**Sound Generator (SG) Care and Usage – Hyperacusis Protocol**

* Turn device on and put one SG in the ear with more bothersome hyperacusis; if hyperacusis is equally bothersome in both ears choose an ear in random.
* Go up with the volume to where the sound becomes annoying/uncomfortable.
* Then adjust volume slightly below uncomfortable level (2-3 steps).
* Put in the second SG at the level that you perceive it sounds equally loud to the first one.
* If the combined sound from two SG is too loud, turn the volume of both SG by 1-2 steps. They should be equally loud.
* It is important that the sound from the SG never evokes annoyance, discomfort or create any type of problem, even in present for many hours.
* Set the devices every morning (or every time you put then back on) following this protocol. It is find if you do not “hear” the devices, after wearing them for a while.
* INCREASE the sound level when you are expecting to enter environment with particularly bothersome sounds. After you are back in average environment decrease sound level to previous value.
* If you have tinnitus, please ignore potential changes perceived in tinnitus level. Tinnitus will return to the previous level once you decrease the sound level of the SGs.
* There is no need for absolute precision when you are setting the sound.
* Wear them as long as possible. In case of hyperacusis it is particularly important to use them, if possible, all waking hours. You do not need them during sleep – tabletop sound machines are sufficient.
* Make sure you check the devices for wax build up. Clean as needed with the brushes and tools provided and as instructed.