

## **Brain Training Guide & Work Book**

**Use to record your answers.**

### **Tinnitus Tunes**

#### Instructions

The brain retraining tasks will improve your ability to identify and focus on special sounds instead of listening to your tinnitus. Our clinical experience with many patients over the years has shown these tasks help you accelerate the process of being able to ignore your tinnitus.

- We recommend you use good quality headphones when completing the Brain Training to help you identify not only the sounds but also the location (left, right or both ears).
- The training task involves a recommended 15 sessions over 3 weeks. Five sessions each week. You can spread the sessions over a longer duration if you have to. You can also repeat each session as many times as you want.
- You can complete the 15 sessions in less than 3 weeks but generally this will not deliver as good results. The benefits are delivered through highly focused attention during the exercises.
- In each session you are presented with 15-20 "triplets". A triplet contains three sounds. One sound is presented to the left ear, another to the right ear, and another to both ears.
- Your goal is identifying each sound and where it is coming from. This is recorded in the work book each session.
- Answers are provided within the guide. The descriptors are just suggestions, there are no right or wrong descriptors. You should use the descriptors that make the most sense to you. If you get some of the answers wrong don't stress about it. The important part is completing the task of concentrating on trying to hear and identify the sounds.
- As the training progresses the task will become more difficult. In session 1 the triplets will only contain sounds

defined by the 20 pictures shown at the end of this booklet. From session 2 onwards more new sounds will be introduced. Also in some of the sessions a distractor noise will be presented throughout the presentation of the triplet. You will need to ignore this long background distractor noise and focus on identifying the shorter sounds.

- If you find any errors in the guide, please let us know via [info@tinnitustunes.com](mailto:info@tinnitustunes.com) and we will correct the guide.

**Session 1 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
A1	Introduction	And	Instructions	
A2	Jack Hammer	Frog or Cricket	Wrench	
A3				
A4				
A5				
A6				
A7				
A8				
A9				
A10				
A11				
A12				
A13				
A14				
A15				
A16				
A17				

## Answers for session 1

<b>Track</b>	<b>Left ear</b>	<b>Rig</b>	<b>Both</b>
1	Introduction	And	Instructions
2	Jack	Frog	wrench
3	Door creak	Neon sign	jet
4	Squeezy	engine	Ice cube
5	fasten zip	vacuum	whales
6	shave	bite crunch	cat meow
7	pneumatic	faxmodem	welder
8	whales	Cat meow	horse
9	neon sign	Ice cube	Bite crunch
10	engine	welder	Frog
11	horse	zipper	Squeezy
12	vacuum	hors	faxmodem
13	Whales	Train	zipper
14	Wrench	pneumatic	Neon sign
15	Frog	door creak	Jack
16	bite crunch	shave	engine
17	Cat	Squeezy	pneumatic

**Session 2 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
B18				
B19				
B20				
B21				
B22				
B23				
B24				
B25				
B26				
B27				
B28				
B29				
B30				
B31				
B32				
B33				
B34				

## Answers for session 2

	<b>Left ear</b>	<b>right</b>	<b>both</b>
18	Welder	Jet	Door Creak
19	Jet	Jackhammer	Shaver
20	Faxmodem	Train	Vacuum
21	Ice Cube	Wrench	Train
22	Review	And	Instructions
23	Example	Interfering	Sound
24	wrench	jackhammer	Frog/Cricket
25	jet	Door creak	Neon sign
26	Ice cube	squeezy duck	engine
27	whales	fasten zip	vacuum
28	cat meow	shave	bite crunch
29	welder	pneumatic	faxmodem
30	horse	whales	Cat meow
31	Bite crunch	neon sign	Ice cube
32	Froa / Cricket	engine	welder
33	squeezyduck	horse	zipper
34	faxmodem	vacuum	horse

**Session 3 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
C35				
C36				
C37				
C38	Leave Blank	Leave Blank	Leave Blank	
C39				
C40				
C41				
C42				
C43				
C44	New interfering sound	New interfering sound	New interfering sound	Leave Blank
C45				
C46				
C47				
C48				
C49				
C50				
C51				

