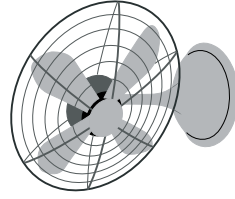
- *Passive listening* to: classical music, guitar or piano music, New Age music, music with lyrics in a foreign language, etc.
  - » Any music that is neutral or pleasant for *you*

## Speech

- *Passive listening* to: recorded crowd noise, background television or radio, etc.
  - » Any speech that is pleasant or neutral for *you*

# Choosing Sounds to Use as Background Sound

	Environmental	Music	Speech
Soothing			
Background	✓	✓	✓
Interesting			



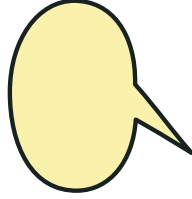
## Environmental sound

- Fan noise, waterfall or fountain noise, traffic noise, wind noise, etc.
- » Any environmental sound that is neutral or pleasant for you



## Music

- Classical music, guitar or piano music, New Age music, music with lyrics in a foreign language, etc.
- » Any music that is neutral or pleasant for you



## Speech

- Recorded crowd noise, background television or radio, etc.
- » Any speech that is pleasant or neutral for you

## Where Does This Example of Background Sound Fit on the Sound Grid?

Mary keeps classical music running in the background when she pays her bills. The music doesn't make her feel better, and she doesn't pay attention to it. The music is just background sound for her. She doesn't notice her tinnitus as often when the music is playing, which makes it easier for her to concentrate on paying bills.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

*Answer:*

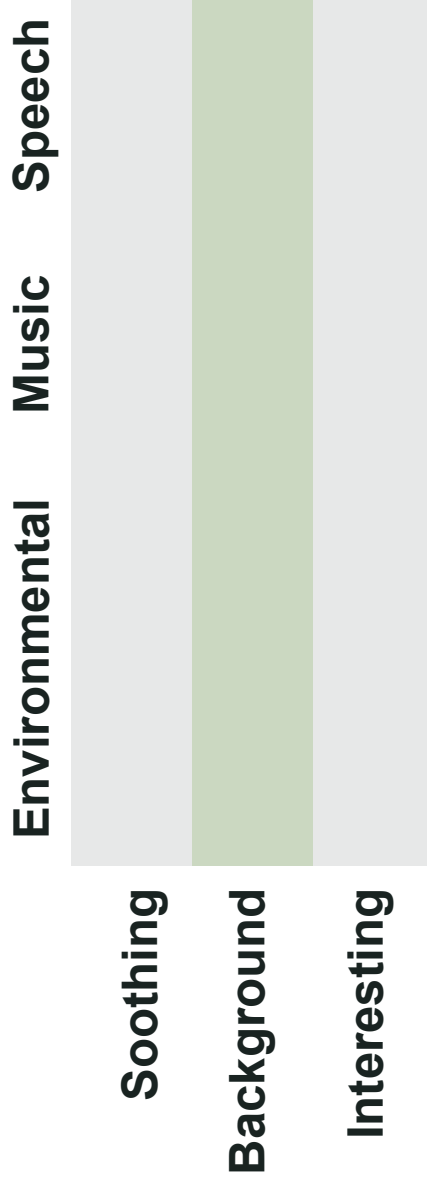
*This is an example of using music (classical music on CD) as background sound (“The music doesn't make her feel better, and she doesn't pay attention to it.”).*

[Clinician:

- Since the music “doesn't make her feel better,” it would not be considered soothing sound
- Since she “doesn't pay attention” to the music, it would not be considered interesting sound
- Thus, the music is being used as background sound]

# Where Does This Example of Background Sound Fit on the Sound Grid?

Mary keeps classical music running in the background when she pays her bills. The music doesn't make her feel better. In fact, she doesn't even pay attention to it. The music is just background sound for her. She doesn't notice her tinnitus as often when the music is playing, which makes it easier for her to concentrate on paying bills.



# **Interesting Sound can be Environmental Sound, Music, or Speech**

- Interesting sound is one of the three types of sound
- You can choose from environmental sound, music, and/or speech to use as interesting sound
- Again, it is important that you understand these different combinations of sounds, but you don't need to remember everything we discuss - this information is in your workbook

# Interesting Sound can be Environmental Sound, Music, or Speech

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan **over the next week. How helpful** was each sound after using it for 1 week?

6. Comments  
When you find something that works well (or not so well) please comment.  
You do not need to wait 1 week to write your comments.

	Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Environmental	Music	Speech
<b>Soothing</b>			
<b>Background</b>			
<b>Interesting</b>	✓	✓	✓

# Choosing Sounds to Use as Interesting Sound

## Environmental sound

- *Active listening* to: whale sounds, dolphin sounds, bird calls, beach sounds, etc.
- » Any environmental sound that is interesting to *you*

	Environmental	Music	Speech
Soothing			
Background			
Interesting	✓	✓	✓

## Music

- *Active listening* to: song lyrics, various instruments, etc.
- » Any music that is interesting to *you*

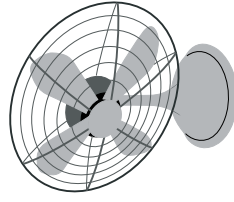
## Speech

- *Active listening* to: telephone conversation, community lecture, audiobook, talk radio, etc.
- » Any speech that is interesting to *you*



# Choosing Sounds to Use as Interesting Sound

	Environmental	Music	Speech
Soothing			
Background			
Interesting	✓	✓	✓



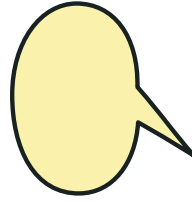
## Environmental sound

- Whale sounds, dolphin sounds, bird calls, beach sounds, etc.
  - » Any environmental sound that is interesting to *you*



## Music

- Song lyrics, various instruments, etc.
  - » Any music that is interesting to *you*



## Speech

- Telephone conversation, community lecture, audiobook, talk radio, etc.
  - » Any speech that is interesting to *you*

## **Where Does This Example of Interesting Sound Fit on the Sound Grid?**

Jane doesn't notice her tinnitus as often when she listens to a book on tape. The book on tape is interesting to her, and listening to it makes it easier to ignore the tinnitus.

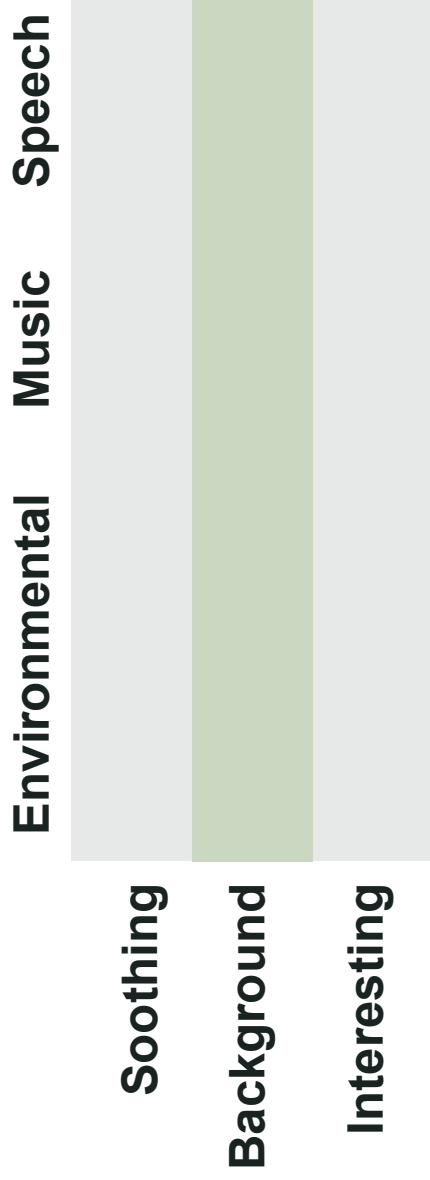
*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

*Answer:*

*This is an example of using speech (book on tape) as interesting sound (she finds the story interesting which keeps her thoughts off of the tinnitus).*

# Where Does This Example of *Interesting Sound Fit on the Sound Grid?*

Jane doesn't notice her tinnitus as often when she listens to a book on tape. The book on tape is interesting to her, and listening to it makes it easier to ignore the tinnitus.



## **Where Does This Example (Malcolm) Fit on the Sound Grid?**

Malcolm: When Malcolm listens to an audio recording of “Imagery” he feels almost complete relief from the tension caused by his tinnitus.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

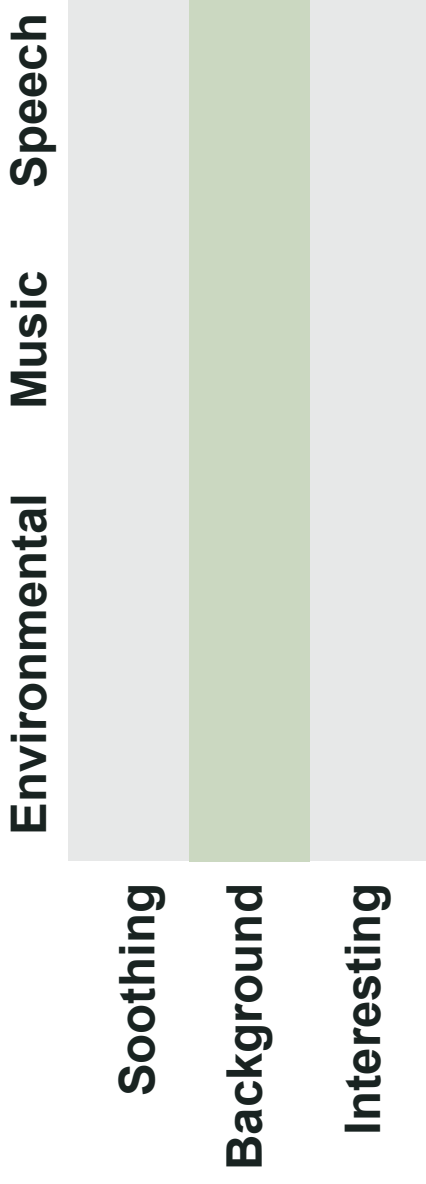
*Answer:*

*This is an example of using speech (audio recording of Imagery) as soothing sound (“he feels almost complete relief”).*

[Clinician: Imagery might also be considered interesting sound, but its primary purpose in this case is to induce a sense of relief from stress or tension caused by tinnitus - thus Malcolm is using Imagery primarily as soothing sound.]

# Where Does This Example (Malcolm) Fit on the Sound Grid?

Malcolm: When Malcolm listens to an audio recording of “Imagery” he feels almost complete relief from the tension caused by his tinnitus.



## **Where Does This Example (Julie) Fit on the Sound Grid?**

Julie: Most mornings Julie woke up feeling irritated that tinnitus was the first sound of the day. She did not like to start her day feeling that way. She started playing relaxing music every morning when she first woke up. The music now helps her start the day feeling more calm and relaxed.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

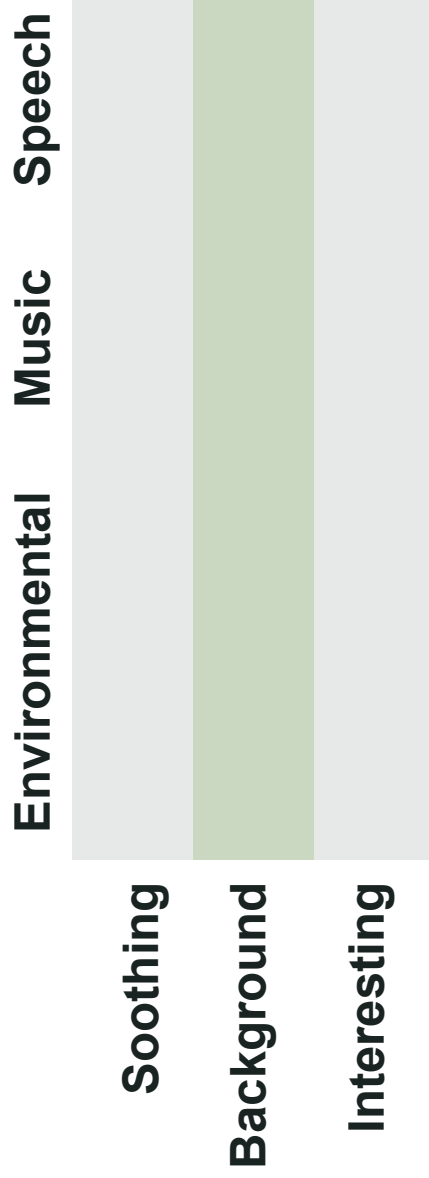
*Answer:*

*This is an example of using music (relaxing music) as soothing sound (she feels more calm and relaxed).*

[Clinician: Relaxing music is also background sound because any use of sound reduces the contrast between the tinnitus and the sound environment.]

# Where Does This Example (Julie) Fit on the Sound Grid?

Julie: Most mornings Julie woke up feeling irritated that tinnitus was the first sound of the day. She did not like to start her day feeling that way. She started playing relaxing music every morning when she first woke up. The music now helps her start the day feeling more calm and relaxed.



## **Where Does This Example (William) Fit on the Sound Grid?**

William was having a hard time getting to sleep at night because of his tinnitus. He started running a box fan near his bed. He still can hear his tinnitus when the fan is running, but the tinnitus doesn't keep his attention like it did when the room was quiet.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

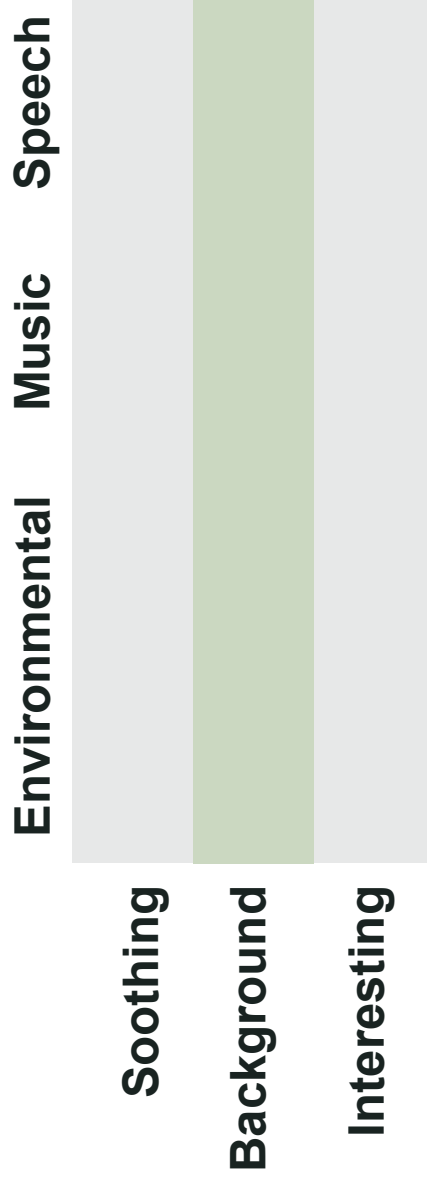
*Answer:*

*This is an example of using environmental sound (box fan) as background sound (the fan sound does not provide a sense of relief and is not interesting).*



# Where Does This Example (William) Fit on the Sound Grid?

William was having a hard time getting to sleep at night because of his tinnitus. He started running a box fan near his bed. He still can hear his tinnitus when the fan is running, but the tinnitus doesn't keep his attention like it did when the room was quiet.



