

Tips on Dealing with Tinnitus

- Do not panic. Tinnitus is rarely a sign of any serious ongoing pathological condition.
- Review your current medications with your physician for possible tinnitus side effects.
- Examine your lifestyle and make changes if stress is a part of your environment.
- Examine your diet and reduce possible sources of irritation, such as salt, artificial sweeteners, excess sugar, alcohol, some over-the-counter medications, tobacco and caffeine.
- Avoid loud noise. If avoidance of noise is not possible, use hearing protection devices.
- Do not draw any negative conclusions about your condition. Negative thoughts may be more damaging than the sounds themselves.
- Keep informed about tinnitus and tinnitus research. Contact the American Tinnitus Association at 800-634-8978 or www.ata.org. You will not fear tinnitus once you are properly informed.
- Discuss your tinnitus with those around you. Inform them about situations that are difficult for you or cause your tinnitus to increase.
- Be involved in your recovery. Tinnitus may not resolve on its own. Do not give up if a therapy or treatment doesn't produce immediate relief.
- In most cases, people who experience tinnitus will "habituate" to it, and after a period of adjustment, they will go on with their lives as well as before.
- Do not blame yourself for your tinnitus. The causes of tinnitus are numerous and nearly impossible to determine.
- Attend the South Jersey Tinnitus Support Group. They can help you sort out all the information and offer compassionate companionship and coping strategies. See the support group schedule below.

SCHEDULE

**Group meets six times per year (via Zoom until further notice) at 7:00 p.m.
on the first Thursday of the following months: Jan., Mar., May, July, Sept. & Nov.**

Advanced ENT & Allergy/HearMD
1020 N. Kings Highway, Suite 201
Cherry Hill, NJ 08034
(856) 602-4200

To be added to our mailing list and receive meeting invites, email us at TSG@advancedent.com.

Helpful Tinnitus Apps & Podcasts

With countless apps and little direction available, it can be hard to figure out on your own which sound and sleep apps might help with tinnitus or getting a good night's sleep. Below you'll find the top picks of apps compiled by an audiologist with tinnitus. These apps are available through Apple's App Store or Google Play's App Store.

SOUND THERAPY APPS



myNoise



SimplyNoise



White Noise Lite



Noise Generator:
Full Spectrum



Starkey Relax



Widex Zen



ReSound Tinnitus Relief



Whist—Tinnitus Relief

MEDITATION, SLEEP RELAXATION & MENTAL HEALTH SUPPORT



buddhify



iMoodJournal



Sleep Bug



BetterSleep



Insight Timer



Sleep Machine



Breathe2Relax



MoodKit



TaoMix 2 (iOS)



Calm



Oak



TaoMix 2 (Android)



CBT Thought Diary



Relax and Sleep



Ten Percent Happier



Headspace



Self-Help for Anxiety
Management (SAM)



Waking Up

NOISE MONITORING



myNoise

PODCASTS



The American Tinnitus Association has a series of podcasts called “Conversations in Tinnitus.” Check out the podcasts here: <https://www.ata.org/understanding-facts/podcasts>.

HearMD and Advanced ENT & Allergy do not endorse products or treatments. The list is intended only for informational purposes and is not intended as medical advice or a substitute for obtaining medical advice.

Source for app recommendations:
American Tinnitus Association