

# **Tinnitus Management: Internet Resources and Apps**

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**How to Manage Your Tinnitus: A Step-by-Step Workbook (VA Program)**

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

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**Soothing and Background Sounds**

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**Envirosounds.com**

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

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**Mind-Body Spa: Mindfulness Activities & Guided Meditations**

<https://www.counseling.iastate.edu/mind-body/mind-body-spa>

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**Loyola University Maryland: Relaxation Resources**

<https://www.loyola.edu/department/counseling-center/students/relaxation>

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**University of Maryland Medical Center: Falling Asleep Audio**

<https://www.ummidtown.org/programs/sleep/sleep-disorders-patient-information/audio>

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## **MIT: Additional Sleep Resources**

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

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## **McGill-Canada: Audio for Relaxation & Meditation**

<https://www.mcgill.ca/counselling/getstarted/relax-meditate>

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## **New York University: Calming Corner**

<https://www.nyu.edu/students/health-and-wellness/counseling-services/relaxation-oasis/calming-corner.html>

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## **McKinley Health Center: Relaxation Exercises**

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

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## **University of Wisconsin: Relaxation Exercises**

<https://www.uhs.wisc.edu/wellness/relaxation/>

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## **Brigham Young University: Downloadable Relaxation Recordings**

<https://caps.byu.edu/node/985>

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## **Hobart and William Smith Colleges: Relaxation Techniques**

[http://www.hws.edu/studentlife/counseling\\_relax.aspx](http://www.hws.edu/studentlife/counseling_relax.aspx)

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## **USC Center for Work & Family Life: Relaxation Tips and Resources**

<http://cwfl.usc.edu/wellness/relaxation.html>

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## **University of Vermont: Mindfulness Exercises**

<https://www.uvm.edu/health/guided-mindfulness-exercises>

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## **University of Limerick: Relaxation Techniques**

<https://ulsites.ul.ie/studentaffairs/relaxation-techniques>

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## **University of Houston Clearlake: Visualization and Guided Imagery**

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

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## **McMaster University: Mindfulness & Relaxation Resources**

<https://wellness.mcmaster.ca/stay-well/mindfulness-resources/>

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## Kaiser Permanente Podcasts: Relax and Listen

[https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/FchBDoMgEADAt\\_iAzZEYfFmhH6hhdsGiZIIgELt99seZ9DjC33hO-3cUy18\\_uxCLD22md9bqnCnLVZ8okd\\_Nd4zoysVAocj\\_o9bT-GM6IzVap2MBamIBCGsgEWPBohoUkKp8UErXjnTZxmGL2IKPpI/](https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/FchBDoMgEADAt_iAzZEYfFmhH6hhdsGiZIIgELt99seZ9DjC33hO-3cUy18_uxCLD22md9bqnCnLVZ8okd_Nd4zoysVAocj_o9bT-GM6IzVap2MBamIBCGsgEWPBohoUkKp8UErXjnTZxmGL2IKPpI/)

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# Interesting Sounds: Audio Books and Podcasts

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## Librivox: Audio Books

<https://librivox.org/>

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## AudioBooks.org: Audio Books

<http://www.audiobooks.org/>

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## Verkaro.org: Audio Books

<http://audio.verkaro.org/audiobook/>

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## Learn Out Loud: Audio Books and Podcasts

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

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## National Public Radio: Podcasts

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

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## Apple iTunes: Podcasts

<https://www.apple.com/itunes/podcasts/>

(You must download Apple iTunes to utilize this service.)

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## Library of Congress: Podcasts

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

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# Soothing Sounds: Music

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## Jamendo: Free and Legal Music Downloads

<https://www.jamendo.com/start>

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# **Soothing Sounds: Create Your Own**

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**Sound Sleeping: Free Relaxing Music Sound Mixer**

<http://www.soundsleeping.com/index.php>

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**Atmosphere Lite: Free Nature Sound Mixer**

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

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# Apps for Your Apple or Android Phone

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**Android Phones: Search Google Play**

**Apple Phones: Search the App Store**

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## **Recommended Search terms:**

Relaxing Sounds Free

Meditation Free

Podcasts Free

Relaxing Music Free

Soothing Sounds Free

Radio Free

Nature Sounds Free

White Noise Free

Relaxation Free

Audiobooks Free

## **Tips:**

1. Always look for the highest rated apps and make sure they are FREE to use.
2. Remember that many apps download the sounds from the internet. For this reason, unless you are sure you have unlimited data, always connect to WiFi before use.
  - a. If you are not connected to WiFi and you do NOT have unlimited data, the app may use your data plan and cause you to go over your Data limit very quickly.
  - b. Neither Dr. Benton nor the Atlanta VA Medical Center will be held responsible if you purchase a non-free app or if you go over your data limit.



## **Apps Specifically Made for Tinnitus Management**

Oticon Tinnitus Sound App

Phonak Tinnitus Balance App

Resound Relief Tinnitus App

Starkey Relax Tinnitus App

Widex ZEN Tinnitus App

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