## **Where Does This Example (Enrique) Fit on the Sound Grid?**

Enrique needed to concentrate in his quiet office but was irritated by his tinnitus. He tried different background sounds on CD, including “crowd noise” (many people talking at once). The crowd noise didn’t relax him or make him feel better. But, after a while, he realized that he wasn’t thinking about his tinnitus nearly as often as he did when his office was silent.

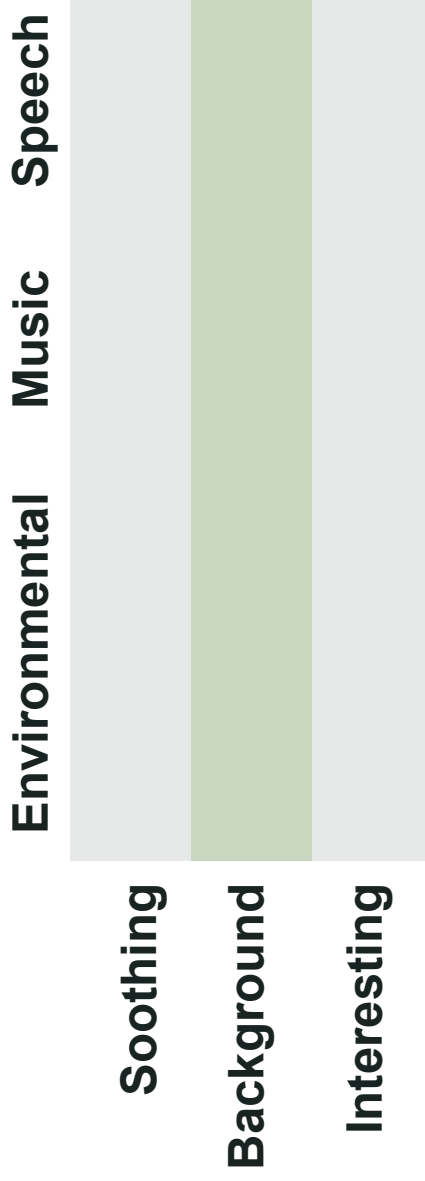
*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

*Answer:*

*This is an example of using speech (crowd noise on CD) as background sound (it doesn’t relax him or make him feel better).*

# Where Does This Example (Enrique) Fit on the Sound Grid?

Enrique needed to concentrate in his quiet office but was irritated by his tinnitus. He tried different background sounds on CD, including “crowd noise” (many people talking at once). The crowd noise didn’t relax him or make him feel better. But, after a while, he realized that he wasn’t thinking about his tinnitus nearly as often as he did when his office was silent.



## **Where Does This Example (Ben) Fit on the Sound Grid?**

Ben enjoys listening to bird calls. He can identify many local birds by their call. Sometimes, when his tinnitus is bothering him, he sits on his back porch and listens to bird calls. Other times he goes on-line to learn new bird calls. Listening to bird calls is interesting to Ben, and helps to get his mind off of his tinnitus.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

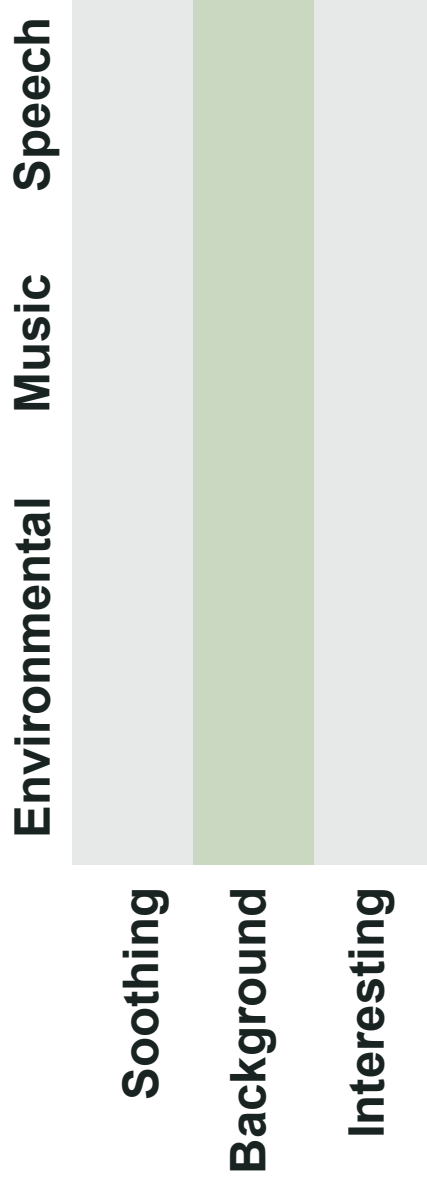
*Answer:*

*This is an example of using environmental sound (bird calls) as interesting sound (“listening to bird calls is interesting to Ben” - he actively listens to bird calls to identify different birds).*

*[Clinician: Although bird calls are interesting to Ben, they also might be soothing to him; the text does not tell us that but it is of course a possibility.]*

# Where Does This Example (Ben) Fit on the Sound Grid?

Ben enjoys listening to bird calls. He can identify many local birds by their call. Sometimes, when his tinnitus is bothering him, he sits on his back porch and listens to bird calls. Other times he goes on-line to learn new bird calls. Listening to bird calls is interesting to Ben, and helps to get his mind off of the tinnitus.



## Where Does This Example (David) Fit on the Sound Grid?

David had trouble relaxing in the evening because his tinnitus was annoying. He started listening to the lyrics of songs on his favorite radio station. Listening to interesting music gets his mind off of his tinnitus, which helps him to relax.

*(Ask the patient to point to the spot on the Sound Grid that corresponds with this example.)*

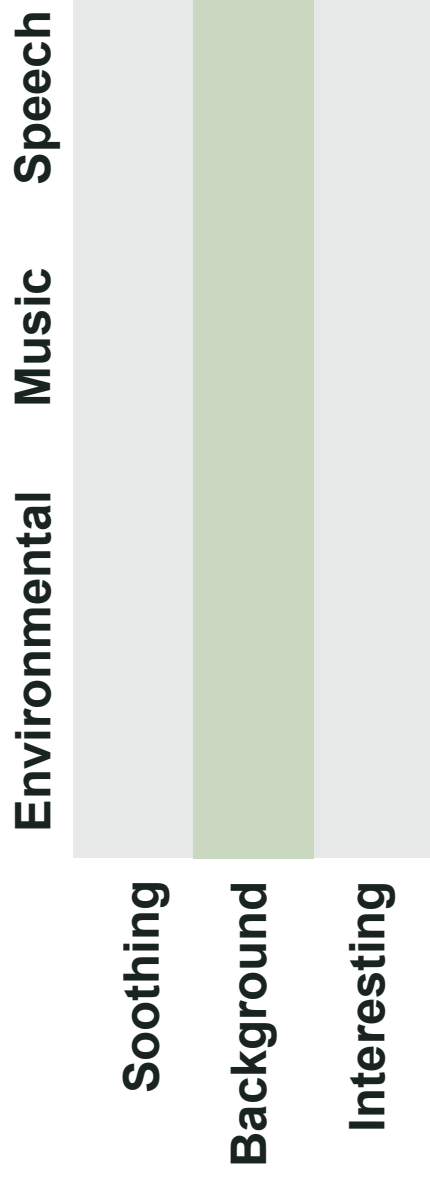
*Answer:*

*This is an example of using music (lyrics of songs) as interesting sound (he pays attention to the lyrics - the lyrics are interesting to him, which makes it easier for him to shift his attention away from his tinnitus).*

[Clinician: This example purposely combines interesting sound with achieving a relaxing effect to show that *sound can have direct and indirect effects*. In this case, the *direct effect* is that David is paying attention to the lyrics of the songs, thus the music would be considered “interesting sound.” The *indirect effect* is that by getting his mind off his tinnitus (by engaging his mind on the lyrics), he is becoming calmer. It may be that any time a person uses interesting sound to manage tinnitus, he or she is also indirectly inducing relaxation.]

# Where Does This Example (David) Fit on the Sound Grid?

David had trouble relaxing in the evening because his tinnitus was annoying. He started listening to the lyrics of songs on his favorite radio station. Listening to interesting music gets his mind off of his tinnitus, which helps him to relax.



## Summary: Soothing Sound

- You can use environmental sound, music, and/or speech as soothing sound
- What might help *your* most bothersome tinnitus situation?
  - » *Think of a specific example*
  - » Write it on #3 of the Worksheet



## Summary: Soothing Sound

- You can use environmental sound, music, or speech as soothing sound

	Environmental	Music	Speech
<b>Soothing</b>	✓	✓	✓
<b>Background</b>			
<b>Interesting</b>			

- What might help *your* most bothersome tinnitus situation?
  - » *Think of a specific example*
  - » Write it on #3 of the Worksheet

## Summary: Background Sound

- You can use environmental sound, music, and/or speech as background sound
- What might help *your* most bothersome tinnitus situation?
  - » *Think of a specific example*
  - » Write it on #3 of the Worksheet

## Summary: Background Sound

- You can use environmental sound, music, or speech as background sound

	Environmental	Music	Speech
Soothing			
Background	✓	✓	✓
Interesting			

- What might help *your* most bothersome tinnitus situation?
  - » *Think of a specific example*
  - » Write it on #3 of the Worksheet

## Summary: Interesting Sound

- You can use environmental sound, music, and/or speech as interesting sound
- What might help *your* most bothersome tinnitus situation?
  - » Think of a *specific example*
  - » Write it on #3 of the Worksheet

## Summary: Interesting Sound

- You can use environmental sound, music, or speech as interesting sound

	Environmental	Music	Speech
Soothing			
Background			
Interesting	✓	✓	✓

- What might help *your* most bothersome tinnitus situation?
  - » Think of a *specific example*
  - » Write it on #3 of the Worksheet

# **You Have Now Finished Your Practice Worksheet**

[Clinician: The next few pages relate to the example Sound Plan Worksheet that was completed by “Bob.” This provides a concrete example of how the Worksheet can be used in real life. Reviewing this example will reinforce how to design a sound plan, how to implement the plan, and how to modify the plan as needed. Following this section, your patient will complete a Sound Plan Worksheet that he or she will use over the next couple of weeks.]

Next let's take a closer look at the example Worksheet

# You Have Now Finished Your Practice Worksheet

Next let's take a closer look at the example Worksheet

**Bob**

1. Write down one bothersome tinnitus situation falling asleep at night

2. Check one or more of the three ways to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

3. Write down the sounds that you will try

fan

4. Write down the devices you will use

box fan

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Comments

When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

adding fan noise helped me get to sleep and helped me stay asleep

talk radio helped me get to sleep but I still wake up in the night

7. Write down one bothersome tinnitus situation

8. Check one or more of the three ways to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

9. Write down the sounds that you will try

television  
talk radio  
books on CD

10. Write down the devices you will use

TV in bedroom  
radio with earbuds  
CD player by bed with earbuds

# “Bob”

- Bob had difficulty falling asleep when he went to bed because his attention was focused on his tinnitus. He became annoyed while trying to fall asleep.
- Bob now listens to talk radio while falling asleep at night. Listening to the radio helps keep his mind off of the tinnitus so that he can relax enough to get to sleep. He usually falls asleep with the radio still on. The radio turns off automatically after 60 minutes.
- This an example of *using speech as interesting sound*



# “Bob”

- Listening to talk radio helps Bob get his mind off of his tinnitus at night
  - » This helps him get to sleep
- This is an example of *using speech as interesting sound*



# Won't Interesting Sound Keep Me Awake?

- It might seem that using interesting sound, such as talk radio, would keep a person awake. However, if tinnitus is an annoyance when falling asleep, using interesting sound replaces the feeling of being annoyed with the positive experience of listening to something interesting.
- Over time, the use of interesting sound while falling asleep can seem very normal, and falling asleep should occur more rapidly
- *Be open to using sound in surprising or unusual ways!*

# Won't Interesting Sound Keep Me Awake?

- Interesting sound can be a powerful way to get your mind off of your tinnitus
  - » This helps some people relax enough to get to sleep
  - » It might not be helpful for others
- *Be open to using sound in surprising or unusual ways!*

# Another Sleep Challenge for Bob

- Listening to talk radio helps Bob get to sleep when he goes to bed at night
- However, he wakes up in the middle of the night and has trouble getting back to sleep because of his tinnitus
- He does not like to listen to interesting sound in the middle of the night
- What did Bob do?
  - » He learned that keeping a fan running all night long reduces the contrast between the tinnitus and the quiet of his bedroom
  - » The reduced contrast helps Bob stay asleep all night long
  - » This an example of *using background sound*

## Another Sleep Challenge for Bob

- Bob's tinnitus kept him awake *in the middle of the night*
- He didn't like listening to talk radio in the middle of the night
- His solution: run a fan all night long
- The reduced contrast helps him fall back to sleep
- This is an example of *using background sound*