### Answers for session 3

Track	Left ear	Right Ear	Both Ears
35	Zipper	Whale	Train
36	Neon Sign	Wrench	Drill
37	Jack Hammer	Frog	Door creak
38	Leave Blank	Leave Blank	Leave Blank
39	Sheep	Purr	Mosquito
40	Crumbling paper	Bumble Bee	Whip
41	Bird Song	River	Owl
42	Pig	Falling plane	Cough
43	Cork popping	Big drops	Flies
<b>44</b>	<b>New Interfering</b>	<b>Sound</b>	<b>Introduced</b>
45	Drill	Cat	Squeezy duck
46	Door creak	Welder	Jet
47	Shave	Jet	Jack Hammer
48	Vacuum	Fax Modem	Train
49	Train	Ice cubes	Wrench
50	Jet	Jack hammer	Engine
51	Ice cubes	Door creak	Vacuum
51	Whales	Squeezy duck	Bite crunch

**Session 4 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
D52				
D53				
D54				
D55				
D56				
D57				
D58				
D59				
D60				
D61				
D62				
D63				
D64				
D65	New interfering sound	New interfering sound	New interfering sound	
D66				
D67				
D68				



## Answers for Session 4

Track	Left ear	Right Ear	Both Ears
52	Whales	Squeezy duck	Bite Crunch
53	Cat Meow	Fasten zip	Fax modem
54	Welder	Shave	Cat meow
55	Horse	Drill	Ice Cubes
56	Bite Crunch	Whales	Welder
57	Cricket	Neon sign	Zipper
58	Squeezy duck	Engine	Horse
59	Fax modem	Horse	Whales
60	Kettle whistling	Elephant	Cuckoo Clock
61	Keys jingling	Gallop	Didgeridoo
62	Knock	Glass breaking	Dog barking
63	Rooster	Propeller plane	Sheep
64	Monkey	Car horn	Drain
<b>65</b>	<b>New Interfering</b>	<b>Sound introduced</b>	
66	Zipper	Vacuum	Drill
67	Neon sign	Train	Door creak
68	Jack Hammer	Wrench	Digging

**Session 5 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
E69				
E70				
E71				
E72				
E73				
E74				
E75				
E76				
E77				
E78				
E79				
E80				
E81				
E82				
E83				
E84				
E85				

## Answers for Session 5

Track	Left ear	Right Ear	Both Ears
69	Engine	Cricket	Squeezy duck
70	Drill	Bite crunch	Jet
71	Door creak	Jack Hammer	Cat
72	Shave	Welder	Train
73	Vacuum	Jet	Wrench
74	Train	Fax modem	Cricket
75	Wrench	Ice cubes	Neon sign
76	Ice cubes	Jack Hammer	Vacuum
77	Whales	Door creak	Bite Crunch
78	Cat meow	Squeezy duck	Fax modem
79	Welder	Zipper	Cat meow
80	Horse	Shave	Ice cubes
81	Whip	Saw	Pool break
82	River flow	Inside helicopter	Donkey
83	Cough	Broom sweeping	Birdsong
84	Crickets	Bubbling	Cough
85	Flies	Crinkling paper	Organ

**Session 6 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
F86	New interfering sound	New interfering sound	New interfering sound	
F87				
F88				
F89				
F90				
F91				
F92				
F93				
F94				
F95				
F96				
F97				
F98				
F99				
F100				
F101				
F102				

## Session 6 answers

Track	Left ear	Right Ear	Both Ears
86	New interference	Sound introduced	
87	Bite crunch	Drill	Welder
88	Cricket	Whales	Zipper
89	Squeezy Duck	Neon sign	Horse
90	Fax modem	Engine	Whales
91	Zipper	Horse	Drill
92	Neon Sign	Vacuum	Door creak
93	Jack Hammer	Train	Shave
94	Engine	Wrench	Squeezy duck
95	Drill	Cricket	Jet
96	Door creak	Bite crunch	Jack Hammer
97	Shave	Cat	Train
98	Vacuum	Welder	Wrench
99	Train	Jet	Cricket
100	Wrench	Fax Modem	Neon Sign
101	Jet	Ice Cubes	Engine
102	Cow Bell	Dog barking	Elephant

**Session 7– Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
G103				
G104				
G105				
G106				
G107	New interfering sound	New interfering sound	New interfering sound	
G108				
G109				
G110				
G111				
G112				
G113				
G114				
G115				
G116				
G117				
G118				
G119				

