Tinnitus Tunes how to repeat songs or sound files on an Apple iPOD

Apple iPOD Touch

1) Go to music
2) Find the song (or sound) you would like to repeat and select it to play the song
3) Touch the middle of the screen once to bring up the song control bar
4) A bar will appear under the name of the song at the top
5) Touch the button with two arrows in a circle on the left hand side
6) If you press the button once it shall light up blue this shall make all songs on the ipod touch repeat
7) If you press the button again a 1 shall appear inside the icon this shall make only the current song repeat over and over allowing you to listen to the selected song as many times as required.

Any other iPOD

1) Go to settings
2) Scroll down to repeat
3) To repeat just one selected song click the centre button until it highlights one song
4) This shall repeat only the currently playing song
5) To repeat all songs click the centre button again and it shall select all songs in your library, or if you are in a playlist only the playlist shall repeat itself.

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