

Tinnitus Blog - 16th October 2016

Use of Tinnitus Tunes at the University of Auckland Hearing & Tinnitus Clinic

Update by: Tania Linford, Clinical and Research Audiologist at the H & T Clinic

Clients who come to the University of Auckland Hearing and Tinnitus Clinic tell me how reassuring it is to know that the Tinnitus Tunes website is managed by a professional tinnitus specialist, so they have confidence in the advice and content.

They also say that it is easy to navigate the website as it has a clear and well-structured layout.

There is a comprehensive choice of content that can be accessed to help individuals manage their tinnitus; this choice is very important in giving a sense of control back to the individual, rather than feeling that their tinnitus is in control of them. The more choices people have, the better outcomes are seen.

Along with an extensive library of masking sounds that help to mask the tinnitus and retrain the brain, there is specific active brain training sound library to help individuals to take control and to work towards improvements of tinnitus.

It is good to have a range of products recommended to help individuals explore the options available and to consider what would suit them best. Hearing aids are often a very successful treatment for tinnitus and hyperacusis (sensitivity to sounds) as they too can retrain the brain, they can have tinnitus maskers built in that can be turned on and off as needed, or if nature sounds or other audio from a smartphone is preferred these sounds can be streamed through to the hearing devices.

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