

Neuromonics[©]

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

In detail:

Claims for treatment	According to the manufacturers, the objective of the Neuromonics [©] Tinnitus Treatment is to make tinnitus a minor, background noise having minimal impact on quality of life ¹ .
What is the treatment?	Personalised therapy sound delivered via a small medical device resembling an MP3 player and earphones combined with a treatment program including support, education and monitoring from an audiologist for six months ¹ .
What are the downsides of this treatment?	Sound therapy is generally regarded as safe. Some trial participants described it as 'pleasant' to use ² . As the treatment is only available privately, cost may be an issue.
Has there been research into this treatment?	PubMed database has 13 papers with both Neuromonics and tinnitus as a key word. One paper is a review ³ .
What does the research say?	Although clinical trials of this device show positive results, the quality of the studies is low, with weak blinding and risk of bias. A proof for the claims of neurophysiological effects is still lacking ³ .

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.

How high quality is the research?*	A/B
Tinnitus UK's opinion on this treatment:	Independent evidence of effectiveness of Neuromonics [®] for tinnitus management is lacking.
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality study.
Notes	Neuromonics [®] would only be 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

References

All online references accessed 26 February 2024 unless noted.

1. SoundVida Inc. What is Neuromonics? neuromonics.com/neuromonics
2. Davis PB, Paki B, Hanley PJ. Neuromonics Tinnitus Treatment: third

clinical trial. *Ear and Hearing*. 2007 Apr;28(2):242-59.

3. Hoare DJ, Adjamian P, Sereda M, Hall DA. Recent technological advances in sound-based approaches to tinnitus treatment: a review of efficacy considered against putative physiological mechanisms. *Noise Health*. 2013 Mar-Apr;15(63):107-16. doi: 10.4103/1463-1741.110292. doi: 10.1001/jamaoto.2019.0821.

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.

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