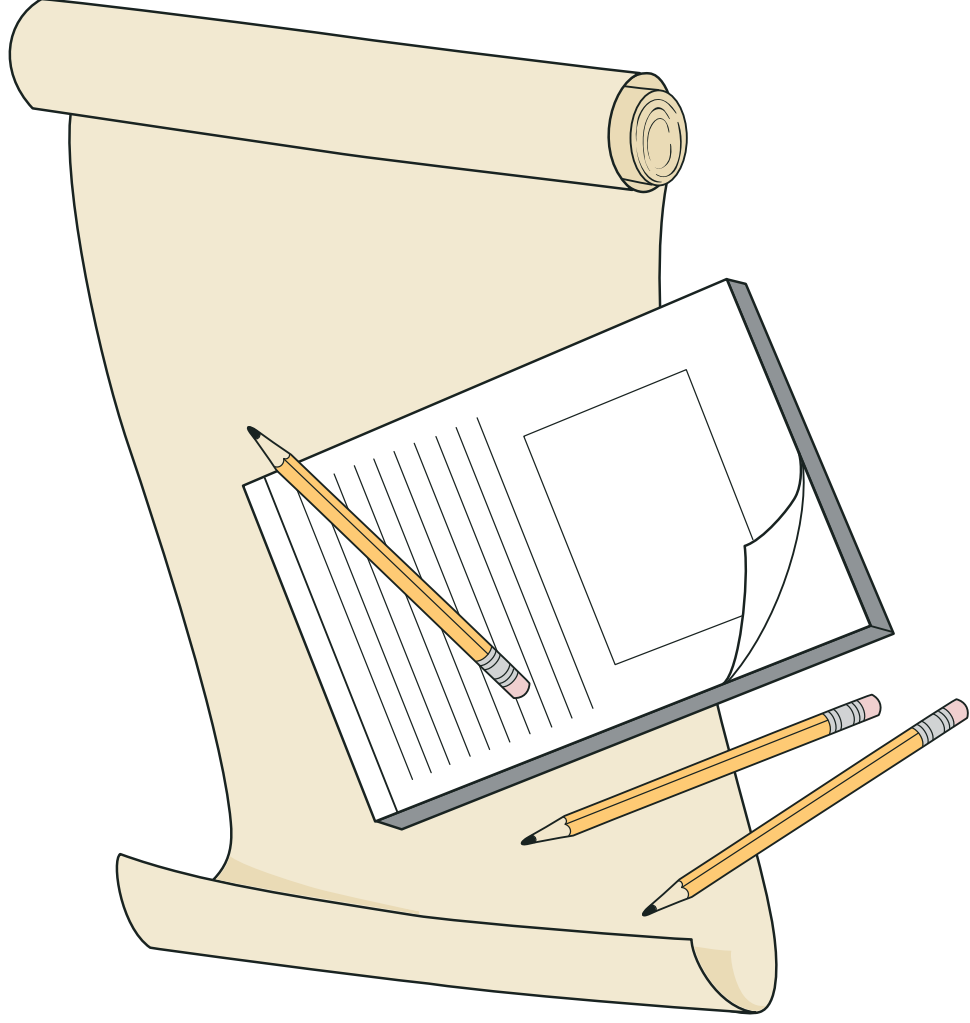


# **PART 3:**

## **Design Your First “Sound Plan”**

We have now finished a practice Sound Plan Worksheet as a learning exercise, and reviewed “Bob’s” example Worksheet. Now, you will develop the sound plan that you will use until the next meeting. Please take out a clean Worksheet.

# **PART 3: Design Your First “Sound Plan”**



# **Design a Sound Plan That is Easy to Use**

- Your first Sound Plan should be *easy to achieve* and *practical* for you
- Use sounds and devices (sound-delivery systems) that *you already have*
- As you try the Plan, you will learn what helps the most
  - » You will get ideas about how to improve your Plan



# **Design a Sound Plan That is Easy to Use**

- Your first Sound Plan should be *easy for you to use*
- Use sounds and devices that *you already have*
- As you try the Plan, you will learn what helps the most
  - » You will get ideas about how to improve your Plan

# Step 1

- Write your “most bothersome” situation from the Tinnitus Problem Checklist at the top of the Worksheet (#1)
- For now, just focus on your “most bothersome” tinnitus situation - whatever that may be
- Later, you can focus on other situations when your tinnitus is bothersome

Step 1: Write your “most bothersome” situation from the Tinnitus Problem Checklist at the top of the Worksheet (#1)

**Tinnitus Problem Checklist**

1. My most bothersome tinnitus situation is:
- Falling asleep at night
  - Relaxing in my recliner
  - Staying asleep at night
  - Wapping during the day
  - Waking up in the morning
  - Planning activities
  - Reading
  - Driving
  - Working at the computer
  - Other \_\_\_\_\_

Now, write your answer on #1 of the Sound Plan Worksheet  
(Copies of the Worksheet can be found in the workbook.)

**Bob**

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation falling asleep at night

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments										
<input type="checkbox"/> Soothing sound <input checked="" type="checkbox"/> Background sound <input checked="" type="checkbox"/> Interesting sound	television talk radio books on CD	fan box fan	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.
Not at all	A little	Moderately	Very much	Extremely										
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										
			<table border="1" style="width: 100%; text-align: center;"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	adding fan noise helped me get to sleep and helped me stay asleep
Not at all	A little	Moderately	Very much	Extremely										
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										
			<table border="1" style="width: 100%; text-align: center;"> <tr> <td>Not at all</td> <td>A little</td> <td>Moderately</td> <td>Very much</td> <td>Extremely</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	talk radio helped me get to sleep but I still wake up in the night
Not at all	A little	Moderately	Very much	Extremely										
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										

## Step 2

- Decide which of the “three types of sound” you will use to manage your “most bothersome” tinnitus situation
  - » The three types of sound are soothing, background, and interesting
  - » You can choose one, two, or all three of them
- Put a check mark in the box next to each *type of sound* you choose



## Step 3

- Decide which sounds will be used
- You can choose from environmental sound, music, and/or speech
- Write down the sounds you will try
- Be as specific as you can

# Step 3: Write down the sounds you will try

**Bob**

1. Write down one bothersome situation falling asleep at night

2. Check one or more of the three ways to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

3. Write down the sounds that you will try

4. Write down the devices you will use

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

6. Comments

When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

Not at all A little Moderately Very much Extremely

Not at all A little Moderately Very much Extremely

Not at all A little Moderately Very much Extremely

adding fan noise helped me get to sleep and helped me stay asleep

talk radio helped me get to sleep but I still wake up in the night

EXAMPLE

fan box fan

television TV in bedroom

talk radio radio with earbuds

books on CD CD player by bed with earbuds

VA RR&D NCRAR

## Step 4

- Decide which devices (sound-delivery systems) will be used
  - » We haven't spent much time talking about devices (sound-delivery systems) - we will focus on this during our next meeting
- Write down the devices you will use
- Be as specific as you can



Step 4: Write down the devices you will try

**Bob**

**Sound Plan Worksheet**  
 1. Write down one bothersome tinnitus situation Falling asleep at night

2. Check one or more of the sounds that you will try use sound to manage the situation  
 Soothing sound  
 Background sound  
 Interesting sound

3. Write down the sounds that you will try  
 fan  
 television  
 talk radio  
 books on CD

4. Write down the devices you will try  
 box fan  
 TV in bedroom  
 radio with earbuds  
 CD player by bed with earbuds

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Comments  
 When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.  
 adding fan noise helped me get to sleep and helped me stay asleep  
 talk radio helped me get to sleep but I still wake up in the night

# **You Have Completed Your First Sound Plan!**

- By completing steps 1 through 4 on the Worksheet, you have designed your first Sound Plan!
- The remaining steps on the Worksheet will help you judge how helpful your Sound Plan is for you
- You can use additional Worksheets to make new Sound Plans for any other tinnitus-problem situations

# You Have Completed Your First Sound Plan!

You can make a new Sound Plan for any other tinnitus-problem situation

**Tinnitus Problem Checklist**

1. My **most** bothersome tinnitus situation is:

- Falling asleep at night
- Relaxing in my recliner
- Staying asleep at night
- Napping during the day
- Waking up in the morning
- Planning activities
- Reading
- Driving
- Working at the computer
- Other \_\_\_\_\_

**Now, write your answer on #1 of the Sound Plan Worksheet.**  
(Copies of the Worksheet can be found at the end of this workbook.)

2. My **second most** bothersome tinnitus situation is:

- Falling asleep at night
- Relaxing in my recliner
- Staying asleep at night
- Napping during the day
- Waking up in the morning
- Planning activities
- Reading
- Driving
- Working at the computer
- Other \_\_\_\_\_

**Now, write your answer on #1 of a separate Sound Plan Worksheet.**

3. My **third most** bothersome tinnitus situation is:

- Falling asleep at night
- Relaxing in my recliner
- Staying asleep at night
- Napping during the day
- Waking up in the morning
- Planning activities
- Reading
- Driving
- Working at the computer
- Other \_\_\_\_\_

**Now, write your answer on #1 of a separate Sound Plan Worksheet.**

## Step 5

- Use your first Sound Plan until our next meeting




[Clinician: the next meeting should be in approximately 2 weeks; this can be up to 4 weeks if necessary]

- At the next meeting, we will discuss #5 on your first Sound Plan
- After using your Sound Plan for at least 1 week, please check the box that best describes how helpful the Plan was for you
- #6 gives you space to write any comments that you have - write your comments at any time during the period that you are trying out your Sound Plan

**Step 5: Use your first Sound Plan until our next meeting**  
**- Rate each sound after trying it for at least 1 week**

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use																					
<input type="checkbox"/> <b>Soothing sound</b> 	_____ _____ _____	_____ _____ _____	5. Use your sound plan <b>over the next week. How helpful</b> was each sound after using it for 1 week? <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Not at all</td> <td style="text-align: center;">A little</td> <td style="text-align: center;">Moderately</td> <td style="text-align: center;">Very much</td> <td style="text-align: center;">Extremely</td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all	A little	Moderately	Very much	Extremely																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/> <b>Background sound</b> 	_____ _____ _____	_____ _____ _____	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Not at all</td> <td style="text-align: center;">A little</td> <td style="text-align: center;">Moderately</td> <td style="text-align: center;">Very much</td> <td style="text-align: center;">Extremely</td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all	A little	Moderately	Very much	Extremely																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/> <b>Interesting sound</b> 	_____ _____ _____	_____ _____ _____	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Not at all</td> <td style="text-align: center;">A little</td> <td style="text-align: center;">Moderately</td> <td style="text-align: center;">Very much</td> <td style="text-align: center;">Extremely</td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	A little	Moderately	Very much	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all	A little	Moderately	Very much	Extremely																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																			

6. **Comments**  
 When you find something that works well (or not so well) please comment.  
 You do not need to wait 1 week to write your comments.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# At the Next Meeting . . .

At the next meeting, we will also:

- Talk about how to improve your Sound Plan
  - » What helped - what didn't - what can be done to make the Plan more helpful?
- Discuss new ideas for getting sound into your ears
  - » We will discuss the many different types of devices that can be used
- Make a new Sound Plan
  - » You can make a new Sound Plan to manage your “most bothersome” tinnitus situation, or to manage a different situation when your tinnitus is bothersome (as identified using the Tinnitus Problem Checklist)

## At the Next Meeting, we will also:

- Talk about how to improve your Sound Plan
- Discuss new ideas for getting sound into your ears



- Make a new Sound Plan

Photo of eye mask shown with permission from Brookstone

Photo of Sony cassette player, CD player, and Aiwa radio shown with permission from Sony, Inc.

Photo of iPod shown with permission from Apple, Inc.

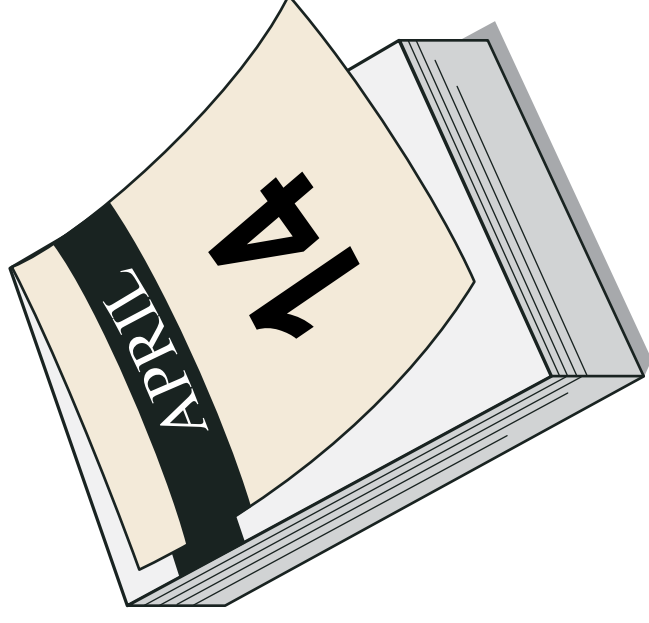
# Ongoing Use of the Sound Plan Worksheet

- For every tinnitus-problem situation, make a new Sound Plan
  - » The Sound Plan Worksheet should not be used just once
- It takes trial and error to learn what works best in each situation
  - » Revise your Sound Plans as needed
- Discovering “sound solutions” for your tinnitus is a process
- You should use the Worksheet on a regular basis to refine and improve on your Sound Plans
- Use the Worksheet for as long as your tinnitus is a problem



# Ongoing Use of the Sound Plan Worksheet

- For every tinnitus-problem situation, make a new Sound Plan
- It takes trial and error to learn what works best in each situation
  - » Revise your Sound Plans as needed



# **New Topics to be Covered at the Next Meeting**

- Other sound-based methods of tinnitus management
  - » Tinnitus Masking
  - » Tinnitus Retraining Therapy
  - » Neuromonics Tinnitus Treatment
- Other things you can do to minimize your tinnitus problem
  - » Protect your ears, reduce stress, etc.

# **New Topics to be Covered at the Next Meeting**

## **Other sound-based methods**

- Tinnitus Masking
- Tinnitus Retraining Therapy
- Neuromonics Tinnitus Treatment

## **Other things you can do**

- Protect your ears, reduce stress, etc.

