

# TinniSoothe™

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

## In detail:

Claims for treatment	<p>“We will never claim that we have invented a cure for tinnitus, or even that we have come up a new therapeutic approach. But we have re-imagined an established technique to provide tinnitus relief. TinniSoothe is a new mode of delivery for sound therapy, or sound enrichment.”[1]</p> <p>“Used as recommended, TinniSoothe has been designed to be most effective with two of these general mechanisms:</p> <ul style="list-style-type: none"> <li>• Distraction: using external sound to divert a patient’s attention from the sound of tinnitus</li> <li>• Habituation: helping the patient’s brain reclassify tinnitus as an unimportant sound that can and should be consciously ignored.”[1]</li> </ul>
What is the treatment?	TinniSoothe is a small wearable device that delivers white noise. The noise is adjustable in volume and frequency.[2]

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.

What are the downsides of this treatment?	<p>If you have hearing loss that is not corrected by hearing aids, then you may not be able to hear the sound emitted by TinniSoothe, which will render it ineffective.</p> <p>The Tinnisoothe device retails for £369, which is more than some other sound therapy devices.</p>
Has there been research into this treatment?	<p>Research has been undertaken into sound therapy, but not Tinnisoothe specifically. Two studies on Tinnisoothe are planned for 2024.</p>
What does the research say?	<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.'[3]</p> <p>Current tinnitus management guidelines do not make strong recommendations regarding use of sound therapy, and personal preference should play a part in the choice of this management option. [4-6]</p>
How high quality is the research?*	A
Tinnitus UK's opinion on this treatment:	<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>
Would Tinnitus UK support further studies into this treatment?	<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:

Email [helpline@tinnitus.org.uk](mailto:helpline@tinnitus.org.uk)  
Text/SMS [07537 416841](tel:07537416841)

Telephone [0800 018 0527](tel:08000180527)  
Web chat [tinnitus.org.uk](https://tinnitus.org.uk)

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

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## References

All online references accessed 3 July 2024 unless noted.

1. TinniSoothe.com *It's only white noise. But not as you know it...* <https://tinnisoothe.com/science>
2. TinniSoothe.com *Sound therapy... but not as you know it* <https://tinnisoothe.com/product>
3. 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)
4. 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>
5. 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>
6. National Guideline Centre (UK). *Tinnitus: assessment and management*. (2020). Mar. <https://www.nice.org.uk/guidance/ng155>

## 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.

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