

Faster. Simpler. Stronger.



Managing tinnitus with sound therapy

Sound therapy, in conjunction with hearing aids when measurable hearing loss is present, is widely recognized as the leading treatment for bothersome tinnitus¹. With tinnitus being the leading service-related disability and highly subjective, it is imperative that sound therapy options are not only variable, but customizable².

Selecting the right sound

Outside of tinnitus shape and pitch, patient preference is a strong factor when selecting the type of sound that is used for sound therapy. There are a variety of preset and highly customizable sound options in Pro Fit to suit the patient's needs.

Customizing to patients' preferences

The gain, modulation speed, and frequency response of the selected sound can be easily customized in Pro Fit. User controls and the My Starkey app can also be used for additional flexibility, while other types of relaxing sounds are available through the Starkey Relax app for direct streaming to hearing aids when needed.

Stimulus	Description
Audiogram Shaped	Automatic shaping of the tinnitus stimulus based on hearing loss
White Noise	Comprised of equal energy distribution across frequencies
Custom	Personalized shaping of the tinnitus stimulus based on the in-situ Minimum Detection Level (MDL) and Minimum Masking Level (MML)
Pink	Comprised of less high-frequency energy than white noise, this soothing sound is reminiscent of wind and light rain
Red	Comprised of less high-frequency energy than pink noise, this deep pitched sound is reminiscent of rumbling thunder and waterfalls
Blue	Comprised of less low-frequency energy than white noise, this high-pitched sound is reminiscent of steam escaping from a pipe or the sound of a computer fan
Purple	Comprised of less low frequency energy than blue noise, this higher pitched sound is reminiscent of a sizzle or a hiss
Ocean	This relaxing sound mimics the sound of the ocean, providing a pleasant alternative to other available sound options

Starkey's Multiflex Tinnitus Pro Quick Tip

1. National Center for Rehabilitative Auditory Research (NCRAR) Progressive Tinnitus Management: Clinical Handbook for Audiologists. Retrieved from <https://www.ncrar.research.va.gov/Documents/ClinicalHandbookAndSupplements.asp>.

2. Veterans Benefits Administration. (2024). Annual Benefits Report: Fiscal Year 2023. U.S. Department of Veterans Affairs. <https://www.benefits.va.gov/REPORTS/abr/docs/2023-abr.pdf>

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