



HEALTH INFORMATION

Tinnitus

What is Tinnitus?

Tinnitus is a sound in one ear or both, e.g. buzzing, ringing or whistling, sometimes it beats in time with your pulse (Pulsatile Tinnitus). The ear learns to filter out lots of different sounds. If your filter system starts to pick up on Tinnitus sounds and you become anxious or annoyed by them, your response filters tune in even more, and you will hear the sounds more because of the intensity of your focus on the sounds. However your response systems can be taught to ignore the Tinnitus signal this is called "habituation"

What causes Tinnitus?

It can be caused by a specific condition such as:

- Ear infection
- Hearing Damage
- Some Medication
- Blocked Auditory Tube/Ear Canal
- Head Injury

Tinnitus is not a disease or an illness it is a symptom generated within the body, rather than coming from outside, the precise cause is still not fully understood, but it can be associated with certain hearing defects.

Who gets Tinnitus?

Tinnitus is common in all age groups, especially following loud noise; however it is unusual for it to be a major problem. -It is a myth that Tinnitus is confined to the Elderly. Mild Tinnitus is common, about 10% of the population have it all of the time, for 1% of adults this may affect the quality of their life.

Managing Tinnitus

- See your GP to rule out ear infection, excess wax etc
- Noise generators can be used, which deliver sound therapy, which involves listening to a series of sounds that can help distract you from the sounds of Tinnitus

- Tinnitus Retraining Therapy (TRT) combines counselling and low-level sound therapy-working on decreasing your awareness of the Tinnitus, so that you only hear it if you focus on it;
- Group Therapy sessions for Tinnitus sufferers sharing their experiences and ways of managing Tinnitus
- Learning to relax can help significantly in changing your response to Tinnitus

Tips to help you sleep

- Get up the same time each day - try not to sleep in the day
- Wind down at least an hour before bedtime
- Go to bed when you feel sleepy
- Avoid caffeine (tea, coffee, cola) nicotine and alcohol
- Try regular exercise, but avoid it being too close to bedtime
- Introduce some gentle sounds into your environment, fan, soft music
- Avoid reading, television or surfing the net prior to going to bed
- If you have particular worries try setting aside an hour earlier to think about how to resolve them, then write ideas down, look again next day
- Simply resting in bed, may be more helpful than forcing sleep, or getting in and out of bed
- Eating before bed can boost energy levels and make you more alert! It can also become a habit which wakes you

If you are too hot or too cold you are more likely to wake during the night, make sure your sleeping environment is as comfortable as possible

For more information

www.tinnitus.org.uk

www.medigold-health.com

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