

# **How to live with Tinnitus**

**Living with tinnitus can be difficult. Treatment and coping strategies can help.**



Here is some simple advice which may help you cope with the constant noise of tinnitus:

- **Avoid anxiety or stress, as these stimulate an already sensitive hearing system.**
- **Have adequate rest and avoid fatigue.**
- **Avoid the use of stimulants to the nervous system, including coffee (caffeine), alcohol, and smoking (nicotine).**
- **Sleep with your head propped up in an elevated position. This may usually be accomplished with the use of one or two extra pillows. This lessens head congestion, and tinnitus may become less noticeable.**
- **Be aware that tinnitus is usually more noticeable after retiring for the night and the surroundings are quieter. Any noise in the room, such as a ticking clock or softly playing radio, helps to mask tinnitus and make it less irritating.**
- **Use a tinnitus masker if you find this helpful**
- **Some people benefit by using a hearing aid as it amplifies outside noise (like masking)**
- **Avoid situations that can further damage hearing (excessive noise), and protect your ears from injury and occupational hazards. Use protective ear wear when appropriate.**
- **Some people receive considerably relief in alternative therapies**
- **Counseling may be beneficial, especially if people are afraid that they have a serious or progressive disease, such as a brain tumor. Some people worry they may have a mental illness, because the noise is "in their head." Reassurance by a specialist helps to calm such fears and anxieties.**

**Southwest Florida Tinnitus and Hearing Center offers  
COMPLIMENTARY Tinnitus Consultations  
Call (239) 992-HEAR (4327) for details or Appointment.**