

# APPENDIX H

## How to Choose Devices (To Help with #4 on the Sound Plan Worksheet)

When filling out #4 on the Sound Plan Worksheet, you can choose from many different devices for getting sound into your ears. We will now give you ideas to help you make your choices. It can help to think of two different *categories* of devices.

- 1 Wearable Listening Devices
- 2 Stationary (Tabletop) Devices

### Wearable Listening Devices

Wearable listening devices include radios, CD players, cassette tape players, and MP3 players. Some cell phones (like the Apple iPhone) play music. Others have radios built in. Wearable listening devices can be used to manage your tinnitus in almost any setting. If you need hearing aids, then there are options to connect hearing aids with wearable listening devices (described later).



Photo of eye mask shown with permission from Brookstone

Photo of Sony cassette player, CD player and Aiwa radio shown with permission from Sony, Inc.

Photo of iPod shown with permission from Apple, Inc.

## MP3 Players

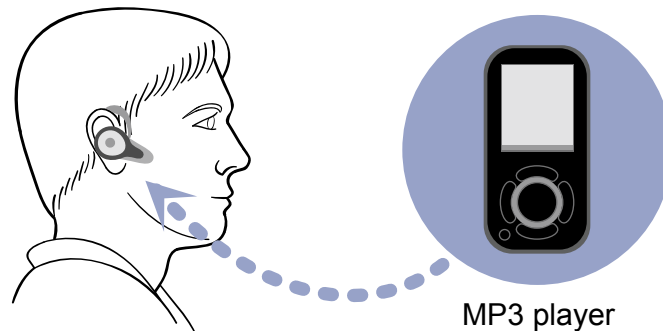
MP3 players (like the Apple iPod) are very flexible listening devices. They can store digital sound files for music, nature sounds, podcasts - whatever you like to listen to. “Earbuds” (in-the-ear earphones) usually are used with MP3 players, although regular earphones also can be used. Some MP3 players double as radios and even cell phones, which makes them even more useful. MP3 players are ideal for listening to special tinnitus-relief sounds that are available on CD.<sup>31</sup> You can use an MP3 player to take sound almost anywhere you need it for your tinnitus.

Photo of iPod shown with permission from Apple, Inc.



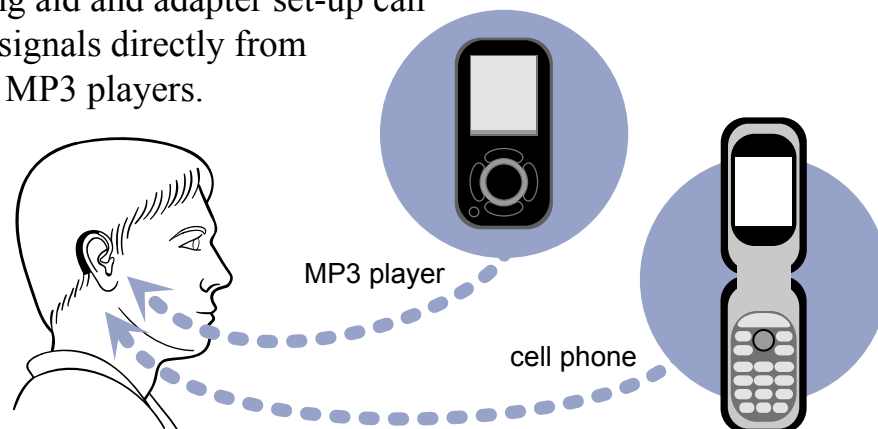
## Bluetooth

Some models of MP3 players offer Bluetooth wireless options. This can make MP3 players more comfortable and convenient to use. Bluetooth is short-range radio technology. It normally is used with cell phones. It allows cell phone users to wear a hands-free earpiece that has a wireless connection with the phone. You can use a wireless earpiece in one or both ears to listen to a Bluetooth-enabled MP3 player worn on a belt or carried in a purse.



## Bluetooth with Hearing Aids

Some behind-the-ear hearing aids have adapters to use with Bluetooth. For tinnitus, this hearing aid and adapter set-up can be used to receive signals directly from Bluetooth-enabled MP3 players.



Any recorded sound on the MP3 player can be sent directly to your hearing aids with no wires. Signals from Bluetooth-enabled cell phones also can be transmitted to the hearing aids without wires. This results in improved speech understanding while using a cell phone.<sup>32</sup>

### **Hearing Aids with T-coils**

A telephone coil (t-coil) is a tiny coil of wire built into many hearing aids. The t-coil is usually used to pick up inductive (magnetic) signals from telephones. Hearing aids with t-coils also can receive wireless signals from an MP3 player. A neckloop or inductive earhooks can be plugged into the headphone jack of any MP3 player. The signal from the MP3 player is wirelessly transmitted to the t-coil of the hearing aid from the neckloop or earhooks. For some MP3 players, an amplified neckloop may be needed. Signals from cell phones with standard headphone jacks also can be transmitted to t-coils using a neckloop or inductive earhooks. This allows wireless delivery of sound from any audio device with a standard headphone jack direct to any hearing aid t-coil.



## Satellite Radio

Satellite Radio offers many listening choices. About 160 channels are available. A special receiver is needed (average price around \$100) along with monthly service (about \$10/month). Each receiver has different features. Some receivers can store hours of programs for later listening. The main advantage of Satellite Radio is the large number of listening choices.

Photo of satellite radio courtesy of Pioneer Electronics (USA) Inc.



## Stationary Listening Devices

Stationary listening devices include:

- Tabletop sound generators
- CD players
- Radios
- MP3 “docking stations”
- Tabletop fountains

These devices are useful in quiet rooms such as offices and bedrooms. Stationary listening devices help “enrich” your sound environment. They can be used even if you use hearing aids or ear-level noise generators. (Appendix J shows websites that offer a variety of stationary listening devices.)

## Benefits of Stationary Listening Devices

Any sound that you can listen to with *wearable* listening devices also works with *stationary* listening devices. CDs can be played on many kinds of systems. MP3 players can be used in docking stations for tabletop use. Cassette tapes, although no longer popular, are still options - especially for music and talk formats. Radios offer many program choices. Satellite Radio is available in tabletop models. Tabletop water fountains and electric fans provide steady background sound. Any of these devices can be useful in a quiet setting where you spend time. They are helpful in the office, bedroom, and reading areas.



Photo of tabletop fountain shown with permission from HoMedics, Inc.

If you have trouble sleeping because of tinnitus, a tabletop sound device next to the bed may help. “Sound pillows” offer another listening choice.



Photo of Marsona sound machine courtesy of Marpac Corporation  
Photo of HoMedics sound machine shown with permission from HoMedics, Inc.  
Photo of iHome radio and docking station courtesy of KIDdesigns, Inc.  
Photo of Sound Pillow courtesy of Phoenix Productions & Promotional Products



## Sight and Sound

Using both sight and sound can be very useful to get your thoughts off of your tinnitus. Options include movies (theatre, DVD, VHS), TV shows, plays, concerts, and comedy club. The content should always be *meaningful* and *interesting* to you - to keep your attention.



Also, there are special DVDs that show peaceful scenes with relaxing music in the background.



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