

## Centre for Hearing and Balance Disorders

# Using a white noise generator (WNG) for tinnitus



People who have tinnitus often notice that it is more noticeable and bothersome in a quiet place. Listening to another sound can help to make it less intrusive. The deliberate use of sound in this way is called sound therapy, or sound enrichment. You have chosen to use white noise generators (WNG) as form of sound therapy.

People find the sound of the white noise more soothing and pleasant to listen to than the tinnitus. Some people have strong feelings about the tinnitus – you might hate it, or you wish it would go away. As the white noise is a constant sound which doesn't vary in pitch or intensity it can reduce any strong feeling towards the tinnitus. Wearing the WNG provides a sound without meaning or significance.



## Patient Information

### Using the WNG

You may hear tinnitus in one or both ears, or in your head. In all cases using WNG in both ears is recommended. It is important that you do not set the sound level to try and cover or block out the tinnitus. The level of the white noise should be set at the lowest level that you can just hear. Over time this will allow the tinnitus level to reduce and blend with the low level of the white noise.

The aim of sound therapy is to help alter your perception of the tinnitus or your reaction to it. The white noise sound can either help distract you from the intrusiveness of your tinnitus or help your brain to become more used to it, and eventually be able to ignore it. This is called habituation.

It may take several months before you begin to gain benefit from your WNG so don't be disappointed if it doesn't help you immediately.

### Controls on your WNG:

- Your WNG takes orange hearing aid batteries and will only fit into the device one way. The compartment is opened from the bottom of the device and closed once the battery is inserted.
- On/off is operated by the battery compartment on the back of the device.
- The volume control is on the back of the WNG and is a toggle switch. When the device is turned on the volume is at the middle level and from there you can turn the sound up by 5 steps or down by 5 steps. Each time this is done you should hear a quick beep to indicate a change has been made.
- Make sure you keep the dome that goes into your ear as clean as possible by wiping over this with a baby wipe/antibacterial wipe or a slightly damp tissue. If the tube becomes blocked, please contact the department.
- The tube and dome need to be changed every four months. You can contact the department for replacement tubes and domes and new batteries at any time by telephone on 024 7696 6444.

## Patient Information

Further information on tinnitus can be found at <https://rnid.org.uk/> or [www.tinnitus.org.uk](http://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.

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