

## Lenire®

Type	Safety	Efficacy	Recommended?
			
Device (bimodal stimulation)	Limited potential for harm	Some evidence that it is effective	Please consult your medical professional

### In detail:

<b>The maker claims</b>	Lenire “works to retrain neurons in the brain to reduce its attention and sensitivity to the tinnitus sound.” <sup>1</sup>
<b>What is the treatment?</b>	“Lenire® delivers mild electrical pulses to the tongue combined with sound played through headphones”. <sup>2</sup>  The device is used for 60 minutes daily for a minimum of 12 weeks.
<b>What are the downsides of this treatment?</b>	In the clinical trials, about one third of people reported exacerbation of tinnitus but for most this seemed to resolve by the end of the study <sup>3,4</sup> .  Cost – this can be around £3,600 <sup>5</sup> .
<b>Has there been research into this treatment?</b>	Five papers have been published which looked at this treatment.
<b>What does the research say?</b>	In the clinical trials, after 12 weeks, 95% of treatment-compliant participants had a reduction in Tinnitus Handicap (THI) scores and 84% had a reduction in Tinnitus Functional Index (TFI) scores. <sup>4</sup>

**Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.**

<b>How high quality is the research?*</b>	B-/C
<b>Tinnitus UK's opinion on this treatment:</b>	These initial studies are promising, but further research is needed.  Independent clinical trials, with a waiting list control group or similar will be required before bimodal neuromodulation could be established as a clinically recommended treatment for tinnitus.
<b>Would Tinnitus UK support further studies into this treatment?</b>	Yes, provided study is of high quality.
<b>Comments</b>	Lenire® is available in the UK (through private practice only) and Europe. It has <b>FDA approval</b> allowing it to be sold in the USA.  Neuromod Devices Limited (the makers of Lenire®) are Corporate Members of Tinnitus UK, and have previously sponsored our Annual Conference and Tinnitus Week†.

\* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands  
† Accepting sponsorship or advertising from an organisation, manufacturer or service provider does not imply endorsement of them by Tinnitus UK.

## For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**  
Web chat **[tinnitus.org.uk](https://tinnitus.org.uk)**  
Email **[helpline@tinnitus.org.uk](mailto:helpline@tinnitus.org.uk)**  
Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at **[takeontinnitus.co.uk](https://takeontinnitus.co.uk)**

## References

All online references accessed 18 January 2024 unless noted.

1. Neuromod Devices Ltd. *The Science of Lenire*. [www.lenire.com/the-science-of-lenire](http://www.lenire.com/the-science-of-lenire)
2. Neuromod Devices Ltd. *What is Lenire?* [www.lenire.com/what-is-lenire](http://www.lenire.com/what-is-lenire)
3. Conlon B, Langguth B, Hamilton C, et al. Bimodal neuromodulation combining sound and tongue stimulation reduces tinnitus symptoms in a large randomized clinical study. *Science Translational Medicine*. (2020) 12:564. <https://doi.org/10.1126/scitranslmed.abb2830>
4. Conlon B, Hamilton C, Meade E. et al. Different bimodal neuromodulation settings reduce tinnitus symptoms in a large randomized trial. *Nature Scientific Reports* (2022). 12, 10845 <https://doi.org/10.1038/s41598-022-13875-x>

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5. The Tinnitus Clinic. *Tinnitus Lenire*®  
*Therapy*™. [www.thetinnitusclinic.co.uk/  
tinnitus-treatment/tinnitus-lenire-therapy](http://www.thetinnitusclinic.co.uk/tinnitus-treatment/tinnitus-lenire-therapy)

## Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **[communications@tinnitus.org.uk](mailto:communications@tinnitus.org.uk)** or by writing to us at the address below.

## Document information

Author                    Nic Wray  
Version                  2.2  
Issue date              January 2024  
Review date            January 2027  
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