## **Bring to the Next Meeting:**

- Your Workbook and any forms
- The Sound Plan Worksheet you filled out today
  - » Be sure to have #5 of the Worksheet filled out

[Clinician: make a copy of the patient's completed Sound Plan Worksheet; it is essential to have this at the next meeting, and making a copy ensures that you will have one available if the patient forgets to bring his/her Worksheet]

- Questions about your Sound Plan
  - » You can write them on #6 of the Sound Plan

## **Bring to the Next Meeting:**

- Your Workbook and any forms
- The Sound Plan Worksheet you filled out today
  - » Be sure to have #5 of the Worksheet filled out
- Questions about your Sound Plan
  - » You can write them on #6 of the Sound Plan

## SECTION 2

# Managing Your Tinnitus: What to Do and How to Do it (Follow-up session)

[Clinician:

- If the patient has completed Level 3 Group Education:
  - » This Follow-up session (Section 2) is used for the first PTM Level 5 appointment
  - » Use Parts 1-4 of the Follow-up session at the first Level 5 appointment and at all subsequent visits
  - » Parts 5 and 6 are available for review as needed
- If the patient has not attended Level 3 Group Education:
  - » Use the Section 1 (Introduction) at the first Level 5 appointment
  - » Use Parts 1-6 of the Follow-up session at the second Level 5 visit
  - » Then use Parts 1-4 at all subsequent Level 5 appointments.]

# **SECTION 2**

## **Managing Your Tinnitus: What to Do and How to Do it (Follow-up session)**



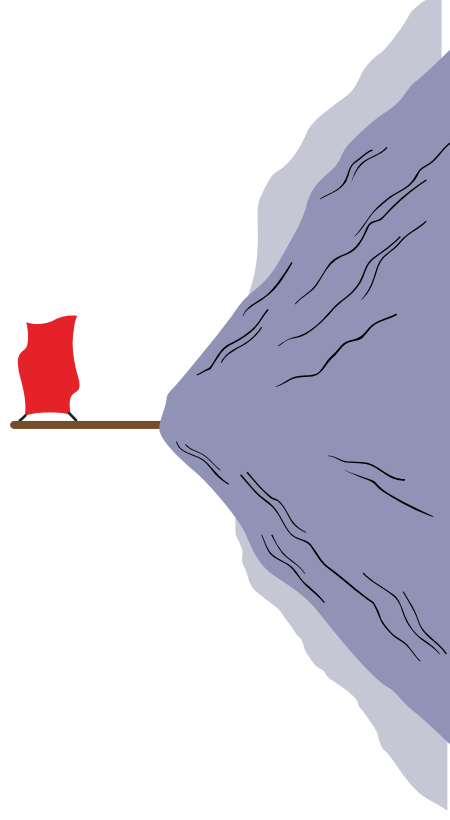
# Goals of Tinnitus Management (All Methods)

[Clinician: Make sure the patient understands that we are working to accomplish each goal below *without changing the loudness (or any other quality) of the tinnitus*]

- Emotional reactions are reduced
- Stress is reduced
- Little if any attention is given to tinnitus
- Tinnitus does not affect any life activities in a major way
- Further help is not needed or wanted



# Goals of Tinnitus Management (All Methods)



- Emotional reactions are reduced
- Stress is reduced
- Little if any attention is given to tinnitus
- Tinnitus does not affect any life activities in a major way
- Further help is not needed or wanted

# Today's Session

Part 1 Review the Sound Plan Worksheet

Part 2 Discuss your “sound plan”

Part 3 Ideas for choosing devices

Part 4 Update your “sound plan”

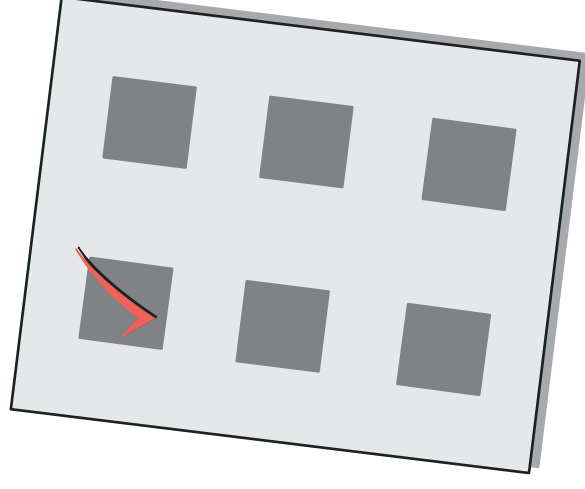
**Optional:**

Part 5 Sound-based methods of tinnitus management

Part 6 Other things you can do

# Today's Session

- 1 Review the Sound Plan Worksheet
  - 2 Discuss your “sound plan”
  - 3 Ideas for choosing devices
  - 4 Update your “sound plan”
- Optional:**
- 5 Sound-based methods of tinnitus management
  - 6 Other things you can do



# **PART I: Review the Sound Plan Worksheet**




- Look at your Sound Plan Worksheet that you filled out at the last session

[Clinician: if the patient did not bring his/her completed Worksheet, then use the copy of the completed Worksheet that you made at the last meeting. If neither are available, start with a clean Worksheet]

# PART I: Review the Sound Plan Worksheet

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.																														
<input type="checkbox"/> <b>Soothing sound</b> 	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td><td>Extremely</td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td><td><input type="checkbox"/></td><td>Moderately</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	A little	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Not at all	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>																													
A little	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
<input type="checkbox"/> <b>Background sound</b> 	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td><td>Extremely</td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td><td><input type="checkbox"/></td><td>Moderately</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	A little	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Not at all	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>																													
A little	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
<input type="checkbox"/> <b>Interesting sound</b> 	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td><td>Extremely</td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td><td><input type="checkbox"/></td><td>Moderately</td><td><input type="checkbox"/></td><td>Very much</td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> <tr> <td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td><td></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	A little	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<hr/> <hr/> <hr/> <hr/> <hr/>
Not at all	<input type="checkbox"/>	Very much	<input type="checkbox"/>	Extremely	<input type="checkbox"/>																													
A little	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Very much	<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>																													

# Review # 1 on the Worksheet

- The first step in writing a plan to manage reactions to tinnitus is to write down a bothersome tinnitus situation
- We used the Tinnitus Problem Checklist to identify the situations when your tinnitus is a problem
- We started with your “most bothersome” tinnitus situation
- Remember, you should use a separate Worksheet for each situation

# Review #1 on the Worksheet

The first step in writing a plan to manage tinnitus is to write down a bothersome tinnitus situation

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_




2. Check one or more of the three ways to use sound to manage the situation

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

6. Comments When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

<input type="checkbox"/> Soothing sound		Not at all	A little	Moderately	Very much	Extremely	_____	_____	_____
<input type="checkbox"/> Background sound		Not at all	A little	Moderately	Very much	Extremely	_____	_____	_____
<input type="checkbox"/> Interesting sound		Not at all	A little	Moderately	Very much	Extremely	_____	_____	_____

## **Review #2 on the Worksheet**

- There are three types of sound to manage reactions to tinnitus
  - » Soothing sound
  - » Background sound
  - » Interesting sound
- We've discussed these already, but it is important that it is clear to you how these types of sound differ
- Therefore, we will briefly review these three types of sound for managing tinnitus




# Review #2 on the Worksheet

**Sound Plan Worksheet**


1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation


Soothing sound



Background sound



Interesting sound



3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Comments

When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Three types of sound to manage reactions to tinnitus

# Soothing Sound

- Soothing sound is sound that gives a sense of \_\_\_\_\_ from any stress or tension caused by tinnitus.  
[Ask the patient to fill in the blank]

- **Answer:**

*The missing word can be “relief” or “immediate relief”*

- *Soothing sound* can help you feel better when your tinnitus is bothering you
- You know a sound is “soothing” if the sound gives you a *sense of relief* from stress and tension caused by your tinnitus
- It might take time and patience to find the soothing sounds that do the best job of helping you to feel better
- You can use the *Relief Scale* to learn which sounds are the most soothing to you

# Soothing Sound

Soothing sound is sound that gives a sense of \_\_\_\_\_ from any stress or tension caused by tinnitus

# Background Sound

- (True/False) The purpose of background sound is to give a sense of relief  
Answer: **False**. The purpose of background sound is to reduce the contrast between tinnitus and the acoustic environment.
- (True/False) The purpose of background sound is to draw your attention  
Answer: **False**. The purpose of background sound is to reduce the contrast between tinnitus and the acoustic environment.
- (True/False) Background sound is always helpful because it reduces contrast to make it easier to ignore your tinnitus  
Answer: **True**. (recall the candle analogy)
- The Tinnitus Contrast Activity can be used to help you understand how background sound reduces contrast between the tinnitus and the sound environment

# Background Sound

- (True/False) The purpose of background sound is to give a sense of relief
- (True/False) The purpose of background sound is to attract your attention
- (True/False) Background sound is helpful because it reduces contrast to make it easier to ignore your tinnitus

<b>TINNITUS</b>	<b>ELEVATOR MUSIC</b> <b>RADIO STATIC</b> <b>CLASSICAL MUSIC</b> <b>ELECTRIC FAN</b> <b>WHITE NOISE</b> <b>GUITAR MUSIC</b> <b>TINNITUS</b> <b>TRAFFIC NOISE</b> <b>WIND NOISE</b> <b>AIR CONDITIONER</b> <b>NEW AGE MUSIC</b> <b>FOUNTAIN NOISE</b> <b>FISH TANK NOISE</b>
-----------------	---

# Interesting Sound

- A sound is interesting to you if it *keeps your* \_\_\_\_\_. (This is referred to as “active listening.”)
- [Ask the patient to fill in the blank]
- *Answer: The missing word is “attention”*
- *Interesting sound* can help you get your mind off of your tinnitus. Shifting your thoughts away from the tinnitus can make it less of a problem.
- It may take time and patience to find sounds that do the best job of shifting your thoughts away from the tinnitus
- The Attention Scale can help you figure out which sounds work best for keeping your attention

# Interesting Sound

A sound is interesting to you if it keeps your \_\_\_\_\_. (This is referred to as “active listening.”)

# Summary: Types of Sound

Please fill in the blanks for the three types of sound for managing reactions to tinnitus:



**Answer: Interesting Sound - helps to shift attention away from tinnitus**



**Answer: Soothing Sound - helps to reduce stress or tension that is caused by tinnitus**



**Answer: Background Sound - reduces contrast between tinnitus and a quiet environment to make it easier to ignore the tinnitus**



# Summary: Types of Sound

There are three *types of sound* for managing reactions to tinnitus:



\_\_\_\_\_ **Sound** - *helps to shift attention* away from tinnitus



\_\_\_\_\_ **Sound** - *helps to reduce stress or tension* that is caused by tinnitus



\_\_\_\_\_ **Sound** - *reduces contrast* between tinnitus and a quiet environment  
to make it easier to ignore the tinnitus

## **Tell Me in Your Own Words:**

[Clinician: this is a teach-back exercise; this exercise is not complete until the patient is able to provide accurate definitions without help; make sure he or she can explain the concepts rather than just giving examples; it is important to spend as much time as necessary to ensure that the patient can independently and accurately describe each type of sound]

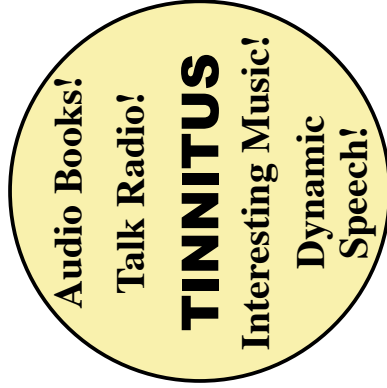
- What does background sound mean?
- What does interesting sound mean?
- What does soothing sound mean?

# Tell Me in Your Own Words:

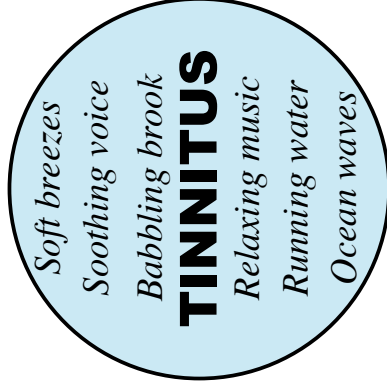
- What does background sound mean?
- What does interesting sound mean?
- What does soothing sound mean?



**Background sound**



**Interesting sound**



**Soothing sound**

## **Review #3 on the Worksheet**




- On #2 of the Worksheet, you chose at least one *type* of sound to manage your most bothersome tinnitus situation
- For #3, you wrote down actual sound(s) that you thought would be the most helpful
- Recall that environmental sound, music, and speech can be used for each type of sound

# Review #3 on the Worksheet

When writing down sounds that you will try, remember that environmental sound, music, and speech can be used to manage tinnitus

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	
<input type="checkbox"/> <b>Soothing sound</b> 	_____ _____ _____	_____ _____ _____	_____ _____ _____
<input type="checkbox"/> <b>Background sound</b> 	_____ _____ _____	_____ _____ _____	_____ _____ _____
<input type="checkbox"/> <b>Interesting sound</b> 	_____ _____ _____	_____ _____ _____	_____ _____ _____

**5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?**

	Not at all	A little	Moderately	Very much	Extremely	
□	□	□	□	□	□	_____
□	□	□	□	□	□	_____
□	□	□	□	□	□	_____

**6. Comments**  
When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Nine Combinations of Sounds

- The Sound Grid shows that environmental sound, music, and/or speech can be used for each of the three different *types* of sound (soothing, background, interesting)
- This results in a 3x3 grid with nine possible combinations (shown by the nine check-marks)

# Nine Combinations of Sounds

## Sound Grid

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background	✓	✓	✓
Interesting	✓	✓	✓

For each type of sound (soothing, background, interesting), environmental sound, music, and/or speech can be used

## **For each Type of Sound, You Can Use Environmental Sound, Music, or Speech**

- For each tinnitus-problem situation, you start developing your Sound Plan by deciding how sound can be used
  - » Soothing sound
  - » Background sound
  - » Interesting sound
- For each *type* of sound, you can choose specific sounds from:
  - » Environmental sound
  - » Music
  - » Speech

[Clinician: review environmental sound, music, and speech if there is any uncertainty]



# For each Type of Sound, You Can Use Environmental Sound, Music, and Speech

**Sound Plan Worksheet**




1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the device you will use \_\_\_\_\_

Not Helpful    A Little    More    Very    Extra

	Environmental	Music	Speech
<input type="checkbox"/> Soothing sound 			
<input type="checkbox"/> Background sound 			
<input type="checkbox"/> Interesting sound 			

## **Tell Me in Your Own Words . . .**

[Clinician: Be sure that the patient covers each of the following points when explaining the Sound Grid:

- » There are three types of sound
- » Environmental sound, music, and/or speech can be used with each type of sound
- » Any of the nine combinations of sounds is appropriate for managing reactions to tinnitus

When patients explain different combinations from the Sound Grid encourage them to:

- » Explain the general concept involved
- » Give specific examples]

- Explain the Sound Grid in your own words
- Explain any two combinations of sounds on the Sound Grid

## Sound Grid

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background	✓	✓	✓
Interesting	✓	✓	✓

## **PART 2: Discuss Your “Sound Plan”**




*[Clinician: Ask the patient to look at the Worksheet he or she has been using; Ask the following questions]*

- What tinnitus problem were you working on (#1 on the Worksheet)?
- What was your plan (#2, #3, #4)?
- Were you able to do what you planned (#5)?
- Was the plan helpful (#5)?
- Did you run into any problems (#6)?

