

7 Easy Steps to Get Back to Sleep with Tinnitus

STRATEGIES THAT CAN HELP

This is hard!

- For some reason your brain is fixating on the sounds you're hearing and won't let you simply go to sleep.
- The more you hear the tinnitus, the more stressed you become, and the harder it can be to relax, feel safe, and fall asleep. Lack of sleep can make the tinnitus seem like it's louder.

Follow a Plan

- On the next page, I mapped out a checklist to try to help you fall asleep
- Millions of people have found management techniques that work to reduce their tinnitus and live a productive life
- Sometimes it's all about giving your brain positive, calming activities to focus on
- **If at anytime you feel like the tinnitus is out of control, please call 911.**

I know this is not easy, but hopefully the attached page's tips will help you manage your tinnitus right now. There are audiologists that can help you. Feel free to call our office if you need a consultation to create a treatment plan for you.

No matter what, I want you to know I care about how you're managing your tinnitus.

Warmly,
Dr. Dawn Heiman
Audiologist



7 Easy Steps

to Get Back to Sleep with Tinnitus



Advanced Audiology
Consultants

Dr. Dawn Heiman

#1 STRETCH

- If you can, climb out of bed and stretch on the floor. Elongate your muscles gently.

#2 TURN ON A FAN

- A slight breeze can cool the room and a box or oscillating fan can create some relaxing white noise.

#3 TURN ON SOOTHING SOUND

- Choose sounds that you find pleasant and calming.
- Consider using the Widex Zen, Tinnitus Management app on your smartphone

#4 CLIMB BACK IN BED

- Slowly climb back into bed and find a comfortable way to lay on your back. (If needed, use some pillows to prop you up slightly.)

#5 MUSCLE RELAXATION

- Start with your toes and slowly begin to relax your muscles:
 - feet, calves, hamstrings, glutes, lower back, upper back, shoulders, neck, head, forehead, cheeks, mouth, chest, stomach, hips, upper arms, forearms, hands, and then, finally, fingers.

#6 FOCUS ON YOUR BREATHING

- Calmly focus on how you are inhaling and exhaling your breathe
 - Breathe in for a count of 3 and out for a count of 3.

#7 ENVISION BEING ON VACATION

- With the air blowing on your forehead, can you imagine yourself somewhere on a beach, or on a porch that's beautiful and calm?