

COPING WITH ENVIRONMENTAL NOISES

STRATEGIES FOR DEALING WITH DIFFERENT LEVELS OF ENVIRONMENTAL SOUNDS

Loud Noise

As well as being one of the most common causes of tinnitus and hearing loss, loud noise can also make your existing tinnitus worse. Ear plugs are cheap and easy to carry around, and should be used whenever you are subjected to loud noise, even that of a very busy shopping center, for example.

Exposure to gunfire is almost guaranteed to make your tinnitus worse! If you cannot change to a quieter pastime, the use of ear muffs and plugs together is absolutely necessary. However, while using the protection, the quiet periods between the shots might make your tinnitus seem louder than usual. There are special shooters' earmuffs that are easily switched on and off, and so these can be a reasonable compromise.

When using power tools for short durations, ear muffs are more convenient. If you work continuously in a very noisy environment, and there is no possibility of reducing the noise at its source, then ear plugs and muffs simultaneously are absolutely necessary. If auditory warning devices are used, these might need to be replaced with gauges or flashing lights. These may seem like drastic measures, but they are quite worthwhile to prevent any further deterioration

in your tinnitus and hearing levels.

Excess Quiet

While loud noise can physically make your tinnitus louder, very quiet times can make your tinnitus appear to be louder, even though its actual levels are unchanged. This is because there are few other sounds around you to mask your tinnitus, and often less to

“Loud noise can also make your tinnitus worse”

occupy your mind as well.

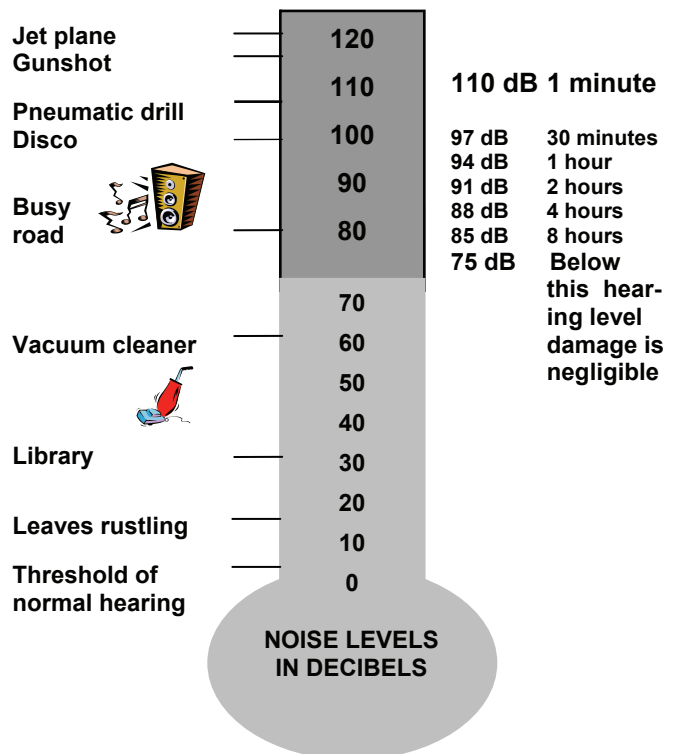
It is ideal to use your Neuromonics Device during these quiet times or when your tinnitus is most disturbing. When set at the correct level (as advised by your audiologist) the prescribed dose of auditory stimulation can interact with your tinnitus at a low enough level to continue to perform everyday activities including conversations, working, reading etc. More importantly try the treatment when you are trying to go to sleep.

In the early stages of treatment when your tinnitus is still disturbing, an additional method of combating the quiet

times is to leave a radio playing softly in the background, or use a fan or air conditioner to also create a little unobtrusive noise. One person with tinnitus moved his favorite chair to alongside the refrigerator!

Noise destroys your hearing!

How much noise can cause damage?



For more information contact your audiologist :