# PART 2: Discuss Your “Sound Plan”

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

<p>2. Check one or more of the three ways to use sound to manage the situation</p> <p><input type="checkbox"/> Soothing sound</p> 	<p>3. Write down the sounds that you will try</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>4. Write down the devices you will use</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?</p> <p>Not at all      A little      Moderately      Very much      Extremely</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>6. Comments</p> <p>When you find something that works well (or not so well) please comment.</p> <p>You do not need to wait 1 week to write your comments.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><input type="checkbox"/> Background sound</p> 				
<p><input type="checkbox"/> Interesting sound</p> 				

# Can Your Sound Plan be Improved?

- We reviewed the three types of sound and how environmental sound, music, and/or speech can be used with each type of sound
- We discussed your Sound Plan and how well it worked
- Now we will work on improving your Sound Plan, or creating a new Sound Plan
- First, we will review some ideas for #4 on the Sound Plan Worksheet

## **Can Your Sound Plan be Improved?**

- We reviewed the three types of sound
- We reviewed how environmental sound, music, and speech can be used with each type of sound
- We discussed your Sound Plan and how well it worked
- Now we will work on improving your Sound Plan, or creating a new Sound Plan
- First, we will review some ideas for #4 on the Sound Plan Worksheet

## **PART 3:**

# **Ideas for Choosing Devices**




- When filling out #4 on the Sound Plan Worksheet, you can choose from many different devices for getting sound into your ears
- We will now discuss ideas to help you make your choices



# PART 3: Ideas for Choosing Devices

### Sound Plan Worksheet

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation	3. Write down the sounds that you will try	4. Write down the devices you will use	5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?	6. Comments																									
<input type="checkbox"/> <b>Soothing sound</b> 	_____	_____	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
<input type="checkbox"/> <b>Background sound</b> 	_____	_____	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
<input type="checkbox"/> <b>Interesting sound</b> 	_____	_____	<table border="0"> <tr> <td>Not at all</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>A little</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Moderately</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Very much</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Extremely</td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
A little	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Moderately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									
Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																									

# Two Categories of Devices

It can help to think of two different *categories* of devices

- Wearable listening devices
- Stationary (tabletop) devices

# Two Categories of Devices

## Wearable listening devices



Photo of eye mask shown with permission from Brookstone

Photo of Sony cassette player, CD player, and Aiwa radio shown with permission from Sony, Inc.

Photo of iPod shown with permission from Apple, Inc.

Photo of Marsona sound machine courtesy of Marpac Corporation

Photo of HoMedics sound machine and tabletop fountain shown with permission from HoMedics, Inc.

Photo of iHome radio and docking station courtesy of KIDdesigns, Inc.

## Stationary (tabletop) devices



# **Wearable Listening Devices: Examples**

- Wearable listening devices include radios, CD players, cassette tape players, and MP3 players (like the Apple iPod)
- Some cell phones (like the Apple iPhone) play music
  - » Others have radios built in
- Wearable listening devices can be used to manage your tinnitus in almost any setting
- If you need hearing aids, then there are options to connect hearing aids with wearable listening devices (described later)

# Wearable Listening Devices: Examples



Photo of eye mask shown with permission from Brookstone

Photo of Sony cassette player, CD player, and Aiwa radio shown with permission from Sony, Inc.

Photo of iPod shown with permission from Apple, Inc.

# MP3 Players

- MP3 players (like the Apple iPod) are very flexible listening devices
  - » They can store digital sound files for music, nature sounds, podcasts - whatever you like to listen to
- “Earbuds” (in-the-ear earphones) usually are used with MP3 players, although regular earphones also can be used
- Some MP3 players double as radios and even cell phones, which makes them even more useful
- MP3 players are ideal for listening to special tinnitus-relief sounds that are available on CD
- You can use an MP3 player to take sound almost anywhere you need it

# MP3 Players

- Very flexible
- Download any sound from CD or podcast
- Normally use “earbuds”



Photo of iPod shown with permission from Apple, Inc.

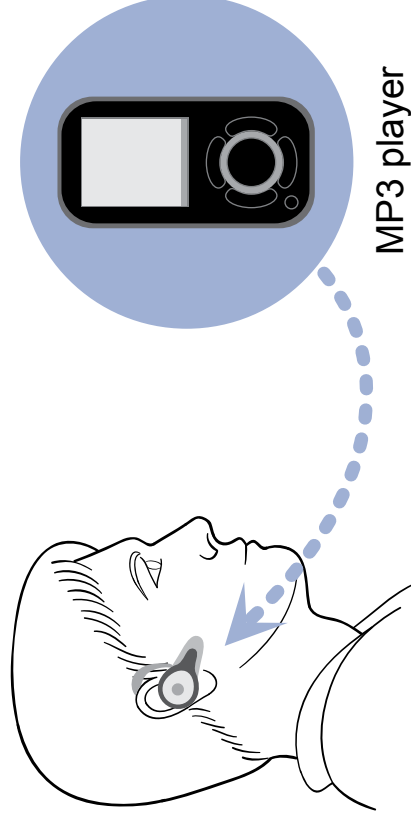
# Bluetooth

- Some models of MP3 players offer Bluetooth wireless options
  - » This can make MP3 players more comfortable and convenient to use
- Bluetooth is short-range radio technology
  - » It normally is used with cell phones
  - » It allows cell phone users to wear a hands-free earpiece that has a wireless connection with the phone
- You can use a wireless earpiece in one or both ears to listen to a Bluetooth-enabled MP3 player worn on a belt or carried in a purse



# Bluetooth

- Short-range radio technology
- Normally used with cell phones
- Available with some MP3 players

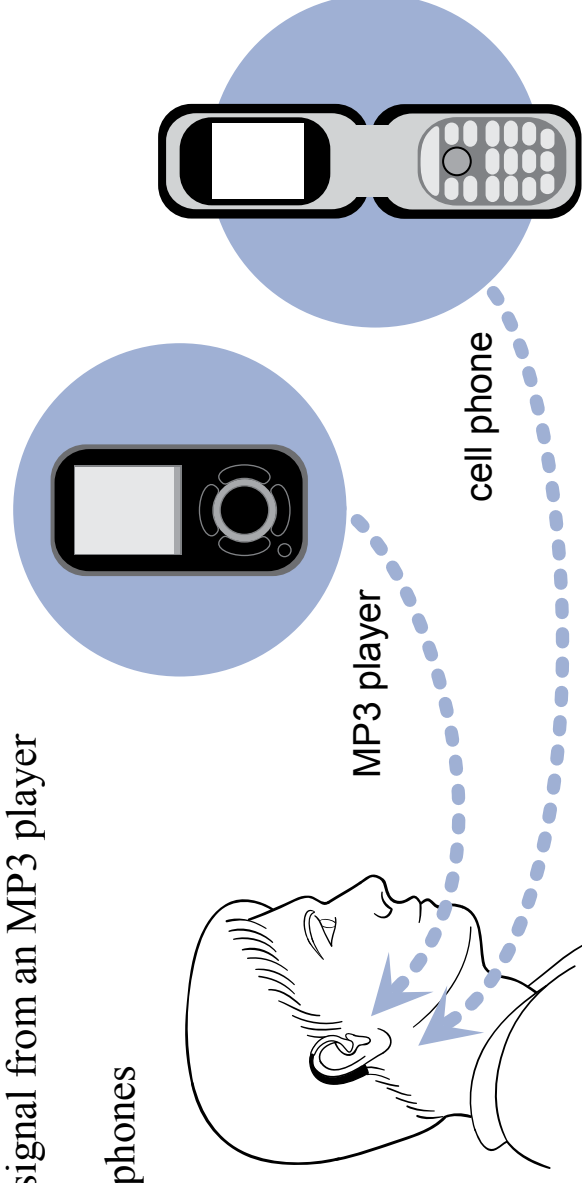


# Bluetooth with Hearing Aids

- Some behind-the-ear hearing aids have adapters to use with Bluetooth
  - » For tinnitus, this hearing aid and adapter set-up can be used to receive signals directly from Bluetooth-enabled MP3 players
- Any recorded sound on the MP3 player can be sent directly to the hearing aids with no wires
- Signals from Bluetooth-enabled cell phones also can be transmitted to the hearing aids without wires
  - » This results in improved speech understanding while using a cell phone

# Bluetooth with Hearing Aids

- Available with some behind-the-ear hearing aids
- Hearing aids can receive a signal from an MP3 player
- Also works with some cell phones



# Satellite Radio

- Satellite Radio offers many listening choices
  - » About 160 channels are available
- A special receiver is needed (as low as about \$100) along with monthly service (\$10-15/month)
- Each receiver has different features
  - » Some receivers can store hours of programs for later listening
- The main advantage of Satellite Radio is the large number of listening choices

[Clinician: Technology is changing rapidly, so it is helpful to stay abreast of these changes to provide up-to-date information to your patient. For example, cell phones, such as the iPhone, allow the user to “stream” radio programs directly through the phone. Also, services are being established that will eventually allow wireless internet access from virtually anywhere to anything ever recorded using a wide variety of devices.]

# Satellite Radio

- Huge number of listening choices  
» ~160 channels



Photo of satellite radio courtesy of Pioneer Electronics (USA) Inc.

# Hearing Aids with T-coils

- A telephone coil (t-coil) is a tiny coil of wire built into many hearing aids
  - » Usually used to pick up inductive (electro-magnetic) signals from telephones
- Neckloops and inductive earhooks allow wireless delivery of sound to any hearing aid t-coil
- You can plug a neckloop or inductive earhooks into anything with a standard headphone jack - including cell phones, radios, and MP3 players
- For some devices (usually devices with less powerful batteries), an *amplified* neckloop may be needed

# Hearing Aids with T-coils

- Tiny coil of wire used to pick up inductive (electro-magnetic) signals - usually from telephones
- T-coil can also receive wireless signals from a neckloop or inductive earhooks
- You can plug a neckloop into anything with a standard headphone jack - including cell phones, radios, and MP3 players



# Stationary Devices: Examples

- Stationary listening devices include:
  - » Tabletop sound generators
  - » CD players
  - » Radios
  - » MP3-player “docking stations”
  - » Tabletop fountains
  - » Electric fans
- These devices are useful in quiet rooms such as offices and bedrooms
- Stationary listening devices help “enrich” your sound environment
- They can be used even if you use hearing aids or ear-level noise generators



# Stationary Devices: Examples



Photo of Marsona sound machine courtesy of Marpac Corporation  
Photo of HoMedics sound machine and tabletop fountain shown with permission from HoMedics, Inc.  
Photo of iHome radio and docking station courtesy of KIDdesigns, Inc.

# Sight and Sound

- Using both sight and sound can be very useful to get your thoughts off of your tinnitus
- Options include movies (theatre, DVD, VHS) and TV shows - as well as all types of live performances
- The content should always be *meaningful* and *interesting* to you - to keep your attention
- In addition, sight and sound can be used for relaxation purposes. There are special DVDs available that show peaceful nature scenes with relaxation music (i.e., soothing sound) playing in the background. (e.g. [www.healinghealth.com](http://www.healinghealth.com), [www.powerfoe.com](http://www.powerfoe.com))

# Sight and Sound

- Movies (theatre, DVD, VHS), TV shows
- Plays, concerts, comedy clubs
- Content should be *meaningful* and *interesting* - to keep your attention
- Also, there are special DVDs that show peaceful scenes with relaxing music in the background



“©2008 Healing HealthCare Systems”

## **Some Ideas for Using Sound at Night**

- People with tinnitus are bothered by sleep problems more than any other problem
  - » Also, people who have tinnitus and sleep problems tend to have more severe tinnitus than those who do not have sleep problems
- We will talk about some ways to use different sound devices when you are trying to sleep

# Some Ideas for Using Sound at Night



## **“Sound Pillow®”**

- A pillow with embedded speakers
- Pillow can be plugged into any device with a standard headphone jack
- Sound from the pillow is less likely to be heard by another person in the room
- Sound usually is heard only in one ear

# “Sound Pillow®”



Photo of Sound Pillow® courtesy of Phoenix Productions & Promotional Products

## **Fleece Headband with Embedded Speakers**

- Made for skiers, but can be used comfortably in bed
- Can be plugged into any device with a standard headphone jack
- Sound is less likely to be heard by another person in the room
- Sound can be heard in both ears
- Very inexpensive (~\$15)



# Fleece Headband with Embedded Speakers



Photo of iPod shown with permission from Apple, Inc.

