

Smart steps for first-time wearers

It takes practice—and patience—to get comfortable with hearing aids. These steps should help you speed up the process:

- Wear them at home in a quiet environment for the first few days
- Practice having a conversation with your spouse or a loved one
- Read out loud for 10–15 minutes a day
- Wear them only a few hours each day for the first two weeks
- Take breaks when you feel tired
- Do online hearing training exercises
- Set realistic expectations; hearing aids won't restore your hearing to normal, but they will make listening easier and enjoyable again



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What to Expect from Your Hearing Aids

*How they help and how to
get the most out of them*





Change your perception and change your life

Most people don't know what to expect from hearing aids. Misperceptions and second-hand experience with bulky, whistling, old-fashioned analog devices continue to influence the way people think about hearing aids now.

But hearing aids have changed dramatically, both in outward appearance and internal technology, making them vastly more appealing and effective.

This information will help you know what to expect from your new hearing aids—how they sound, feel and work.

How your hearing aids should sound

Getting acclimated to new hearing aids is different for everyone. It can take two, sometimes three months, but once there, you'll notice a big difference in how the world sounds.

- Your ability to hear and understand others should improve.
- Voices shouldn't be distorted, harsh, tinny, booming or muffled.
- Your own voice should sound normal, not like you're in a barrel.
- The intensity and quality of familiar sounds should be sharp, bright and clear, not dull or irritating.
- A crowded room with many people talking at once should be loud but not deafening.
- Wearing hearing aids in both ears should help you pinpoint which direction sounds are coming from.
- Communication in quiet environments should improve.
- Hearing and understanding people in settings with background noise (restaurants or dinner parties) should improve.
- You should be able to understand speech in large spaces where there's reverberation, like lecture halls, movie theaters or worship spaces.
- Loud sounds like sirens, traffic and construction should not be uncomfortable but you should hear them clearly.

Five tips for getting even more from your hearing aids

1. When dining in noisy restaurants, sit facing the wall with restaurant noise behind you.
2. In public places with acoustic challenges (theaters or conference halls), sit front and center where the acoustics tend to be better.
3. Take them in to your hearing professional for regular cleaning and maintenance.
4. Make sure to keep new, fresh batteries on hand.
5. Turn off hearing aids by removing batteries when not in use or open the battery door until the battery is no longer touching the battery contacts.

If you have any questions about your hearing aids, talk to your hearing care professional