



# Tinnitus Basics: What It Is and What Helps

## Holistic Hearing Solutions – Patient Information

Tinnitus is the perception of sound in the ears or head when no external sound is present.

People often describe tinnitus as ringing, buzzing, hissing, humming, cricket-like sounds or a High-pitched tone.

Tinnitus is very common and affects around one in five adults at some stage in their lives.

## What Causes Tinnitus?

Tinnitus is usually related to changes in the hearing system rather than a disease itself. Common contributing factors include:

- Hearing loss
- Noise exposure
- Ear wax blockage
- Middle ear problems
- Stress or fatigue
- Certain medications
- Jaw or neck tension

## Why Tinnitus Seems Louder in Quiet Environments

Many people notice tinnitus most when lying in bed at night, sitting in a quiet room, or when feeling stressed or tired. This happens because when the environment is quiet, the brain has fewer external sounds to focus on, making internal sounds more noticeable.

Adding gentle background sound can often reduce awareness of tinnitus.

## Is Tinnitus Dangerous?

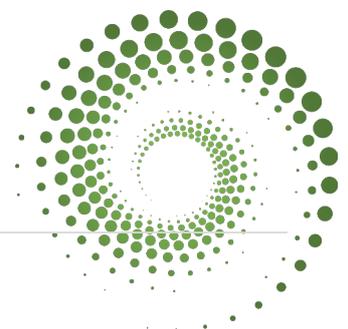
In most cases tinnitus is not dangerous. However, it is important to investigate tinnitus to identify possible causes and rule out medical conditions that may require treatment.

A hearing assessment helps determine whether hearing changes are contributing to tinnitus.

## What Can Help Manage Tinnitus?

While tinnitus cannot always be completely eliminated, many people experience significant relief through appropriate management strategies.

- Hearing assessment and treatment of hearing loss
- Sound therapy or background sound enrichment
- Tinnitus counselling and education
- Stress management techniques
- Hearing technology when appropriate
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## When Should You Seek Help?

- Tinnitus becomes persistent
- It interferes with sleep
- It causes anxiety or stress
- It occurs alongside hearing difficulties
- It starts suddenly in one ear

## Our Approach at Holistic Hearing Solutions

At Holistic Hearing Solutions we take a holistic and evidence-based approach to tinnitus care. Our goal is to help people understand tinnitus, reduce anxiety around the sound, and improve sleep, concentration and overall wellbeing.

**Including tinnitus education and retraining approaches.**

**Did you know?** Tinnitus is often linked to hearing loss. Treating hearing changes can sometimes reduce tinnitus awareness.