# Neck Pillows

- Can make wearing headphones or earbuds in bed more comfortable
- Can be arranged so that headphones or earbuds are in the “hole” of the pillow while the rest of the pillow supports your head

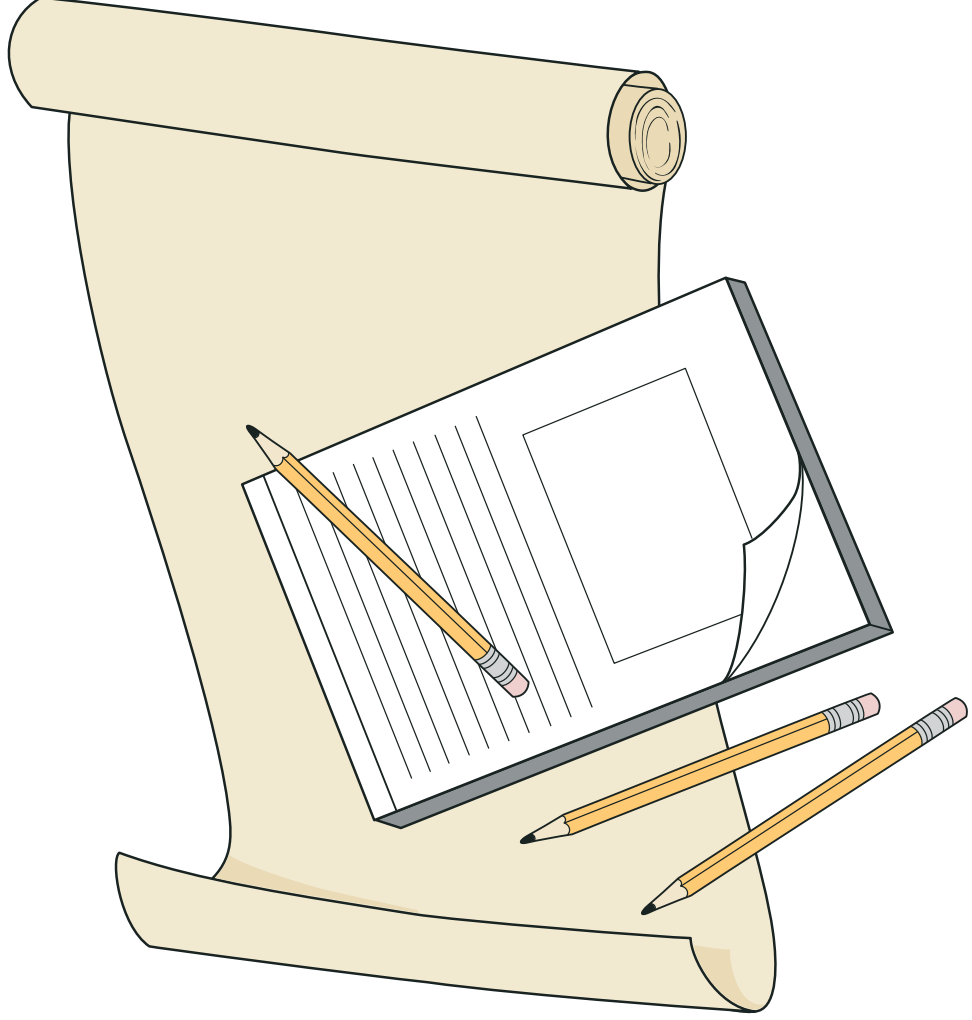
# Neck Pillows



# **PART 4: Update Your “Sound Plan”**

- Are you satisfied with how well your tinnitus is managed?
  - » If not, update the Worksheet
  - » Learning how to manage reactions to tinnitus is a *process*
- You will need:
  - » Your Worksheet from the last session
  - » A blank Worksheet
    - You can revise the Worksheet you have been using or you can use the blank Worksheet to write a new Sound Plan
- What we will do:
  - » Review #5 from your completed Worksheet
  - » Revise the Sound Plan to build on the ideas that were most helpful

# **PART 4: Update Your “Sound Plan”**



## **Which Types of Sound Were Most Helpful for You?**

- Look at #5 on the Worksheet
- Was one of the three types of sound especially helpful for you over the last 2 weeks?
  - » Interesting Sound?
  - » Soothing Sound?
  - » Background Sound?
- Are you seeing any *patterns*?
  - » (Make sure you write them down)

# Which Types of Sound Were Most Helpful for You?

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

6. Comments  
When you find something that works well (or not so well) please comment. You do not need to wait 1 week to write your comments.

Sound Type	Not at all	A little	Moderately	Very much	Extremely
Soothing sound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Background sound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interesting sound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Look at #5 on the Worksheet
- Was one of the three types of sound especially helpful for you over the last 2 weeks?
  - » Interesting Sound?
  - » Soothing Sound?
  - » Background Sound?
- Are you seeing any patterns?
  - » (Make sure you write them down in the #6 Comments section of the Worksheet)



# Which Sounds Were Most Helpful for You?

- Look at #5 on the Worksheet
- Were some sounds especially helpful for you over the last 2 weeks?
  - » Music?
  - » Environmental sound?
  - » Speech?
- Are you seeing any patterns?
  - » (Make sure you write them down)
  - » It's OK if you didn't notice any patterns for what was most helpful
  - » This can take *time*



# Which Sounds Were Most Helpful for You?

**Sound Plan Worksheet**

1. Write down one bothersome tinnitus situation \_\_\_\_\_

2. Check one or more of the three ways to use sound to manage the situation

Soothing sound

Background sound

Interesting sound

3. Write down the sounds that you will try \_\_\_\_\_

4. Write down the devices you will use \_\_\_\_\_

5. Use your sound plan over the next week. How helpful was each sound after using it for 1 week?

Not at all	A little	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Comments  
When you find something that works well (or not so well) please comment.  
You do not need to wait 1 week to write your comments.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Look at #5 on the Worksheet
- Were some sounds especially helpful for you over the last 2 weeks?
  - » Music?
  - » Environmental sound?
  - » Speech?
- Are you seeing any patterns?
  - » (Make sure you write them down)



## **Update Your Worksheet Now (to Try to Get Better Results)**

- Write on your completed Worksheet
  - » Cross out ideas that weren't helpful
  - » Add new ideas that you haven't tried yet
- (You can start a new Worksheet if you would prefer that)
- While you're updating your Worksheet:
  - » Think about what worked best for you during the last 2 weeks
  - » Remember that *background* sound does not always feel helpful right away, but can help over time
  - » Feel free to ask questions about modifying your plan

# **Update Your Worksheet Now (to Try to Get Better Results)**

Write on your completed Worksheet (or start a new Worksheet)

- Cross out ideas that weren't helpful
- Add new ideas that you haven't tried yet

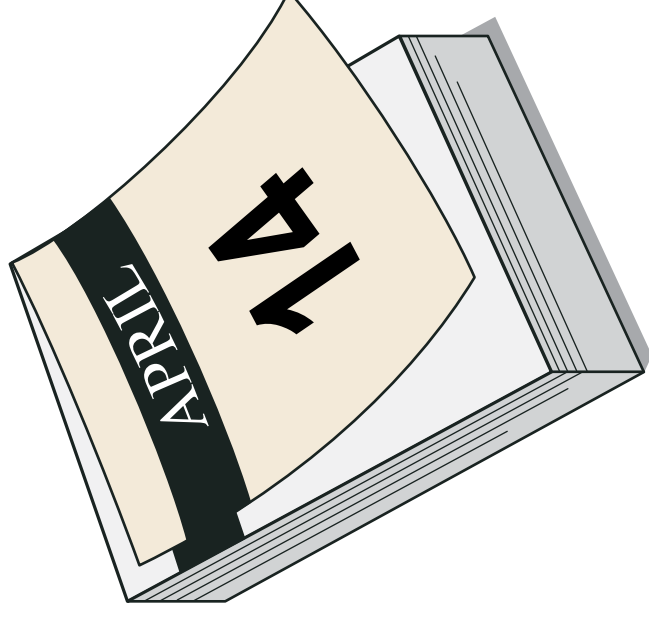
# Ongoing Use of the Sound Plan Worksheet

[Clinician: it is crucial that patients understand that the Worksheet is a tool that they should use on an ongoing basis to become proficient at self-managing their tinnitus]

- The Worksheet should not be used just once
- It takes trial and error to learn what works best in each situation
- Use the Worksheet for as long as your tinnitus is a problem
  - » Learning to manage reactions to tinnitus is a *process*
  - » It can take time, patience, and creativity to develop a plan that is helpful

# Ongoing Use of the Sound Plan Worksheet

- The Worksheet should not be used just once
- It takes trial and error to learn what works best in each situation
- You may need to use many Worksheets
  - » To revise Sound Plans
  - » To make new Sound Plans



# **PART 5 (optional): Sound-based Methods of Tinnitus Management**

[Clinician: The information in Part 5 is not essential for teaching patients how to self-manage tinnitus. It is therefore not necessary to repeat this information if patients have already learned it in Level 3 Group Education.]

- Some methods of tinnitus management rely on the use of sound
- These are the main methods used by audiologists
- Each of these methods uses sound in different ways
- The Sound Grid can be used to help understand all major sound-based methods of tinnitus management

# **PART 5 (optional): Sound-based Methods of Tinnitus Management**

The Sound Grid can be used to help understand all major sound-based methods of tinnitus management

## **Sound Grid**

	<b>Environmental</b>	<b>Music</b>	<b>Speech</b>
<b>Soothing</b>	✓	✓	✓
<b>Background</b>	✓	✓	✓
<b>Interesting</b>	✓	✓	✓

# Tinnitus Masking

- The main goal of TM is to use sound to provide a sense of relief
  - » The goal is not to mask or cover up the tinnitus, although this is commonly misunderstood to be the goal of Tinnitus Masking
- Patients normally are fitted with ear-level devices that present wide-band noise (a “shhh” sound) to the ears
- The noise is adjusted to the level that provides the greatest sense of relief
- With respect to the Sound Grid, the use of sound with Tinnitus Masking is an example of *using environmental sound as soothing sound*



# Tinnitus Masking

The use of sound with Tinnitus Masking is an example of *using environmental sound as soothing sound*

	Environmental	Music	Speech
Soothing	✓		
Background			
Interesting			

# Tinnitus Retraining Therapy

- Unlike Tinnitus Masking, the use of sound with TRT is not meant to give a sense of relief
- With TRT, the tinnitus should be heard clearly, but with constant sound in the background
  - » The constant sound reduces the contrast between the tinnitus and the quiet environment
- Using sound in this way everyday is intended to eventually result in “habituation”
  - » Habituation for TRT means that you stop reacting to the tinnitus and stop noticing it is there
- The use of sound with TRT is an example of *using environmental sound as background sound*

# Tinnitus Retraining Therapy

The use of sound with TRT is an example of *using environmental sound as background sound*

	Environmental	Music	Speech
Soothing			
Background	✓		
Interesting			

# Neuromonics Tinnitus Treatment: Stage I

- NTT patients use a wearable listening device (similar to an MP3 player) that plays Baroque and New Age music 2-3 hours per day for at least 6 months
- During the first 2 months of treatment (stage I) wide-band noise (described as “shower sound”) is added to the music
- A “high level of interaction” (masking) should be achieved between the music and the tinnitus
- The objective of stage I is to attain a “sense of relief and control over the tinnitus, and promote a reduction in general anxiety levels” (from NTT literature)
- Relative to the 3x3 Grid, the use of sound during stage I of NTT is an example of using a combination of music and environmental sound as soothing sound

[Clinician: Any discussion about Neuromonics refers to the company Neuromonics Pty Ltd. The company promotes and supports their method. Any information about Neuromonics is for information purposes only.]

# Neuromonics Tinnitus Treatment: Stage I

The use of sound during stage 1 of NTT is an example of *using a combination of music and environmental sound as soothing sound*

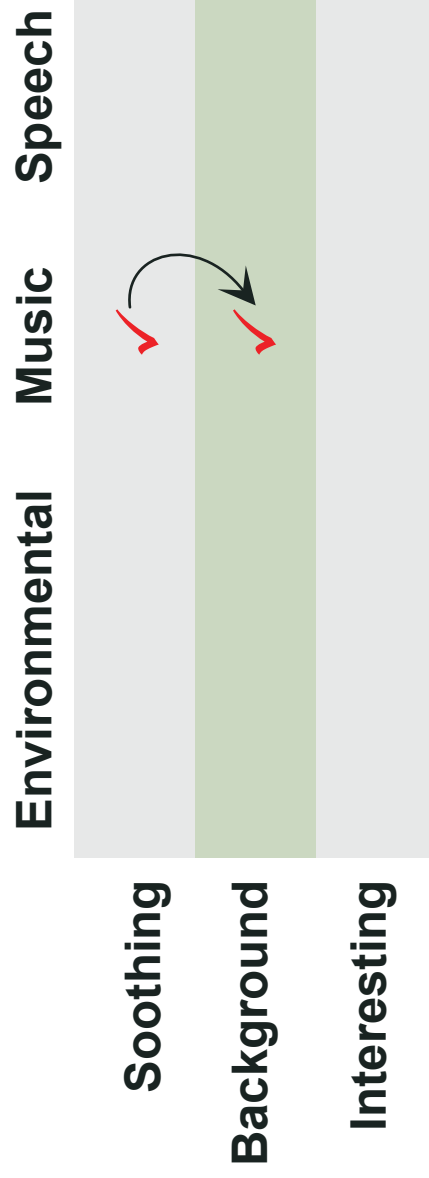
	Environmental	Music	Speech
Soothing	✓	✓	
Background			
Interesting			

# Neuromonics Tinnitus Treatment: Stage 2

- During the next 4 months (stage 2) the “shower sound” is removed
- The volume of the music is gradually reduced to decrease the level of interaction between the music and the tinnitus
- The objective of stage 2 is essentially the same as for TRT: less awareness of, and less reaction to, the tinnitus
- The company has conducted its own clinical studies
  - » No independent, controlled studies have been done to evaluate NTT
- Relative to the Sound Grid, the use of sound during stage 2 of NTT is an example of *using music as soothing sound, transitioning to using music as background sound* (prior to discontinuing use of the NTT device)

# Neuromonics Tinnitus Treatment: Stage 2

The use of sound during stage 2 of NTT is an example of *using music as soothing sound*, transitioning to *using music as background sound*



# **Progressive Tinnitus Management**

The therapeutic use of sound with PTM can involve all nine combinations of sounds for managing reactions to tinnitus



# Progressive Tinnitus Management

The use of sound with PTM can involve all combinations of sounds for managing reactions to tinnitus

	Environmental	Music	Speech
Soothing	✓	✓	✓
Background	✓	✓	✓
Interesting	✓	✓	✓

## **PART 6 (optional): Other Things You Can Do**

[Clinician: Although this section is optional, you should remind your patient during every appointment to protect his/her ears from loud sound, which can exacerbate both hearing loss and tinnitus]

