



HOW DO I MANAGE MY **TINNITUS?**

It can be difficult to explain to others what tinnitus feels like. You might hear a sound — buzzing, ringing, or something more difficult to describe — all the time. But no one else can hear it.

That's tinnitus.

Fortunately, sound therapy and relaxation go a long way to minimizing tinnitus.

In this ebooklet, you'll learn how to reduce the impact tinnitus has on your life and take steps to reclaim your quality of life with sound and relaxation.

The first step you can and should take is [speaking with a Hearing Healthcare Professional](#) about your symptoms.

SOUND THERAPY

Stress is one of the most common factors associated with tinnitus. Sound stimulation plays an important role in tinnitus management by helping you relax and reduce stress.

Tinnitus sound therapy consists of amplified sounds from hearing aids, environmental sounds, and music or noise from noise generators. This helps minimize the contrast between the tinnitus and the surrounding sound environment to relieve the annoying effects of tinnitus.

If you use hearing aids, you may have a program to help provide tinnitus relief. These programs can sometimes be customized to your specific hearing loss and take background noise into consideration when playing.

Get a [no-obligation hearing aid trial](#) to find out what works best for your tinnitus.





RELAXATION EXERCISES

In addition to making your tinnitus worse, stress causes muscles to tighten. Relaxation exercises help reduce muscle tension and effectively lessen stress and your tinnitus symptoms.

To improve the effect of the exercises, follow these tips:

- Do them 15 minutes every day.
- Sit comfortably in a quiet place with no interruptions.
- Listen to comfortable sounds if you find them helpful.
- Wear loose, comfortable clothes.
- Relax and take a few deep breaths before you slowly get up after having finished the exercise. It's okay if you fall asleep.

Now let's get started.

EXERCISE 1: **PROGRESSIVE MUSCLE RELAXATION**

Progressive muscle relaxation intends to relax every muscle in your body, starting with your head and working all the way down to your feet.

As you progress, focus on the muscles in the specific area only. Inhale and tighten the muscles as hard as you can for about eight seconds. Then release them by suddenly letting go. Let the pain flow out of the muscles while you slowly exhale.

Here's a progression you can follow:

- Head (facial grimace), neck and shoulders, chest and stomach
- Right upper arm and right hand, left upper arm and left hand
- Buttocks, right upper leg and right foot, left upper leg and left foot
- Relax for about 10-15 seconds and repeat the progression
- Count backwards from 20 and slowly get up

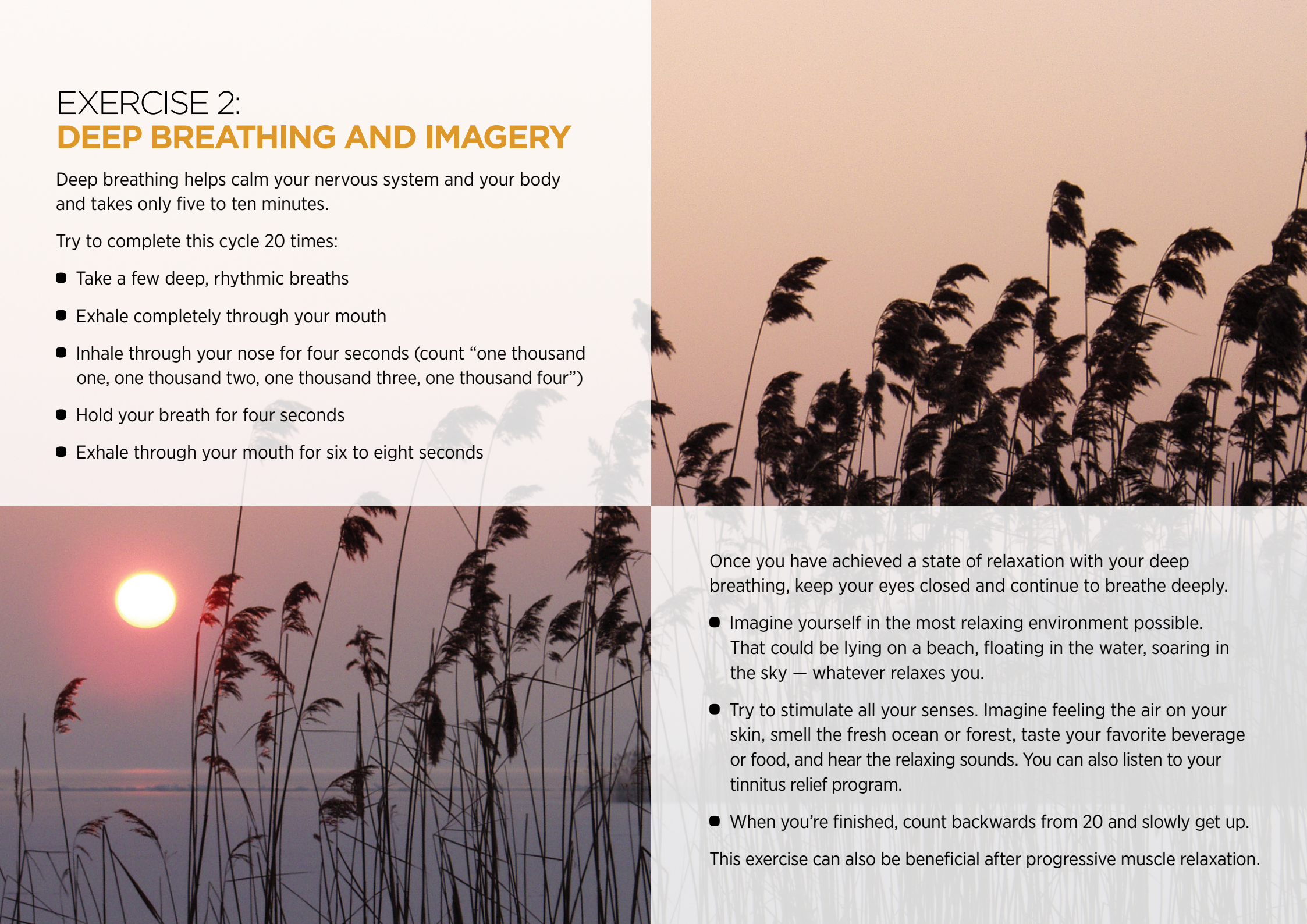
NOTE: The entire sequence should take about five minutes