## Session 7 answers

Track	Left ear	Right Ear	Both Ears
103	Knock	Sheep	Grinder
104	Rooster	Hand stapler	Glass breaking
105	Monkey	Movie-projector	Cough
106	Whip	Pencil sharpener	Car Horn
<b>107</b>	<b>New interfering</b>	<b>Sound introduced</b>	<b>Voices</b>
108	Cricket	Wrench	Jack Hammer
109	Neon sign	Jet	Door creak
110	Engine	Ice cubes	Squeezy duck
111	Vacuum	Whales	Zipper
112	Bite crunch	Cat	Shave
113	Fax modem	Welder	Drill
114	Cat	Horse	Whales
115	Ice Cubes	Bite crunch	Neon sign
116	Welder	Cricket	Engine
117	Zipper	Squeezy duck	Horse
118	Horse	Fax modem	Vacuum
119	Train	Zipper	Whales

**Session 8– Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
H120				
H121				
H122				
H123				
H124				
H125				
H126				
H127				
H128	New interfering sound	New interfering sound	New interfering sound	
H129				
H130				
H131				
H132				
H133				
H134				
H135				
H136				
H137				



## Session 8 answers

Track	Left ear	Right Ear	Both Ears
120	Drill	Neon sign	Wrench
121	Door creak	Jack Hammer	Cricket
122	Shave	Engine	Bite crunch
123	Boing	Owl	Purring
124	Bird song	Pig	Braking
125	Cough	Buzz	River
126	Cork popping	Cuckoo Clock	Can Opening
127	Kettle Whistling	Didgeridoo	Drips
<b>128</b>	<b>New Interfering</b>	<b>Sound Introduced</b>	
129	Squeezy duck	Drill	Cat
130	Jet	Door creak	Welder
131	Jack Hammer	Shave	Jet
132	Train	Vacuum	Fax modem
133	Wrench	Train	Ice Cubes
134	Engine	Jet	Jack Hammer
135	Vacuum	Ice Cubes	Door Creak
136	Bite crunch	Whales	Squeezy duck
137	Fax modem	Cat	Zipper

**Session 9 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
G138				
G139				
G140				
G141				
G142				
G143				
G144				
G145				
G146				
G147				
G148				
G149	New interfering sound	New interfering sound	New interfering sound	
G150				
G151				
G152				
G153				
G154				
G155				

### Session 9 answers

Track	Left ear	Right Ear	Both Ears
138	Cat	Welder	Shave
139	Ice cubes	Horse	Drill
140	Welder	Bite crunch	Whales
141	Zipper	Frog	Neon sign
142	Horse	Squeezy duck	Engine
143	Whales	Fax modem	Horse
144	River	Scrape	Saw
145	Cough	Sheep	Tape tearing
146	Crickets	Organ	Sonar sound
147	Flies	Hair dryer	Bubbles
148	Propeller plane	Whip	Children laughing
<b>149</b>	<b>New Interfering</b>	<b>Sound</b>	
150	Drill	Zipper	Vacuum
151	Door creak	Neon sign	Train
152	Shave	Jack hammer	Wrench
153	Squeezy duck	Engine	Cricket
154	Jet	Drill	Bite crunch
155	Cat	Door creak	Jack Hammer

### Session 10 – Table to record your results (your description of each of the triplet sounds)

Ref	Left Ear	Right Ear	Both	# times listened to this track
H156				
H157				
H158				
H159				

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
H160				
H161				
H162				
H163				
H164				
H165				
H166				
H167				
H168				
H169				
H170	New interfering sound	New interfering sound	New interfering sound	
H171				
H172				
H173				
H174				
H175				
H176				

## Session 10 answers

Track	Left ear	Right Ear	Both Ears
156	Train	Shaver	Welder
157	Wrench	Vacuum	Jet
158	Cricket	Train	Fax Modem
159	Neon sign	Wrench	Ice Cubes
160	Vacuum	Ice Cubes	Jack hammer
161	Bite crunch	Whales	Door creak
162	Fax modem	Cat meow	Squeezy Duck
163	Cat meow	Welder	Zip
164	Ice Cubes	Horse	Shaver
165	Cuckoo clock	Hairspray	Elephant
166	Duck	Key jingle	Gallop
167	Machine	Knocking	Glass breaking
168	Yawn	Rooster	Propeller plane
169	Tiger	Monkey	Car horn
170	New interfering	Sound	
171	Welder	Bite crunch	Drill
172	Zipper	Cricket	Whales
173	Horse	Squeezy duck	Neon sign
174	Whales	Fax modem	Engine
175	Drill	Zipper	Horse
176	Door creak	Neon sign	Vacuum

**Session 11 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
I177				
I178				
I179				
I180				
I181				
I182				
I183				
I184				
I185				
I186				
I187				
I188				
I189				
I190				
I191				