- You learned how to create a personal plan for using sound to manage your reactions to tinnitus
- Follow your plan and revise it as your circumstances change
  - » This will help you most of the time
- However, you can do more than just use sound to manage your reactions to tinnitus, as we will now discuss

# **PART 6 (optional): Other Things You Can Do**

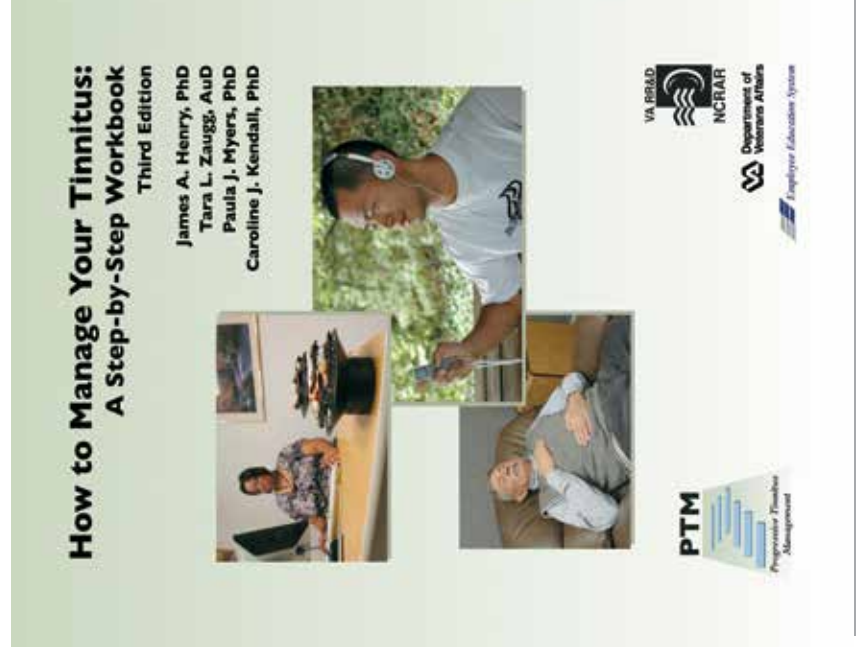
You can do more than just use sound to manage your reactions to tinnitus

# **Changing Thoughts and Feelings to Manage Tinnitus**

- Part 3 of the Workbook “How to Manage Your Tinnitus: A Step-by-Step Workbook”
  - » Describes ways to change your thoughts and feelings about tinnitus - these can be done in addition to using sound to manage reactions to tinnitus

# Changing Thoughts and Feelings to Manage Tinnitus

- Part 3 of the Workbook “How to Manage Your Tinnitus: A Step-by-Step Workbook”
  - » Describes ways to change your thoughts and feelings about tinnitus - these can be done in addition to using sound to manage reactions to tinnitus



# Avoid Loud Noise

- Loud noise can cause hearing loss and tinnitus
- If you already have hearing loss or tinnitus, loud noise can cause *more* damage and *make the tinnitus worse*
- *Always use* hearing protection (earplugs and/or earmuffs) when you are around loud noise
- Better yet, stay away from loud noise

# Avoid Loud Noise

- Noise can make your tinnitus (and hearing) worse
- Use earplugs or earmuffs when you are around loud noise

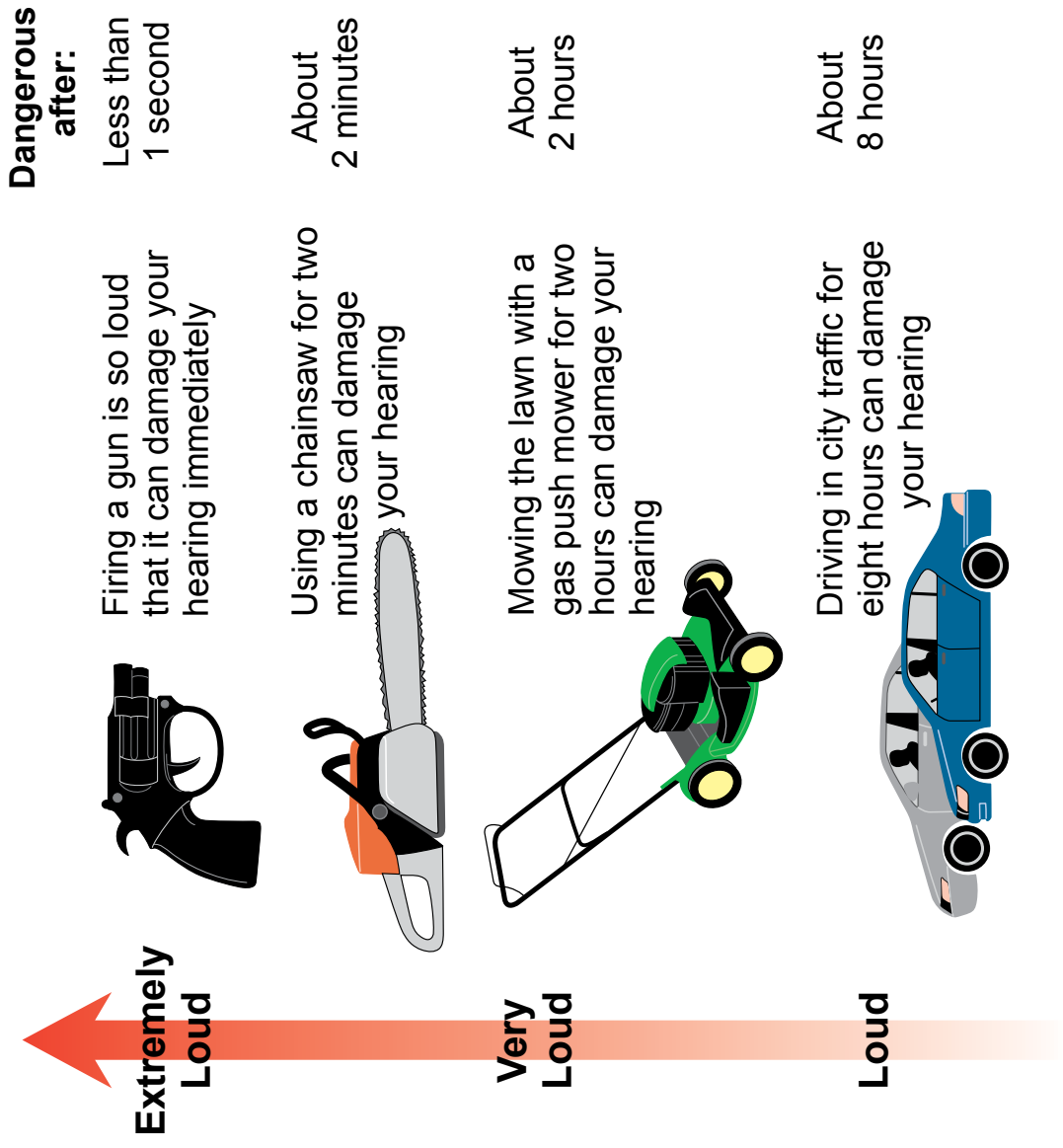


# **The Louder a Sound is, the Faster it can Damage Your Hearing**

[Clinician: Explain graph to patient from bottom to top]



# The Louder a Sound is, the Faster it can Damage Your Hearing



# Protect Your Ears from Loud Sound!

- You should always wear hearing protection when you are around dangerously loud sound
- You need to find hearing protection that is handy and easy to use
- There are many different types of earplugs and earmuffs
  - » Standard earplugs - low cost and “one size fits all”
  - » Custom earplugs - custom molded to the ears
  - » Hi-fi earplugs - reduce loudness equally for both low and high pitches
  - » Electronic earplugs - made for hunters and shooters
  - » Earmuffs - can be used *instead* of earplugs or *with* earplugs
- You can get them from hearing specialists, sporting goods stores, industrial supply sources, home improvement stores, and from websites on the internet

# Protect Your Ears from Loud Sound!



Custom earplugs\*

\*Courtesy of E.A.R., Inc



Electronic earplugs\*



Earmuffs\*



Hi-fi earplugs

© Copyright Etymotic Research  
Used with permission



Disposable earplugs

Photos of disposable earplugs used provided with permission by earplugstore.com

# **It is Essential to Use Earplugs Properly**

- Earplugs must be used properly to provide protection from loud sound
- The key is that they fit properly in the ear canal
- Loose fitting earplugs do not seal the ear canal
- Foam earplugs need to be inserted so that the entire length of the plug is in the ear canal

# **It is Essential to Use Earplugs Properly**



This will work!



This won't work!

## Take Good Care of Yourself

- Exercise and a healthy diet can be helpful
- Lack of sleep can result in louder tinnitus
  - » High levels of stress can have the same effect
- Other possible causes are *large amounts* of caffeine (coffee, soda), cigarettes, sugar, salt, and alcohol
  - » You can try stopping these, one at a time for 2 weeks each
  - » This will help you find out if they have any effect on your tinnitus
- *Very high levels* of aspirin and quinine can cause temporary tinnitus, or can temporarily make your tinnitus louder



# Take Good Care of Yourself

- Get adequate sleep
- Reduce stress
- *Minimize* caffeine (coffee, soda) alcohol, cigarettes, salt
- Eat a healthy diet
- Exercise

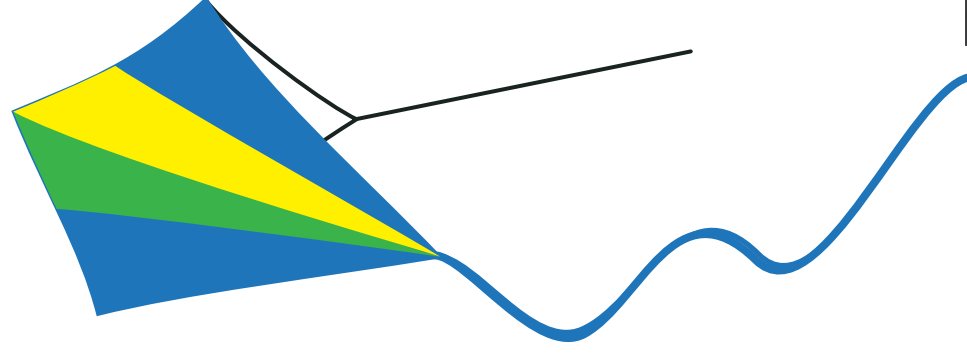
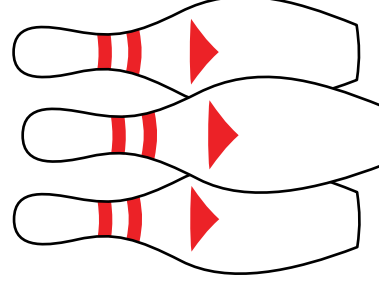
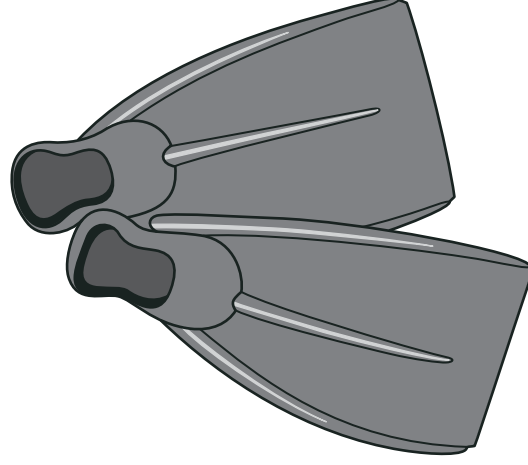
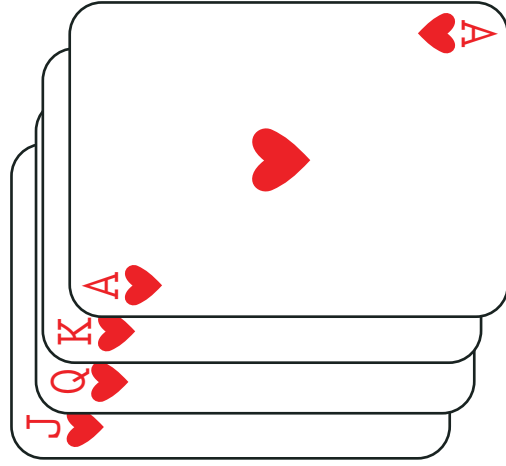


# Keep Your Mind and Body Active

- Keep your mind and body busy with meaningful, purposeful activities
- Get involved in projects that keep your mind distracted from the tinnitus
- You have learned about activities that involve active listening
  - » Those kinds of activities can be helpful
- Talk with others to keep your mind and “ears” busy
- In addition to your regular daily activities, there are many volunteer opportunities that can help distract you from your tinnitus



# Keep Your Mind and Body Active

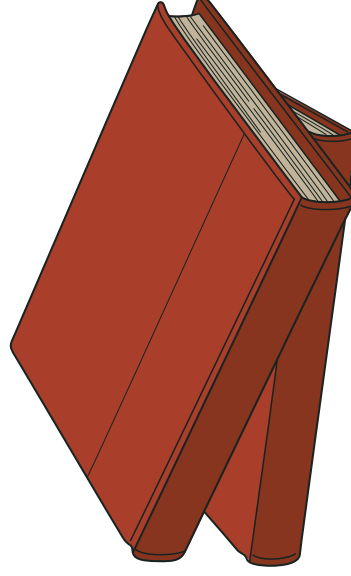


# Learn All You Can About Tinnitus

- “Knowledge is power”
- Learning about tinnitus can help you manage your reactions to it
- There are many good books and websites about tinnitus
  - » Be aware that some websites have wrong or misleading information
  - » Contact your audiologist if you have any questions
- You can join the American Tinnitus Association
  - » The ATA is devoted to finding a cure for tinnitus
  - » They publish a journal (*Tinnitus Today*) three times a year that is filled with news from tinnitus experts

# Learn All You Can About Tinnitus

- “Knowledge is power”
- Learning about tinnitus can help you manage your reactions to it
- You can join the ATA
  - » *Tinnitus Today*
- Read *good* books, articles and websites about tinnitus