EXERCISE 2: **DEEP BREATHING AND IMAGERY**

Deep breathing helps calm your nervous system and your body and takes only five to ten minutes.

Try to complete this cycle 20 times:

- Take a few deep, rhythmic breaths
- Exhale completely through your mouth
- Inhale through your nose for four seconds (count “one thousand one, one thousand two, one thousand three, one thousand four”)
- Hold your breath for four seconds
- Exhale through your mouth for six to eight seconds



Once you have achieved a state of relaxation with your deep breathing, keep your eyes closed and continue to breathe deeply.

- Imagine yourself in the most relaxing environment possible. That could be lying on a beach, floating in the water, soaring in the sky — whatever relaxes you.
 - Try to stimulate all your senses. Imagine feeling the air on your skin, smell the fresh ocean or forest, taste your favorite beverage or food, and hear the relaxing sounds. You can also listen to your tinnitus relief program.
 - When you're finished, count backwards from 20 and slowly get up.
- This exercise can also be beneficial after progressive muscle relaxation.



TIPS FOR **REDUCING** SLEEP PROBLEMS

Adults need on average eight hours of sleep. But one of the most common problems among people with tinnitus is difficulty falling or staying asleep. That in turn can affect your ability to cope with tinnitus.

There are many things that influence how well you sleep, like what you drink or do before you go to bed.

On the next pages you'll find a checklist to help you manage sleep problems.



CHECKLIST TO MANAGE **SLEEP PROBLEMS**

- Maintain a standard bedtime and set your alarm for the same time every day.
- Walk or exercise for ten minutes a day, but not right before going to sleep.
- Close your curtains or drapes and keep your bedroom dark enough to sleep and at a comfortable temperature.
- Don't watch TV, eat, or read in bed.
- Sleep on your back or on your side. Try to avoid sleeping on your stomach.
- Have a set pre-bedtime routine. Start relaxing as you go through your routine, for example, take a warm bath.
- When you go to bed, take a deep breath and just relax. Feel your muscles relax and focus on pleasant thoughts.
- Use a fan or white noise machine to counter your tinnitus.
- Don't engage in any activities before bed that stimulate your body or your mind — for example, watching TV or playing a game.
- Avoid food and drinks that contain caffeine. Note that caffeine is present in many things like soft drinks, tea, and chocolate candy.
- Refrain from drinking alcohol an hour or two before going to bed.
- Don't take a late afternoon or early evening nap. If you find yourself extremely tired in the afternoon, take a brisk walk instead.

If you still have problems falling asleep, don't lie awake for more than half an hour. If you find yourself wide awake, get out of bed and do something quietly. Only go to bed when you're relaxed and ready to sleep.





CONSULT A **HEARING HEALTHCARE PROFESSIONAL**

Relaxation exercises can be very beneficial and so can sound therapy. But they both work best in combination with support from a Hearing Healthcare Professional.

A professional can offer you additional valuable advice and technology to treat both tinnitus and hearing loss. [Hearing aids today](#) can help you hear better while also offering sound therapy for tinnitus.

Talk to a Hearing Healthcare Professional today to find out what treatment would work best for you.

Make an appointment with a Hearing Healthcare Professional today.

GET HELP NOW

Download Widex ZEN Tinnitus app for therapeutic sounds.



Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.
Android, Google Play and the Google Play logo are trademarks of Google Inc.

WIDEX[®]

CBR016/0120