

# Levo<sup>®</sup>Therapy System

Type	Safety	Efficacy	Recommended?
			
Sound therapy	Regarded as safe	Limited evidence that it is effective	Discuss with your GP

## In detail:

<b>Claims for treatment</b>	It is claimed that Levo <sup>®</sup> relieves the symptoms of tinnitus through the process of neural habituation <sup>1</sup> .
<b>What is the treatment?</b>	Personalised therapy sound delivered via iPhone and earbuds whilst patient is asleep. Used for 90 days initially <sup>1</sup> .
<b>What are the downsides of this treatment?</b>	Sound therapy is generally regarded as safe. As the treatment is only available privately, cost may be an issue.
<b>Has there been research into this treatment?</b>	There have been a very small number of studies investigating this device.
<b>What does the research say?</b>	Using the device shows a greater reduction in tinnitus loudness and greater reduction in TFI (Tinnitus Functional Index) scores than other forms of sound therapy <sup>2</sup> .
<b>How high quality is the research?*</b>	B

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>Tinnitus UK's opinion on this treatment:</b>	There is little independent evidence of the effectiveness of the Levo® Therapy System.  We suggest talking to your doctor about the potential benefits and side effects of using Levo® compared to other forms of sound therapy.
<b>Would Tinnitus UK support further studies into this treatment?</b>	Yes, if a high quality study.
<b>Notes</b>	Levo® was available in the UK through private practice only but we have been unable to locate a current source. It has FDA approval allowing it to be sold in the USA.

\* 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

## 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**  
 Email **helpline@tinnitus.org.uk**  
 Text/SMS **07537 416841**

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

## References

All online references accessed 26 February 2024 unless noted.

1. Levo Medical. The FDA-cleared Levo System has been proven to reduce the intensity of a patient's tinnitus by 80%\*. [levomedical.com](http://levomedical.com)

2. Theodoroff SM, McMillan GP, Zaugg TL, Cheslock M, Roberts C, Henry JA. Randomized Controlled Trial of a Novel Device for Tinnitus Sound Therapy During Sleep. *American Journal of Audiology* 2017;26 (4):543-554 doi: 10.1044/2017\_AJA-17-0022

## 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** or by writing to us at the address overleaf.

**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.**

## Document information

Author Nic Wray  
Version 2.0  
Issue date February 2024  
Review date February 2027  
© Tinnitus UK



### **Tinnitus UK**

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB  
Email [helpline@tinnitus.org.uk](mailto:helpline@tinnitus.org.uk)  
Helpline **0800 018 0527**  
Text/SMS **07537 416841**  
Website [tinnitus.org.uk](http://tinnitus.org.uk)

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

**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.**