

Tinnitus apps for smart phone or tablet



Widex Zen, Tinnitus Management

A sound player with relaxing Zen sounds. Use in a quiet space where hearing everyday sounds is not needed. The sounds are a relaxing background noise for those who have tinnitus.



ReSound Tinnitus Relief

Offers a mix of sounds and relaxing exercises that distract your brain from focusing on tinnitus. Over time, the brain learns to focus less on the tinnitus. The app also has activities like guided meditations, breathing exercises and imagery. These help you relax and get better sleep.



Starkey Relax

Starkey Relax lets you customize 12 relief sounds. You can create personalized relief sounds for your tinnitus. Adjust the volume, frequency, and rate of change.



Whist - Tinnitus Relief (Lite)

Whist can help you find and create the sounds to suppress tinnitus. Whist is a flexible and easy-to-use app that helps find the sounds that give you the most relief.



Relax Melodies: Sleep Sounds

Relax Melodies helps users fall asleep. It can also help reduce stress and anxiety. Choose soothing sounds and melodies that you like. Adjust the volume of each sound and create a mix.



myNoise | Relax, Sleep, Work

Use this app to choose the noises you like and mask the noises you dislike. It can help you focus in a noisy setting or help calm anxiety. It may also help with problems sleeping or tinnitus.

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.