

Sound therapy (sound enrichment)

Type	Safety	Efficacy	Recommended?
			
Audio treatment	Regarded as safe	Some evidence that it is effective	Personal preference

In detail:

Claims for treatment	Reduces the perception of tinnitus. This may be via reducing intrusiveness, aiding habituation, distracting attention or triggering neuroplasticity within the brain.
What is the treatment?	Via device (either hearing aid, sound generator or combination hearing aid), external device (CD player, MP3 player, mobile phone) or environmental sound. Treatment patterns vary as to number of sessions, duration of sessions and to type of sound used.
What are the downsides of this treatment?	Regarded as safe ¹ . Cost, if accessed proprietary device or tailored sound used.
Has there been research into this treatment?	Yes, including several systematic reviews.

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.

<p>What does the research say?</p>	<p>'... we did not find evidence to support or refute the provision of sound therapy as the primary intervention for people with tinnitus. We did not find evidence to suggest that one type of sound therapy device (i.e. hearing aid, sound generator or combination hearing aid) is better than others.'¹</p> <p>Current tinnitus management guidelines do not make strong recommendations regarding use of sound therapy²⁻⁴, and personal preference should play a part in the choice of this management option.</p>
<p>How high quality is the research?*</p>	<p>A</p>
<p>Tinnitus UK's opinion on this treatment:</p>	<p>There is limited evidence to support the use of sound therapy, but some people may find it useful, especially for acute tinnitus relief.</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>Yes, if a high quality, large scale study.</p>

* 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 3 July 2024 unless noted.

1. Sereda M, Xia J, El Refaie A, Hall DA, Hoare DJ. Sound therapy (using amplification devices and/or sound generators) for tinnitus. *Cochrane Database of Systematic Reviews* 2018, Issue 12. Art. No.: CD013094. DOI: [10.1002/14651858.CD013094.pub2](https://doi.org/10.1002/14651858.CD013094.pub2)
2. Cima RFF, Mazurek B, Haider H et al. A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. *HNO* 67 (2019). 10–42 <https://doi.org/10.1007/s00106-019-0633-7>

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3. Tunkel DE, Bauer CA, Sun GH et al. Clinical Practice Guideline: Tinnitus. Otolaryngology-Head and Neck Surgery (2014). Vol 151 Issue 2. <https://doi.org/10.1177/0194599814545325>

4. National Guideline Centre (UK). *Tinnitus: assessment and management*. (2020). Mar. <https://www.nice.org.uk/guidance/ng155>

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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 below.



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