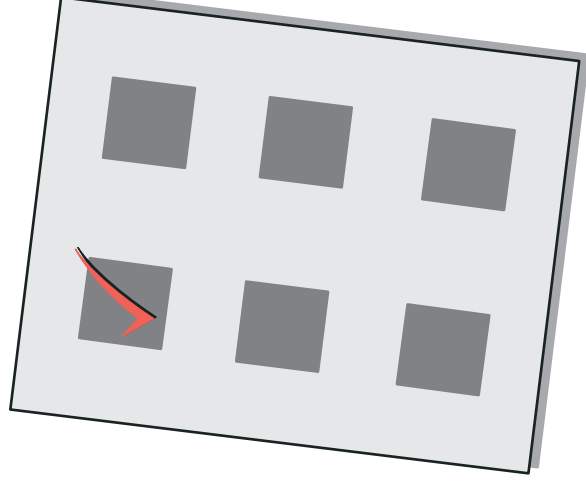
Logo shown with permission from American Tinnitus Association

# Checklist

- You learned different ways to make your tinnitus less of a problem
- It may take some time, but your tinnitus should become less of a problem as you work toward finding what helps you the most
- Remember to identify those situations when your tinnitus bothers you
  - » Then, find out what kind of sound, and what kind of sound device, helps the most in each situation (use the Sound Plan Worksheet)
- Also remember to:
  - » Protect your ears from dangerously loud sound
  - » Take good care of yourself
  - » Keep your mind and body active
  - » Learn all you can about tinnitus

# Checklist

- ✓ Keep using the Sound Plan Worksheet as long as necessary
  - ✓ Revise your sound plans
  - ✓ Make new sound plans
- ✓ Protect your ears from dangerously loud sound
- ✓ Take care of yourself
- ✓ Keep your mind and body active
- ✓ Learn all you can about tinnitus



# **SECTION 3: What To Do When Everyday Sounds Are Too Loud (not related to using hearing aids)**

[Clinician: This section of counseling is adapted from the PTM handout *What to Do When Everyday Sounds Are Too Loud*. This counseling should be conducted as part of the *Sound Tolerance Evaluation and Management (STEM)* program. *Prior to conducting the counseling, it is essential to complete the PTM Sound Tolerance Interview with the patient.*]

# **SECTION 3: What To Do When Everyday Sounds Are Too Loud** (not related to using hearing aids)



## **Sound is the Problem - Sound is the Answer**

Example: Bill Smith is bothered by **everyday sounds**. (This problem is sometimes called **hyperacusis**.) Kitchen sounds and the vacuum cleaner are too loud for him. He is bothered by road noise when he drives. It seems like everything at church is too loud. What should Bill do? Believe it or not, being around more sound can make things better! And, staying away from sound can make his problem **worse!** What??? He should add **more sound**??? Keep going and we'll explain . . .



## Sound is the Problem - Sound is the Answer

Example: Bill Smith is bothered by **everyday sounds**. (This problem is sometimes called **hyperacusis**.) Kitchen sounds and the vacuum cleaner are too loud for him. He is bothered by road noise when he drives. It seems like everything at church is too loud. What should Bill do? Believe it or not, being around more sound can make things **better**! And, staying away from sound can make his problem **worse**! What?? He should add **more** sound?? Keep going and we'll explain . . .

# **Three Things You Can Do if Everyday Sounds are Too Loud for You**

- 1 Keep yourself surrounded with sound that is comfortable for you
- 2 Listen to sounds that you enjoy as often as you can
- 3 Only wear hearing protection when you really need to

# Three Things You Can Do if Everyday Sounds are Too Loud for You

- 1 Keep yourself surrounded with sound that is comfortable for you
- 2 Listen to sounds that you enjoy as often as you can
- 3 Only wear hearing protection when you really need to



# **I. Keep Yourself Surrounded with Sound that is Comfortable for You**

- **Why should I keep myself surrounded with sound?** *Let's start by thinking about your eyes and how they adjust to light. Imagine sitting in a dark movie theater and then going outside into the daylight. Everything seems brighter to you than it does to people who were not sitting in the dark. Your eyes had adjusted to the dark and now they have to readjust to the daylight.*
- *Your ears adjust to sound kind of like your eyes adjust to light. If you stay away from sound, your ears will slowly adjust to the quiet. After a while, everyday sounds will seem louder and harder to tolerate. Avoiding sound will only make the problem worse.*
- *If you keep yourself surrounded with sound, your ears will readjust. It will slowly become easier for you to tolerate everyday sounds. You should only use sounds that are comfortable for you. It usually takes at least a few weeks of being around sound for this change to happen.*

# I. Keep Yourself Surrounded with Sound that is Comfortable for You

Why?

- Imagine sitting in a dark movie theater and then going outside into the daylight
- Everything seems brighter - your eyes have to readjust to the daylight
- *Your ears adjust to sound in a similar way*



## **How do I Keep Myself Surrounded with Sound?**

- You can use any sound that is not annoying. (The sound can be either neutral or pleasant.) Here are some ideas:
  - » listen to music at a comfortable level
  - » listen to radio shows
  - » play recordings of nature sounds
  - » keep a fan running
  - » use a tabletop water fountain
- Another choice: Some people wear small devices in their ears that make a “shhh” sound. These devices are called *in-the-ear noise generators* or *maskers*.

# How do I Keep Myself Surrounded with Sound?

- Use any sound that is not annoying
- Ideas:
  - » listen to music at a comfortable level
  - » listen to radio shows
  - » play recordings of nature sounds
  - » keep a fan running
  - » use a tabletop water fountain
- Another choice: *ear-level noise generators or maskers*



Photo of iHome/iPod shown with permission from KIDdesigns, Inc  
Photo of tabletop fountain shown with permission from HoMedics, Inc

## **2. Listen to Sounds that you Enjoy as Often as You Can**

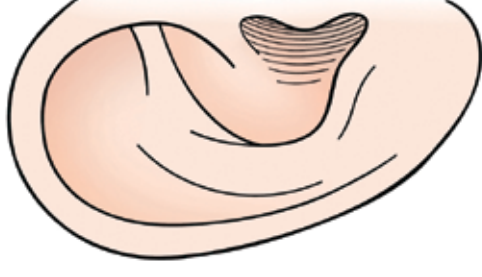
**Why should I listen to sounds that I enjoy as often as I can?** We just talked about the problem of everyday sounds being too loud (*hyperacusis*). Many people also have another problem. They just *don't like* certain sounds, but *not because they are too loud*. (This problem is sometimes called *misophonia*.) If you don't like certain sounds, you should make a point of listening to sounds that you enjoy. Spending time enjoying sound can help you get better at tolerating everyday sounds that you don't like.



## 2. Listen to Sounds that you Enjoy as Often as You Can

### Why?

- Some people *don't like* certain sounds, *but not because they are too loud*
- If you don't like certain sounds, listen to sounds that you *enjoy*
- This can help you get better at tolerating everyday sounds that you don't like



### **3. Only Wear Earplugs or Earmuffs When You Really Need To**

**Why should I use earplugs or earmuffs only when I really need to?** When everyday sounds seem too loud, some people start using earplugs or earmuffs all the time. Remember that avoiding sound will make the problem worse. Only use ear protection when sounds are dangerously loud or uncomfortably loud. *As soon* as the sound around you is at a safe and comfortable level, take the ear protection off. The goal is to wear ear protection *only when needed*.

### 3. Only Wear Earplugs or Earmuffs When You Really Need To

#### Why?

- When everyday sounds seem too loud, some people use earplugs or earmuffs all the time
  - » Avoiding sound makes the problem worse
- Only use ear protection when sounds are dangerously loud or uncomfortably loud
- *As soon* as the sound is safe and comfortable, take the ear protection off
- The goal is to wear ear protection *only when needed*



# When Should I Use Earplugs and Earmuffs?

Use earplugs or earmuffs *only* when:

- sounds around you are uncomfortably loud
- you are around dangerously loud sounds like:
  - » lawn mowers
  - » loud concerts
  - » power tools
  - » guns
  - » etc.

[Clinician: Additional information about hearing protection is provided in pages 245-248]

# When Should I Use Earplugs and Earmuffs?

Use earplugs or earmuffs *only* when:

- sounds around you are uncomfortably loud
- you are around dangerously loud sounds like:
  - » lawn mowers
  - » loud concerts
  - » power tools
  - » guns
  - » etc.



## Is There Any Research?

Yes. In 2002, Formby, Sherlock, and Gold studied *sound tolerance*. There were two groups of people:

- One group wore earplugs for 2 weeks
- The other group wore in-the-ear noise generators (maskers) that make a “shhh” sound
- After 2 weeks:
  - » The people who wore earplugs could tolerate less sound than before
  - » The people who wore maskers could tolerate more sound than before
- This study showed that:
  - » Adding sound makes it easier to tolerate sound
  - » Staying in quiet makes it harder to tolerate sound

# Is There Any Research?

Formby, Sherlock, and Gold (2002)

- Group 1 wore earplugs for 2 weeks
- Group 2 wore maskers
- After 2 weeks:
  - » Earplug group could tolerate *less* sound
  - » Masker group could tolerate *more* sound
- This study showed that:
  - » Adding sound makes it easier to tolerate sound
  - » Staying in quiet makes it harder to tolerate sound

## **Bottom Line**

- If everyday sounds bother you:
  - » Surrounding yourself with comfortable sound will help
  - » Avoiding sound will make the problem worse
- How long does it take?
  - » It can take weeks or months for your ears to adjust



## Bottom Line

- If everyday sounds bother you:
  - » Surrounding yourself with comfortable sound will help
  - » Avoiding sound will make the problem worse
- How long does it take?
  - » It can take weeks or months for your ears to adjust

## Review: Three Things I Can Do if Everyday Sounds are Too Loud

[Clinician: Ask the patient to fill in the blanks and answer each question. By answering each question you are having the patient “teach-back” the critical reasons these three things are important.]

ANSWERS:

1 Keep myself surrounded with comfortable sound

- *Why is this important?*

» My ears adjust to sound kind of like my eyes adjust to light

» If I keep myself surrounded with sound, my ears will readjust

» It will slowly become easier for me to tolerate everyday sounds

» I should only use sounds that are comfortable for me

2 Listen to sounds that I enjoy

- *Why is this important?* Spending time listening to sounds I enjoy can help me get better at tolerating sounds I don't like.

3 Only wear ear protection when I really need to

- *Why is this important?*

» I should wear ear protection only when sound is dangerously loud or uncomfortably loud

» If I wear ear protection when I don't need to, after a while everyday sounds will seem louder and may be harder to tolerate

# Review: Three Things I Can Do if Everyday Sounds are Too Loud

1 Keep myself \_\_\_\_\_ with \_\_\_\_\_ sound

*Why is this important?* \_\_\_\_\_

2 Listen to \_\_\_\_\_ that I \_\_\_\_\_

*Why is this important?* \_\_\_\_\_

3 Only wear \_\_\_\_\_ when I really \_\_\_\_\_ to

*Why is this important?* \_\_\_\_\_

# Sound Tolerance Worksheet

[Clinician: Review the sample Sound Tolerance Worksheet with the patient]

# Sound Tolerance Worksheet

## Sound Tolerance Worksheet

4. Am I doing better?

After 1 month:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

After 2 months:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

After 3 months:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3. Comments

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2. How will I do this?

Keep a fan running in my bedroom, play classical music in my office

Listen to my favorite music using the stereo in the living room

I'll stop using my earplugs when I am home alone. I'll take my earplugs with me to the grocery store (and other places), but I'll only use them if I need them, and I will take them out as soon as I can.

1. When and where will I do this?

In my bedroom at night, anytime I am in the office

Evenings when relaxing in my living room

Things I can do

Surround myself with comfortable sound

Listen to sounds I enjoy

Use earplugs or earmuffs only when needed

# Fill Out the Sound Tolerance Worksheet

[Clinician: Assist patient in completing the Sound Tolerance Worksheet]

- When and where will I do this?
- How will I do this?
- Comments
- Am I doing better?

# Fill Out the Sound Tolerance Worksheet

**Sound Tolerance Worksheet**

	1. When and where will I do this?	2. How will I do this?	3. Comments	4. Am I doing better?
<b>Things I can do</b>  Surround myself with comfortable sound	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____	After 1 month: _____ _____ _____ _____ _____ _____ _____ _____ _____
Listen to sounds I enjoy	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____	After 2 months: _____ _____ _____ _____ _____ _____ _____ _____ _____
Use earplugs or earmuffs only when needed	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____	After 3 months: _____ _____ _____ _____ _____ _____ _____ _____ _____







## **Description of Audio CD**

An audio CD is attached to the inside back cover of this counseling guide. The CD contains a description of how sound can be used to manage tinnitus, along with a number of different sound tracks to demonstrate the different methods. Clinicians can use this CD to supplement the PTM counseling.

## **“Managing Your Tinnitus” Sound Demonstration CD**

**Total CD length: 76:17**

TRACK 1	Sound Demo Introduction	1:14
TRACK 2	Types of Sound	6:46
TRACK 3	Environmental Sound, Music, Speech	6:31
TRACK 4	Examples of Soothing Sound	5:05
TRACK 5	Examples of Interesting Sound	2:47
TRACK 6	Examples of Background Sound	3:02
TRACK 7	Sound Demo Close	1:07
TRACK 8	Introduction to Sample Sounds	0:36
TRACK 9	Soothing Sound: Water	1:09
TRACK 10	Soothing Sound: Audio Bionics DTM E-Nature	1:09
TRACK 11	Soothing Sound: Audio Bionics DTM E-Air	1:09
TRACK 12	Soothing Sound: Audio Bionics DTM E-Water	1:09
TRACK 13	Soothing Sound: Music	2:38
TRACK 14	Soothing Sound: Imagery Demonstration	2:21
TRACK 15	Interesting Sound: Urban Legend (from “What Sticks”)	1:30
TRACK 16	Interesting Sound: JFK/ Apollo 11	1:32
TRACK 17	Interesting Sound: Birds	1:31
TRACK 18	Interesting Sound: Animals	1:47
TRACK 19	Interesting Sound: Music	2:25
TRACK 20	Background Sound: Restaurant	2:19
TRACK 21	Background Sound: City Traffic	2:15
TRACK 22	Background Sound: Elevator Music	2:27
TRACK 23	Background Sound: Fish Tank	2:20
TRACK 24	Introduction to Deep Breathing and Imagery	0:21
TRACK 25	Deep Breathing Exercise	11:17
TRACK 26	Imagery Exercise	8:55



