



What is Tinnitus?

Living with Tinnitus through coping techniques,
advice and support.



chime

The National Charity for
Deafness and Hearing Loss

**Tinnitus is the
name for the
condition
whereby
people
experience
sounds which
do not have
an external
origin.**

A stylized orange figure with a circular head and a rounded, bell-shaped body. A large orange speech bubble is positioned to the right of the figure's head, containing the title text.

About Chime and our Tinnitus Services

Since 1964, we have championed for equal rights, greater accessibility and opportunities for individuals with deafness and hearing loss. We are dedicated to a society where deafness and hearing loss doesn't hold back an individual's potential, personal choice or quality of life.

Our nationwide resource centres provide access to services, social workers, mental health professionals, resources, assistive technologies, as well as access to a community promoting social inclusion, events, and more.

At Chime, our team of dedicated qualified Tinnitus advisors guide you through the challenges of your Tinnitus with up to date information, advice and support with the aim of acceptance and habituation.

What is Tinnitus



Tinnitus is the name for the condition whereby people experience sounds which do not have an external origin.

The noises may be heard as ringing, buzzing, whistling, roaring, rumbling, whining, clicking or other variations. One or both ears may be affected.

Tinnitus can result from a number of events and conditions. Exposure to loud noise is a common one; it can also be associated with ageing, head or ear surgery, hearing loss or following an emotional trauma or event. For some people, tinnitus develops after a cold or flu, an ear infection or a period of severe stress.

Temporary tinnitus following a night at a loud party or nightclub is common, but repeated exposure to loud noise and music can result in long-term ear damage, including permanent tinnitus. In some cases there is no known cause for tinnitus. Tinnitus is not a psychological illness, but it can cause psychological distress. One or both ears can be affected.

At the present time there is no cure but Chime are here to help you manage your tinnitus so that it is no longer a daily problem and struggle. Our goal is to provide you with the support you need and to explore the triggers for the onset of tinnitus.

How does Tinnitus affect people?



The condition can have a serious effect on a person's quality of life, particularly in the period after the person is initially affected. Coping with tinnitus noises can be debilitating, leading to anxiety and depression; loss of interest in work, leisure activities and relationships.

Sleep may be disturbed and concentration affected. Little understanding by others of a condition that is not visible can increase a person's isolation. It is estimated that more than 7% of people report persistent tinnitus, and about one in ten of these are significantly troubled by the tinnitus.

However, with time, the great majority of people do learn to live with tinnitus, and have a good quality of life in spite of it.

Management of Tinnitus

Since tinnitus may be caused by an underlying problem. The first thing you should do is make an appointment with your ENT to rule out any conditions.

There are a number of things you can do to manage your tinnitus. These are not a substitute for Professional advice.

Management of Tinnitus

Good Sleeping Habits:

- If you are struggling to sleep try to focus on rest rather than sleep.
- Listen to ambient musics or nature sounds with relaxation apps.
- Avoid screen time before bed.
- Avoid TV and radio as these can be thought-provoking and stop you relaxing.
- Avoid caffeinated or alcoholic drinks late at night as these can disturb your natural sleep pattern.
- If your tinnitus is keeping you awake for long periods at night, try something distracting - such as making a warm milky drink or having a warm bath.



Management of Tinnitus

- Stress can make tinnitus worse, so try to keep your stress and anxiety levels low through relaxation and exercise. Seeing a counsellor may also be helpful.
- Take a 'holistic' approach to your health - one that includes your whole person and lifestyle. Improving your general health, through better diet and more exercise, could also help with your tinnitus.
- If you enjoy going to clubs or concerts regularly, invest in a pair of good earplugs that lower volume without affecting sound quality.
- You could try a complementary therapy, such as acupuncture, homeopathy or reflexology. While research has shown that complementary therapy is unlikely to have a direct benefit on your tinnitus, it may help you manage your stress levels.
- Check in with your local Chime Resource Centre for upcoming events, talks and workshops where you will meet people who also experience tinnitus.

Contact the Tinnitus Helpline on (01) 8175700 on Thursdays from 10.00am to 12.00pm for support and for details of your nearest group. Chime have a dedicated Team of Staff members who can provide one to one support.



Tinnitus Retraining Therapy (TRT)

Retraining Therapy (TRT) is one of many approaches currently available for the treatment of tinnitus. The overall goal in TRT is for tinnitus to cease being an issue in the life of the individual.

Tinnitus Retraining Therapy (TRT)

- Tinnitus Retraining Therapy depends upon the natural ability of the brain to "habituate" a signal, to filter it out on a subconscious level so that it does not reach conscious perception.
- The signal of tinnitus has a great meaning to the tinnitus sufferer, and it is indeed, perceived as loud.

The entire thrust of TRT is:

- (a) To remove the meaning from the signal and
 - (b) To convert it from a loud sound to a soft sound- so that it can be naturally and effortlessly habituated.
- More specifically TRT is a method of retraining the brain to process the loud meaningful tinnitus signal as a signal that is not loud and not meaningful - so that the tinnitus can be naturally and effortlessly habituated.

Contact your nearest Chime Resource Centre for more information on Tinnitus Retraining Therapy.





chime

The National Charity for
Deafness and Hearing Loss

Chime, 35 N. Frederick Street, Dublin 1

Phone: 01 8175700

Fax: 01 8723816

Email: : info@chime.ie

