

SOUND THERAPY (ENRICHMENT)

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This leaflet has been written to help you understand what sound therapy or sound enrichment is, and how it may help you manage your tinnitus.

Summary

Tinnitus is a common condition that affects many people. It is a perception of sound that is not coming from the outside world. It can be a constant or intermittent sound, and it can be a ringing, buzzing, or humming sound. It can be a nuisance, but it is usually not a sign of a serious problem.

Sound therapy or sound enrichment is a type of treatment that can help manage tinnitus. It involves listening to sounds that are designed to mask or distract from the tinnitus. This can be done using a variety of methods, including listening to music, nature sounds, or white noise.

Sound therapy or sound enrichment can be a helpful tool for managing tinnitus. It can help reduce the annoyance of the sound and improve your quality of life. However, it is not a cure for tinnitus, and it is important to see your GP/medical professional for advice.

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Whilst the BTA makes every attempt to ensure the accuracy and reliability of this information, it is not a substitute for medical advice. You should always see your GP/medical professional.

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References

1. [https://www.nhs.uk/conditions/tinnitus/](#)
2. [https://www.nhs.uk/conditions/tinnitus/](#)
3. [https://www.nhs.uk/conditions/tinnitus/](#)

Alternative formats

1. [https://www.nhs.uk/conditions/tinnitus/](#)
2. [https://www.nhs.uk/conditions/tinnitus/](#)

BTA publications

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Feedback

For more information on our services, or to provide feedback, please contact us on the following details:

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Acknowledgements

We would like to thank the following organisations for their support and contribution to the development of this information:

British Tinnitus Association

For more information on our services, or to provide feedback, please contact us on the following details:

- helpline@tinnitus.org.uk**
- 0800 018 0527**
- 07537 416841**
- tinnitus.org.uk**

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