

## Examples of Sound Therapy Device Options for Tinnitus Patients

<p>Environmental enrichment devices</p> <ul style="list-style-type: none"> <li>• Tabletop sound machines generate different types of nature and/or environmental sounds (e.g., rain, wind, waterfall)</li> <li>• CD recordings or personal audio players generate music, nature and/or environmental sounds through speakers</li> <li>• Tabletop water fountains</li> <li>• Fans, TV, radio</li> <li>• Smartphones or tablets with apps specifically created to produce a variety of sounds that aid in tinnitus relief</li> </ul>
<p>Hearing aids</p> <ul style="list-style-type: none"> <li>• Digital signal processing devices allow for flexibility in manipulating the acoustic signal based on the patient’s hearing loss severity and audiometric configuration</li> <li>• Open-fit hearing aids permit normal entry of environmental sounds into the ear canal promoting a masking/partial masking effect</li> </ul>
<p>Sound generators</p> <ul style="list-style-type: none"> <li>• Ear level sound generators produce a broadband noise/s (e.g., white noise, pink noise) are a choice for patients with normal or near-normal audiometric thresholds</li> <li>• Available in in-the-ear or behind-the ear styles</li> </ul>
<p>Combination tinnitus instruments</p> <ul style="list-style-type: none"> <li>• Contain hearing aid circuit and noise-producing circuit in the same device</li> <li>• Allows patients who have both a hearing loss and tinnitus to use a single device.</li> <li>• Hearing technology is now available that incorporate wireless, portable audio-streaming devices that can be connected, via a mini-jack plug or Bluetooth, to a variety of audio sources (e.g., MP3 player, smartphone, tablet)</li> </ul>

**SOURCE:** Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngol Head Neck Surg.* 2014;151(S2):S1-S40.

### About the AAO-HNS

The American Academy of Otolaryngology—Head and Neck Surgery ([www.entnet.org](http://www.entnet.org)), one of the oldest medical associations in the nation, represents about 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat, and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and lifelong learning. The organization's vision: "Empowering otolaryngologist-head and neck surgeons to deliver the best patient care."