

Centre for hearing and balance disorders

How to use a white noise generator (WNG) app

Introduction

Tinnitus sound therapy helps you to distract your mind away from the tinnitus. You have been advised to use a White Noise Generator (WNG) app as you have tinnitus in one ear, both ears or in your head. The WNG app can be used to help with sleep as well as quiet situations when needed. The app allows you to play a variety of ambient sounds.

It may take several months before you begin to gain benefit from using the app, so don't be disappointed if it doesn't help you immediately. The sound you use has a positive emotional affect as it is more soothing and pleasant to listen to than the tinnitus.

The following link is an app that we believe is consistent with all of the current information in relation to supporting tinnitus management.

<https://www.resound.com/en-gb/hearing-aids/apps/relief>.

This is not the only mobile app on the market and you may prefer to source alternatives.

Using the WNG app

You can use the app with your smartphone or tablet and your Bluetooth/wireless speaker headset.

You can also purchase pillow speakers and attach this to the phone or tablet.

More information regarding pillow speakers available on the British Tinnitus Association website:

<https://www.tinnitus.org.uk/pages/shop/department/pillow-speakers-and-sleep-headphones>



Patient Information

The app can be used during the day, or when you are sleeping. It can be used whenever you want to and wherever you want to!

Sounds to use

Most of the apps provide access to different sounds, from white noise to nature sounds. You can choose any sound that you find pleasant to listen to.

The level of the sound should be played below the level of your tinnitus. It is important that the WNG app is not used to mask or block out the tinnitus as this will not help you to habituate to the tinnitus.



Ensure that the level of sound used is at a low-level, just below the level of the tinnitus.

Playing the sound via the app at a level below the tinnitus, allows the brain to be distracted from the tinnitus, by hearing the rushing and the tinnitus together. Part of the problem of tinnitus is the attention the brain pays to sounds within the head. Using sound can help the brain to tune the sound out. The idea of using sound will mean that it can help the brain to distract its attention away from the tinnitus.

Further information on tinnitus can be found at www.actiononhearingloss.co.uk or www.tinnitus.org.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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