

**ZEN**  
- WHEN  
SUFFERING  
FROM  
**TINNITUS**



## 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 and with no external sound source. These sounds are often described as ringing, humming or buzzing noises and they can be constant or periodic. Tinnitus is often related to hearing loss – over seventy percent 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 AND TINNITUS MANAGEMENT

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

Your hearing care professional can adjust each Zen 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 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 programs if needed.



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