

PROGRAMMING FOR TINNITUS

For Patients with Tinnitus & Stage 1 Hearing Loss

Fitting Strategy Overview

Fitting Formula:

Use **DSL v5** or **DSL for pediatrics** – better low-level gain for soft sound enrichment

Avoid **NAL-NL2** as it may underfit soft inputs in normal-hearing patients

Dome Selection:



Open domes are preferred

- Preserve natural hearing
- Prevent occlusion
- Allow natural environmental sound enrichment

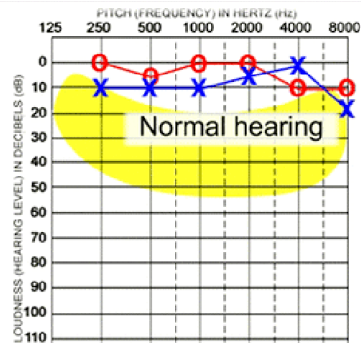
Bandwidth:

Extend frequency response as far as the device allows (up to **10-12 kHz**)

- High-frequency access is critical for patients with tonal/high-pitch tinnitus
- Avoid limiting output below 8 kHz

Gain Targets & MPOs

Low-Level Gain:



Program for **soft input (50 dB SPL)** verification

- Focus on gentle amplification of ambient sound
- Consider enriching low-gain targets to support tinnitus relief and brain stimulation.

Maximum Power Output (MPO):

Keep **MPO conservative**

- Prevent sudden loudness changes
- Especially important for patients with hyperacusis or sound sensitivity

Essential Features & Settings

Compression Settings:

Prioritize slow-acting compression

- Maintain audibility of soft sounds
- Avoid abrupt gain jumps

Noise Reduction (if background noise is not your patient's concern):

Consider Minimizing or disabling aggressive noise reduction

- Preserve ambient sound
- Prevent silencing of useful environmental cues

Directional Microphones:

- Increase access to ambient sound
- Avoid auditory deprivation in quiet environments

Sound Therapy Programming

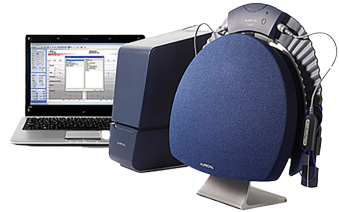
Integrated Sound Generator (when necessary and patient continues to be bothered):

Choose soft white noise, pink noise, or nature sounds

- Set just below the mixing point
- Tinnitus blends with the signal rather than being masked
- Avoid overpowering the tinnitus completely

Verification & Follow-Up

Real-Ear Measurement (REM):



Verify soft input targets (e.g. 50 dB SPL)

- Ensure accurate high-frequency gain delivery
- Confirm patient comfort at all levels

Patient Instructions:

Daily, consistent use is essential

- Especially in quiet environments where tinnitus is most noticeable
- Set realistic expectations: goal is habituation, not elimination