

Tips from the American Tinnitus Association

www.ata.org

- **BE KIND** to yourself. Developing tinnitus means you have undergone a significant physical, emotional and maybe even life-style change.
- **EXAMINE** how you live to find ways to eliminate or reduce some stress in different parts of your life; stress often makes tinnitus worse.
- **PAY ATTENTION** to what you eat. One-by-one, eliminate possible sources of tinnitus aggravation, e.g., salt, artificial sweeteners, sugar, alcohol, prescription or over-the-counter medications, tobacco and caffeine.
(Do not stop taking medications without consulting with your health care professional.)
- **DON'T GIVE UP** on a treatment if it doesn't work right away. Some can take quite a while to have a positive effect.
- **PROTECT YOURSELF** from further auditory damage by avoiding loud places and by using earplugs when you can't avoid loud noise.
- **GET ENOUGH SLEEP** each night. Sometimes tinnitus can interfere with your sleeping habits. Sleeping enough is essential to helping you learn to manage your tinnitus.
- **EXERCISE!** Research shows that people who exercise regularly have lower rates of tinnitus and also that their tinnitus tends not to bother them as much.