## Session 11 answers

Track	Left ear	Right Ear	Both Ears
177	Shaver	Jack hammer	Train
178	Squeezy duck	Engine	Wrench
179	Jet	Drill	Cricket
180	Jack hammer	Door creak	Bite crunch
181	Train	Shaver	Cat
182	Wrench	Vacuum	Welder
183	Cricket	Train	Jet
184	Neon sign	Wrench	Fax modem
185	Engine	Jet	Ice cubes
186	Mosquito	Glass breaking	Purr
187	Whip	Crumbling paper	Phone
188	Owl	Birdsong	Coin
189	Cough	Gong	Falling plane
190	Flies	Cork pop	Kisses
191	Whales	Fasten zip	Vacuum

**Session 12 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
J192				
J193				
J194				
J195				
J196				
J197				
J198				
J199				
J200				
J201				
J202				
J203				
J204				
J205				
J206				



## Session 12 answers

Track	Left ear	Right Ear	Both Ears
192	Cat meow	Shaver	Bite crunch
193	Welder	Drill	Fax modem
194	Horse	Whales	Cat meow
195	Bite crunch	Neon sign	Ice cubes
196	Frog	Engine	Welder
197	Squeezy duck	Horse	Zipper
198	Fax modem	Vacuum	Horse
199	Zipper	Whale	Train
200	Neon sign	Wrench	Drill
201	Jack hammer	Frog	Door creak
202	Engine	Bite crunch	Shaver
203	Drill	Cat	Squeezy duck
204	Door creak	Welder	Jet
205	Shaver	Jet	Jack hammer
206	Vacuum	Fax modem	Train

**Session 13 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
K207				
K208				
K209				
K210				
K211				
K212				
K213				
K214				
K215				
K216				
K217				
K218				
K219				
K220				
K221				

## Session 13 answers

Track	Left ear	Right Ear	Both Ears
207	Train	Ice cubes	Wrench
208	Jet	Jack hammer	Engine
209	Ice cubes	Door creak	Vacuum
210	Whales	Squeezy duck	Bite crunch
211	Jack Hammer	Cricket	Wrench
212	Door creak	Neon sign	Jet
213	Squeezy duck	Engine	Ice cubes
214	Zipper	Vacuum	Whales
215	Shaver	Bite crunch	Cat meow
216	Drill	Fax modem	Welder
217	Whales	Cat meow	Horse
218	Neon sign	Ice cubes	Bite crunch
219	Engine	Welder	Cricket
220	Horse	Zipper	Squeezy duck
221	Vacuum	Horse	Fax modem

**Session 14 – Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
L222				
L223				
L224				
L225				
L226				
L227				
L228				
L229				
L230				
L231				
L232				
L233				
L234				
L235				
L236				

## Session 14 answers

Track	Left ear	Right Ear	Both Ears
222	Whale	Train	Zipper
223	Wrench	Drill	Neon sign
224	Frog	Door creak	Jack hammer
225	Bite Crunch	Shaver	Engine
226	Cat	Squeezy duck	Drill
227	Welder	Jet	Door creak
228	Jet	Jack hammer	Shaver
229	Fax modem	Train	Vacuum
230	Ice cubes	Wrench	Train
231	Jack hammer	Engine	Jet
232	Door creak	Vacuum	Ice cubes
233	Squeezy duck	Bite crunch	Whales
234	Zipper	Fax modem	Cat meow
235	Shaver	Cat meow	Welder
236	Drill	Ice cubes	Horse

**Session 15 – Final session - Table to record your results (your description of each of the triplet sounds)**

<b>Ref</b>	<b>Left Ear</b>	<b>Right Ear</b>	<b>Both</b>	<b># times listened to this track</b>
M237				
M238				
M239				
M240				
M241				
M242				
M243				
M244				
M245				
M246				
M247				
M248				
M249				
M250				
M251				

## Session 15 – Final Session Answers

Track	Left ear	Right Ear	Both Ears
237	Whales	Welder	Bite crunch
238	Neon sign	Zipper	Cricket
239	Engine	Horse	Squeezy duck
240	Horse	Whales	Fax modem
241	Vacuum	Drill	Zipper
242	Train	Door creak	Neon sign
243	Wrench	Shaver	Jack hammer
244	Frog	Squeezy duck	Engine
245	Bite crunch	Jet	Drill
246	Jack Hammer	Cat	Door creak
247	Welder	Train	Shaver
248	Jet	Wrench	Vacuum
249	Fax modem	Cricket	Train
250	Ice cubes	Neon sign	Wrench
251	Jack hammer	Vacuum	Ice cubes

