



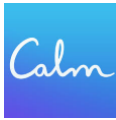





Tinnitus Devices and Apps

Equipment Ideas	Where available from:
<p>APPS for sound distraction:</p>  <ul style="list-style-type: none"> Beltone Tinnitus Calmer (free) Resound Tinnitus Relief (free) Nature Sounds (free) Sleep Sounds (free) White Noise Sleep Sounds (mostly free) <p>Amazon Echo Dot / Alexa:</p>  <p>Siri on phones/You tube/Relaxation sounds (free)</p> 	<p>Downloadable from IOS and Android.</p>  <p>On the Echo Dot ask Alexa to “enable a skill” – e.g. “Alexa, open Ambient Noise” or “Sleep Sounds” and she will give you a list to choose from. Amazon Echo dots are available from many online retailers.</p> <p>These are bone conduction headphones that can pair to your app. They are available online – google ‘bone conduction headphones’ and in some music/electrical stores.</p>
<p>Devices for Night Under Pillow Speakers: wired/wireless</p>   <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Sound Pillows with speakers integrated </div> <p>Sleep Headband/ Snoozeband:</p> 	<p> https://www.puretone.net/product-category/tinnitus-relief/ Phone: 01634 719427 Email: info@puretone.net </p> <p> https://www.connevans.co.uk/catalogue/3/Tinnitus-Relief askquestion@connevans.com Phone: 01737 247571 Live Chat available </p> <p>Google: Sleep Headphones for a range of companies</p> <p> www.sleepphones.co.uk (pajamas for your ears) Music companies/running – these are headbands with integrated speakers </p>

<p>Mindfulness and Relaxation apps – vary in price, some are free and others are free for the first week.</p> <p>Headspace Calm AURA Smiling Mind How are you – learn to meditate</p>	<p>Downloadable from IOS and Android. There is a cost for some apps</p> 
<p>Sound generators:</p> 	<p>https://www.puretone.net/product-category/tinnitus-relief/ Phone: +44 (0)1634 719427 Email: info@puretone.net</p> <p>https://www.hearingdirect.com Phone: 0800 0321301</p> <p>https://www.connevans.co.uk/catalogue/3/Tinnitus-Relief askquestion@connevans.com Phone: 01737 247571 Live Chat available</p>
<p>Nature Sound CDs and Relaxation CDs</p> 	<p>Breathworks – Guided mindfulness and meditation CDS and DVDS www.breathworks-mindfulness.org.uk https://www.shropshire.gov.uk/libraries/ (free to borrow if registered hard of hearing)</p> <p>Nature Sound CDs are available online / music shops</p>
<p>Ear Protection Musician Ear Plugs</p> 	<p>Available Online / some chemists / some hearing aid dispensers Google Musician Ear Plugs</p>

Audiology does not endorse a particular company but aims to facilitate access to a range of companies that sell Tinnitus products since the Tinnitus UK stopped selling most products

Last Updated:31/3/26 v7 VS/JG Next Review March 27 Tinnitus Devices