

Tinnitus Management: Internet Resources

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Disclaimer: This list is provided as a resource for free and legal listening and downloads of sounds for use in Progressive Tinnitus Management. The inclusion of any resource on this list does not represent official endorsement by the author nor any branch of the federal government.

The user assumes all risks associated with use of any resource on this list.

Tinnitus Management Workbook

<http://www.ncrar.research.va.gov/Education/Documents/TinnitusDocuments/HowToManageYourTinnitus.pdf>

** This is a PDF document. Once opened, click the  icon at top right to download it to your device. **

Please note the following disclaimer from the workbook:

- “This workbook does not, and cannot, provide individual medical advice. It is for general information purposes only. The information is not intended to be a substitute for individual medical advice, diagnosis, or treatment by a physician who is aware of your medical history and has examined you. Do not rely on this workbook in place of seeking professional medical advice.
- If you notice any significant change in hearing, tinnitus, or ear-related medical problems, you should contact your primary care provider for referral to an audiologist or ENT (Ear, Nose, Throat) physician, as appropriate. Audiologists do not prescribe medication (drugs). Any medication concerns should be directed to your primary care provider or other physician.
- Please contact an audiologist if you have any questions regarding the information contained in this workbook, or if you have questions about tinnitus, hearing loss, or hearing aids.
- If you are a Veteran seeking a claim for service connected hearing loss or tinnitus, you should contact your VA Regional Office or Veteran Service Representative for information as to how to proceed.
- This workbook presents many different possible ways to manage reactions to tinnitus. In general, VA endorses the method of Progressive Tinnitus Management (PTM). PTM provides a hierarchical structure for providing clinical services for tinnitus. That is, patients should receive services that “progress” to higher levels as needed. Proper evaluation and provision of appropriate education are essential with PTM. Also, PTM is patient- centered and interdisciplinary, consistent with VA’s model of health care. However, VA does not endorse any specific device for tinnitus management. Any reference in this workbook (including photographs) to a device does not constitute an endorsement. All of these references are for information purposes only. Also, the methods and devices for managing reactions to tinnitus that are described in this workbook may or may not be available at your regional VA medical center. It is intended that PTM will be available at all VA medical centers in the near future.”

EnviroSounds.com

<http://www.Envirosounds.com>

This site includes 61 one-hour tracks (left-click to listen, right-click to download) and this PDF document in a “clickable” format. Please note the following disclaimer:

“This website is a resource for free and legal sound downloads for tinnitus management. The website is maintained at private expense and it is not associated with any federal agency. The views and opinions expressed here are solely those of the author and are not intended to represent those of any federal agency. The custom tracks can be burned to CD or loaded onto your cell phone or personal mp3 player. Users of this website agree to hold Dr. Benton harmless for any negative outcomes that may result from use of these materials.”

Soothing Sounds: Create Your Own

Noisli

<https://www.noisli.com/>

** Viewing the tutorials is highly recommended to get a good idea of how this program works. **

** **NOTE:** Creating a free account allows you to save your custom sounds. **

“With Noisli you can mix and match different sounds in order to create your perfect sound environment. We currently offer 28 high quality background sounds that you can play individually or combine with each other. You can adjust the volume for each sound in order to customize your combinations to your needs and make them your own. Besides crafting your own Combos, you can also listen to the carefully curated Playlists so to be inspired and explore new sound suggestions for various situations.

Atmosphere Lite

<http://www.vectormediasoftware.com/atmdeluxedown.htm>)

** The download link for the free version is at the bottom of the page. **

"Atmosphere (Ambient Soundscape Generator) allows you to turn your PC into a complete nature sound environment generator. No experience of sound editing is required and you can have your first soundscape running within seconds. Create your own relaxation CDs, sound effects for video or webpages, or just sit back and relax to the realtime natural sounds though your hifi, headphones or PC speakers.”

Soothing Sounds: Guided Relaxation, Guided Imagery, and Meditation

Iowa State University Student Counseling Services: Mind/Body Spa

<http://www.counseling.iastate.edu/relaxation-and-self-help-exercises/mind-body-spa>

** Left-click the track to listen, right-click to download **

Loyola Maryland University Counseling Center: Relaxation Resources

<http://www.loyola.edu/department/counselingcenter/students/relaxation>

** Left-click the track to listen, right-click to download **

Dartmouth University Student Wellness Center: Relaxation Downloads

<http://www.dartmouth.edu/~healthed/relax/downloads.html>

** Select the category of exercises at the bottom, then left-click the track to listen, right-click to download **

Massachusetts Institute of Technology Medical: Additional Sleep Resources

<https://medical.mit.edu/community/sleep/resources>

** Download tracks are located within categories "Bedtime..." Daytime..." and "Mindfulness..."

Left-click the track to listen, right-click to download **

McGill University Student Wellness Hub: Meditation Audio

<https://mcgill.ca/wellness-hub/self-help/anxiety/meditation-audio>

**Left-click the track to listen, right-click to download **

University of Illinois McKinley Health Center: Relaxation Exercises

<https://mckinley.illinois.edu/health-education/stress-management/relaxation-techniques/relaxation-exercises>

**Left-click the track to listen, right-click to download **

Western Sydney University: Relaxation Recordings

http://www.uws.edu.au/currentstudents/current_students/services_and_facilities/counselling_services/stress_and_your_wellbeing/relaxation_recordings

