Sound Generator Care and Usage – Hyperacusis Protocol

Put both devices in your ears while they are turned off.

Find your threshold for the sound where you barely start to hear it.

Increase the volume of sound to where you can clearly hear the sound without straining to hear it. Further increase the volume until:

1. The level is reached when the sound starts to mix or blend with your tinnitus (or)
2. When sound becomes annoying/uncomfortable when you are listening to it for longer period of time.

Then set sound level slightly below mixing /uncomfortable level. If, however, this increase of volume causes discomfort, keep the volume closer to threshold, but where you can clearly hear the sound generator.

**The sound should never evoke annoyance or be unpleasant in any way, even after the devices are worn for several hours**.

Set the devices every morning (or every time you put them back on) following this protocol.

For hyperacusis patient you may adjust the sound level during the day occasionally. It is fine if you do not hear the devices after a while.

There is no need for absolute precision when you are setting the sound.

Wear them as long as possible, at least a few hours a day. You may break this up into blocks if needed. It is better to use longer time and lower level than the reverse.

Try not to wear ear plugs. If necessary, wear the muff type ear protection over the sound generators.

Make sure you check the devices daily for wax build up. Clean as instructed.

Batteries will last between 1 and a half to two weeks, depending on usage.

Your batteries are size 312 (brown packaging).