

Sleeping with tinnitus

Tinnitus may interfere with your sleeping.

In the quiet of your bedroom the constant ringing or buzzing in your ear may become particularly annoying and deprive you of a good night's rest.

However, you can take several steps to help you sleep better with tinnitus. The RNID fact sheet about tinnitus and sleep provides the following useful advice:



- Try relaxation exercises.
- Try regular exercise. Fit people tend to sleep better. But avoid exercising too close to bedtime.
- Go to bed when you feel sleepy and not just because it is a certain time. If you are not asleep in 20 or 30 minutes, get up, go to another room and do something quiet and relaxing, like reading. Go back to bed when you feel sleepy again.
- Get up at the same time every day. This is one of the most important things you can do to improve sleep.
- Try to limit the amount of caffeine and nicotine you have at night, as these are stimulants.
- Do not read or watch TV in bed before trying to go to sleep. This would only make you feel more alert.
- 'Wind down' for at least an hour before bedtime.
- A special clock radio or sound pillow, emitting soothing sounds in your bedroom, including the sounds of waves and birdsong may help you relax and fall asleep. **These are available through Southwest Florida Tinnitus and Hearing Center. Call (239) 992-HEAR (4327) for details and Complimentary consultation with our Tinnitus experts!**