

Tinnitus FAQ

What is Tinnitus

Tinnitus is not a disease, but an aural condition characterised by noises in your head that can be heard in the absence of ambient sounds. The noises seem occur in one or both ears and can sound like ringing, buzzing, whistling, hissing and often seem louder when the environmental noise is low: typically at night or when in very quiet places. In some cases tinnitus will be modulated by your pulse; this is called pulsatile tinnitus and is likely to be related to blood circulation disorders: you should consult your doctor.

Why have I got it

You have probably been exposed to loud noises such as night clubs, rock concerts, machine tools or industrial noise. Also it can be brought on by stress.

Is there a permanent cure

No, but there are very effective management regimes and laser therapies that will most certainly help and keep it under control and tolerable.

What can help my tinnitus

Tinnitus management devices, earplugs, Tinnitool and Noise Generators for use at night; silence is the worst state for tinnitus sufferers.

My tinnitus is triggered by loud sounds – what should I do

Be aware, and if you are going to be exposed to any loud noises; wear earplugs. If you are a concert-goer or musician look at the range of Musicians Earplugs; these keep your ear safe, but do not destroy the experience.

My tinnitus keeps me awake at night – what can I do

Look at Noise Generators and Sound Pillows – or keeps the radio on.

What is habituation and TRT (Tinnitus Retraining Therapy) therapy

Where a TMD (Tinnitus Management Device) is worn. This tricks the brain into ignoring the tinnitus – a bit like how people ignore regular sounds such as traffic noise, air traffic and train tracks.

How should my kids, relations or others avoid getting tinnitus

Make them very aware of how loud the environment they are in is. And don't be shy about wearing earplugs – they are a cosmetic necessity – think of them as seatbelts: nobody has a problem wearing those. And if you choose the correct earplugs, and there are many different types on this site; they will not damage your lifestyle, look out of place or destroy your aural experience.

I am really suffering badly and cannot tolerate the continuous noise

Go and see your doctor and ask to be referred to an ENT or tinnitus specialist.

Many of the products suggested on this FAQ are listed on the website under the Tinnitus, Noise Therapy and Alerting Devices section.