

Partial Masking

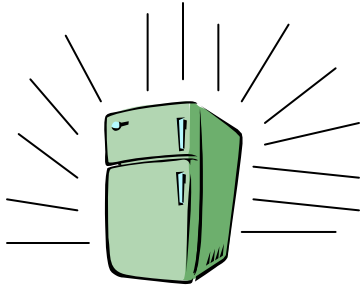
Overview

- Goals of Treatment
- Parts of the Sound Generator
- Use of the Sound Generator
- Partial Masking

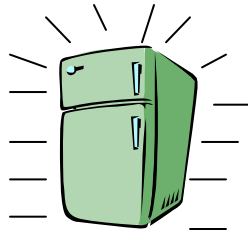
Overall Goals of Treatment

- Counseling
 - Thoughts and Emotions
 - Hearing and Communication
 - Sleep
 - Concentration
- Sound Therapy
 - Decrease the prominence of the tinnitus
 - Facilitate habituation to the tinnitus
 - Habituate to the tinnitus and the sound

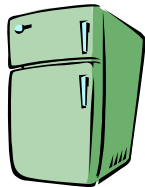
Habituation to Sound



New refrigerator is loud at first



After a while it is less noticeable



Not even aware it is present

How Sound Generators Help in the Habituation of Tinnitus

- You hear tinnitus and background sound
- Background sound has no emotional importance
- You habituate to sound plus tinnitus



Parts of the Sound Generator

- Batteries
- Volume control
- Receiver (tiny loudspeaker)



Changing battery

- Change batteries as needed, typically between 1-2 weeks
- Place sticker on your calendar for the date you changed the batteries to estimate the life of your batteries
- Change batteries for both sound generators at the same time

Insertion and removal of the sound generator

- Insertion
 - Identify which ear
 - Red writing- sound generator for right ear
 - Blue writing- sound generator for left ear
- Removal
 - Hold device and slowly pull or twist out
- Take out at night
 - Turn off – open battery door
 - Store out of reach of pets and small children



Cleaning

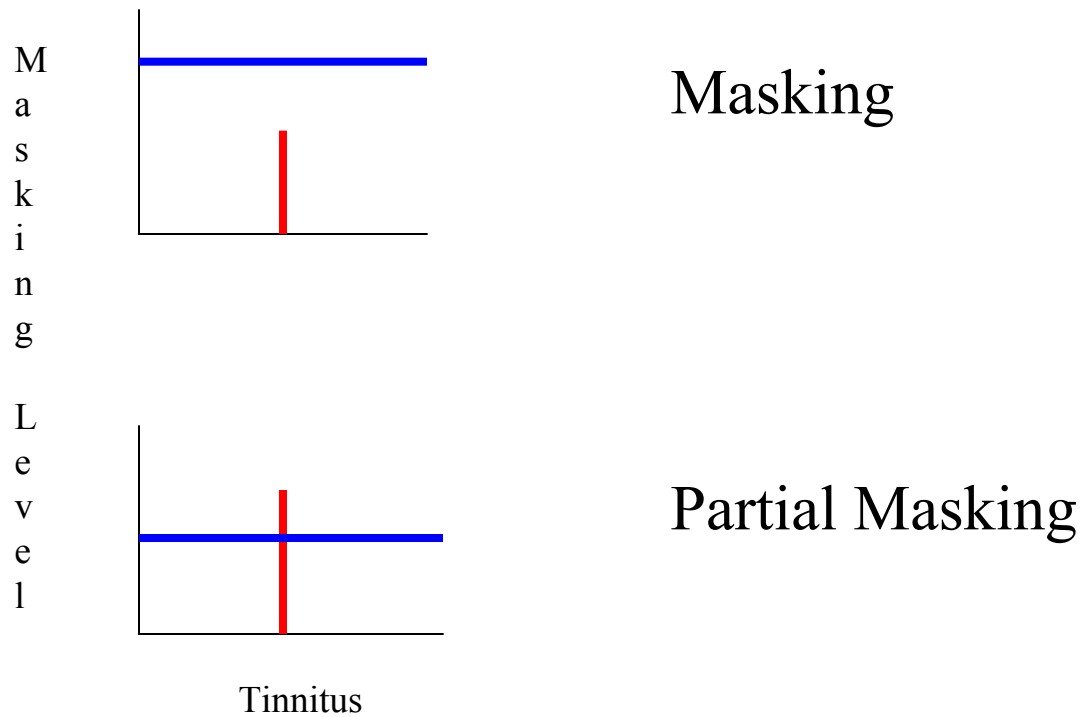
- When you take sound generator out, wipe with tissue or soft dry cloth
- Daily, brush the sound generator with the port facing downwards



Safety & Protection

- Moisture
 - Don't wear while around water
- Battery
 - Very harmful if swallowed
 - Keep out of reach of children and pets

Masking versus Partial Masking



Using the sound generator

- Level
 - Lowest level needed to reduce loudness or annoyance of tinnitus
 - Can hear both tinnitus & masker
- Duration
 - Best to put on in morning, take off at bedtime
 - Forget you're using them
 - Use at least 8 hours a day

Do not change the volume of the device while wearing

- If environmental noise drowns out the sound, do not increase the volume.
- If after wearing the device for awhile your tinnitus becomes louder/softer, do not increase the volume
 - Do the following:
 - Take the device off for about one hour and then put it back on and reset the volume to the lowest level needed to reduce loudness or annoyance.

Summary

- It is possible for you to habituate to any sensory signal, if you do not react with strong negative emotions
- Partial masking of the tinnitus can decrease the prominence of the tinnitus and help you to habituate to the tinnitus

Sound Therapy

- Use sound generators to assist in the habituation of the tinnitus
- Use the lowest level of sound that reduces the loudness or annoyance of tinnitus
- Even when not using wearable sound generators, you can use background sound to help partially mask the tinnitus