



ZEN AND SOUNDRELAX

AN ANSWER TO YOUR TINNITUS

WIDEX



ZEN AND TINNITUS

WHAT IS TINNITUS?

Tinnitus is a common problem, in particular among those with hearing loss.

Tinnitus is the perception of sounds or noise within the ears, with no external sound source that it could be coming from. These sounds are often described as ringing, humming or buzzing noises and they can be constant or come and go. Tinnitus is often related to hearing loss – over 70% of people with hearing loss experience some degree of tinnitus.

For most people, tinnitus is more of an irritant than a major problem, although for some it may have a major influence on their quality of life and cause sleeping problems, anxiety, and stress. Some of these effects can be minimized by a combination of counselling and sound stimulation. Most tinnitus management methods aim at helping people to be less irritated by tinnitus.



USING SOUND IN TINNITUS MANAGEMENT

Sounds used in tinnitus management can be amplified sound from hearing aids, environmental sounds, music or noise from noise generators. Using sound in this way can help minimize the contrast between the tinnitus and the surrounding sound environment to provide relief from the annoying sound. It also aids in relaxation. As stress is one of the highest exacerbating factors involved with tinnitus, stress reduction is a vital element in effective tinnitus management.

MUSIC FOR RELAXATION

Many people use music for relaxation and stress relief without ever thinking about it. In fact, music has a great influence on our body and psyche. Whether a certain piece of music is stressful or relaxing depends on a range of factors; for example, loudness and volume and sudden changes in pitch or tempo, and personal preferences and tastes.





ZEN THERAPY AND TINNITUS MANAGEMENT

Inspired by the relaxing effect of certain types of music, Widex developed the Zen, and most recently, SoundRelax tones. Zen and SoundRelax are unique music programs available in Widex hearing aids. Based on what is known as fractal technology, Zen and SoundRelax play random, chime-like tones that can be used for relaxation and for making tinnitus less noticeable.

Your hearing care professional can adjust each Zen and SoundRelax program according to your preferences in terms of pitch, tempo, and volume. Your hearing aid can also be provided with different programs to suit varying situations and purposes.

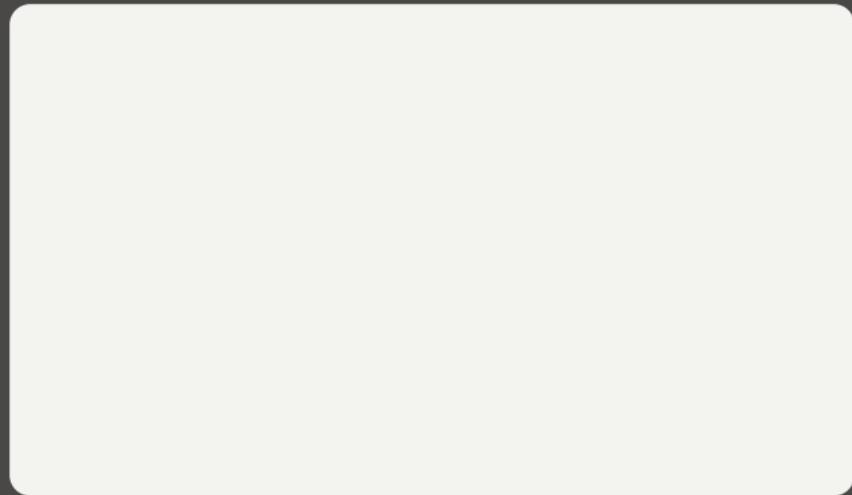
For some hearing aid users the effect of using Zen or SoundRelax is immediate, but for most it will take some time.

Your hearing care professional will help you set realistic goals and can adjust the Zen and SoundRelax programs if needed.





SOUND LIKE NO OTHER



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