# Hearing Aid / Sound Generator Care & Usage for Hyperacusis Protocol

Increase the volume until you find your threshold for the sound (the level where you barely start to hear it) from the device.

Continue to increase the volume of sound to where you can clearly hear it without straining. Further increase the volume UNTIL the level is reached when sound becomes annoying/uncomfortable while listening to it for a longer period of time.

* Then set the sound SLIGHTLY below (one click below) this level. If this increase of volume causes discomfort, keep the volume closer to the threshold (but still to the point where you can clearly hear it).

Put in and set the second device so that it sounds equally as loud as the first.

If, with both devices on, the sound is too loud, turn both of them down a fraction.

**The sound should never evoke annoyance or be unpleasant in any way, even if heard for many hours.**

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

Try not to change the settings throughout the day. If you need to, 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 them for a longer time at a lower level than to use them for shorter periods of time at a higher level.

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

Make sure you check the devices every few days for wax build-up. Clean as needed with the tools provided.

Battery life will depend on usage. Your batteries are size \_\_\_\_\_\_\_.