



"Ringing" in the New Year

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# Sound Bytes

INFORMATION FOR YOUR EARS

## Ringling in the New Year

### Ringling in the New Year with an annoying ringling in your ears?

Tinnitus is a ringling, roaring, chirping, hissing, or other type of noise that originates in the ear or head. Tinnitus is a common problem affecting 1 in 5 people. In many cases it is not a serious problem, but rather a nuisance that eventually resolves. In some cases, the tinnitus can persist and even change over time. Rarely does

tinnitus represent a serious health condition; however, it should be evaluated by an otolaryngologist and audiologist.

After your tinnitus has been evaluated by a physician you can consider using masking techniques to reduce the perception of the tinnitus. A masking sound is introduced to the ear to cover up or reduce the perceived volume of the tinnitus. A masker can be as simple as turning on a radio, TV or fan.

Have you been looking for a quick, easy, and portable solution to manage your tinnitus? There are also numerous free apps available for both Android and iPhone users, such as; Relax Melodies, White Noise Relief, and Sleep Machine. The apps allow you to select from a number of sounds to find the right one to reduce your tinnitus. You can access these sounds when needed to help you cope with the tinnitus even when you are on the go.



Relax Melodies:  
Sleep & Yoga



Sleep Stream Classic

White Noise  
Relax & Sleep



Sleep Machine  
Lite





## Six Battery Facts: How long will my battery last?

1. **Hearing Loss:** The severity of the hearing loss will affect battery life.

Battery drain increases as the power needs increase in the hearing instrument, reducing battery life.

2. **Battery Size:** The battery life will increase proportional to the battery size.

3. **Hearing Aid Use:** Consider the number of hours you wear your devices for a day. The greater the hours of use, the higher consumption of battery life.

4. **Features in the Hearing Aid:** If you are using wireless accessories, cros systems, FM systems, or tinnitus generators, the life span of the battery can decrease by 20%.

5. **Environment:** Factors such as low humidity, high humidity, temperature, and altitude can impact battery life.

- **Low Humidity:** If the humidity is low a battery may dry out and reduce the battery life.
- **High Humidity:** If the humidity is high the battery may take on moisture and reduce the battery life.
- **Temperature:** If the temperature is low, it can lower the voltage on the battery, reducing the battery life. This can be prevalent in cold climates when the user works outside, or for individuals who work in refrigerated environments.
- **Altitude:** At higher altitudes the oxygen level is reduced, which will lower the battery voltage and reduce the battery life.

## Expected Battery Life Ranges:



Battery Life	Life Expectancy
10	3-10 days
312	3-12 days
13	6-14 days
675	9-20 days



You are the best judge of your instrument's battery life. Keep track of the average battery life of your hearing instruments. If you experience a drop in the life of the battery from typical use, contact your audiologist.