**Left-click the track to listen, right-click to download **

Brigham Young University: Relaxation Recordings

<https://caps.byu.edu/relaxation-recordings>

**Left-click the track to listen, right-click to download **

Hobart and William Smith Colleges: Relaxation Techniques and Tips

http://www.hws.edu/studentlife/counseling_relax.aspx

**Left-click the track to listen, right-click to download **


University of Houston: Visualization and Guided Imagery

<https://www.uhcl.edu/counseling-services/resources/visualization>

**Left-click the track to listen, right-click to download **

Kaiser Permanente: Podcasts-Relax and Listen

<https://healthy.kaiserpermanente.org/health-wellness/podcasts>

** Click on the desired category, select a specific podcast, then click the  icon to download it.**

University of Michigan Medicine: Guided Imagery Podcasts

<https://www.rogelcancercenter.org/podcasts/guided-imagery-podcasts>

**Left-click the track to listen, right-click to download **

Ohio State University: Guided Imagery

<https://wexnermedical.osu.edu/integrative-complementary-medicine/resources/guided-imagery>

** Click on the desired category, select a track and then left-click the track to listen, right-click to download**

University of California Los Angeles: Free Guided Meditations

<https://www.uclahealth.org/marc/mindful-meditations>

** Select a track then left click on PLAY to listen, right click to download.**

FreeMindfulness.org: Free Resources

<http://www.freemindfulness.org/download>

** Select a track then left click on DOWNLOAD to download it
(you cannot just listen to a track from this page).**

Morning MeditOcean - A Guided Meditation with the Jellies

<https://www.youtube.com/watch?v=5J2llsogT5Q>



** This is a YouTube video. **

(The audio-only track is available at <http://www.Envirosounds.com>)

Soothing Sounds: Music



Jamendo.com

<http://www.jamendo.com/>

By creating a free account, you can create playlists for continuous listening. Available online and as an app for Apple and Android devices. Select “#Communities” for specific types of music, then click  to listen to a track or  to download it. There are 26 different #Communities, but consider “#Chillout” and “#Ambient” for relaxation. After you create an account and open the site, the specific types of music are called “Genres.”

Free Music Archive


<https://www.freemusicarchive.org/search>

This site can be complicated to use. First, click the “Genre” button and select the specific type(s) of music you want to hear, then click the “OK” button. Finally, click  near the top of the page to list songs available for free download. When you click the download icon  next to the desired track, you must click on the 3 vertical dots to actually download the song. Available online and as an app for Apple and Android devices.

Soundcloud

<https://www.soundclick.com/>

“Then and now, our mission has been to work on the artists' behalf, to make their music easily available online. listen to millions of songs of up-and-coming artists.” Available online and as an app for Apple and Android devices. Available online and as an app for Apple and Android devices.

** All songs are free to listen to. If a song is free to download, there will be a  on the same line to click.

Otherwise, a price is displayed. Use the search function for “acoustic,” “chillout,” and “ambient,” “R&B,” “relaxing,” “meditation” for soothing sounds. You can then pay all songs in that genre by clicking the “PLAY” button.**

Amazon.com Music - Free Albums

https://www.amazon.com/Free-Songs/s?rh=n%3A334897011%2Cp_n_feature_browse-bin%3A625151011

An Amazon.com account is required, but the music is free to download. Select the type of music you want and then the specific album. When you elect the album, you can “sample” it for 30 seconds to make sure you like it. Then you can click either the “Get Song FREE” button to download it in -ready-to-play mp3 format, or you can click the “Add to MP3 Cart” to download all your selected albums at once in ZIP format. Available online and as an app for Apple and Android devices.

** Be sure your selection is indeed “FREE” and that the cost is indeed \$0.00 before purchasing any album or song. Use of this resource is at the reader’s own risk. **

Other Music Resources

Many music sites offer free listening, and on many of these you will find that only SOME songs are free to download. However, they allow you to select genres and to select and create playlists.

Spotify

<https://www.spotify.com/us/>

Available pre-loaded onto Windows 10 PCs, and available for download for other Windows PCs and MAC computers. Available also as an app for both Apple and windows devices.

The following are available online and as an app for both Apple and iPhone devices:

Last FM

<https://www.last.fm/>

Soundcloud

<https://soundcloud.com/>

Reverb Nation

<https://www.reverbnation.com/>

Interesting Sounds: Podcasts

“A podcast is an episodic series of spoken word digital audio files that a user can download to a personal device for easy listening. Streaming applications and podcasting services provide a convenient, integrated way to manage a personal consumption queue across many podcast sources and playback devices. A podcast series usually features one or more recurring hosts engaged in a discussion about a particular topic or current event. Discussion and content within a podcast can range from carefully scripted to totally improvised. Podcasts combine elaborate and artistic sound production with thematic concerns ranging from scientific research to slice-of-life journalism. Many podcast series provide an associated website with links and show notes, guest biographies, transcripts, additional resources, commentary, and even a community forum dedicated to discussing the show's content.” - *Wikipedia*

PodSearch.com

<https://podsearch.com/>

Available online and as an app for your Apple or Android devices.

National Public Radio Podcasts

<https://www.npr.org/podcasts/>

Available online and as an app (“NPR One”) for your Apple or Android devices.

Library of Congress Podcasts

<http://www.loc.gov/podcasts/>

Available online only.

Interesting Sounds: Audiobooks

Librivox

<http://librivox.org/>

Available online and as an app for your Apple or Android devices.

AudioBooks.org

<http://www.audiobooks.org/free-book-list.html>

Available online only.

LiteralSystems.org

<https://literalsystems.org/>

Available online only.

Learn Out Loud

<http://www.learnoutloud.com/Free-Audio-Video>

Available online only.

** NOTE: There are hundreds of apps with free audiobooks for both Apple and Android Devices. **