An estimated 50 million Americans experience tinnitus, according to Barbara Tabachnick Sanders of the American Tinnitus Association (ATA). This perception of sound in the ear(s) or head when no external sound is present can be persistent and often troubling, causing psychological side effects which may impact daily life. While there is not yet a cure for tinnitus, there are available tinnitus management strategies. Starkey Hearing Technologies has developed the Starkey Relax mobile application to be used in conjunction with or incorporated into the following tinnitus strategies:

- **Amplification** (hearing aids) amplifies ambient sounds to cover the tinnitus.

- **Sound Therapy** uses a sound therapy stimulus to decrease the perceived loudness or prominence of tinnitus.

The Starkey Relax app provides its users with a comprehensive tinnitus education and self-management tool. The application may also be incorporated into a professional’s sound therapy protocol for patients with tinnitus.

**Tutorial**

Due to the highly subjective nature of tinnitus, Starkey Relax includes a fully-immersive, step-by-step tutorial to get the user started immediately with customization of a relief sound for his or her perceived tinnitus. This quick and easy process prepares and enables the app user to create and customize additional relief sounds when standard stimuli don’t meet his or her specific needs.

**Play Screen**

The Play screen provides the user with a selection of sounds to provide relief from tinnitus. The user can choose any of these sounds and personalize them by modifying the volume, frequency response and rate of fluctuation. Fluctuation rates (slow, medium, fast) allow for adjustment of the frequency and amplitude of the selected relief sound. This flexibility is crucial to providing a highly-personalized relief sound for the user’s unique tinnitus.
Once the preferred relief sound has been selected, a sleep timer can be set to automatically fade out the sound, avoiding abrupt level changes after the user has drifted off to sleep. The built-in timer is an ideal option when going to sleep, as a quiet room can often increase the user’s awareness of his or her tinnitus. If a Starkey Relax user sets the sleep timer and falls asleep only to wake later in the middle of the night, he or she will find a convenient “Now Playing” control in the iOS command center and a widget in the Android™ notification screen, allowing easy control over the currently selected relief sound.

**Create Screen**

The Create feature turns the user’s iPhone® into a personal settings adjustment tool and provides the ability to fine-tune the frequency response of the selected relief sound to best suit the current behavior of the user’s unique tinnitus. With Starkey Relax, the user can create a new, customized relief sound specifically to meet his or her needs in the evening, for example, when tinnitus tends to roar. A soothing image may be selected from the Starkey Relax stock image gallery or from the user’s personal camera roll for full customization of a personalized relief sound.

**Learn Screen**

The Relax app also acts as an informational resource. People with tinnitus have many unanswered questions about the ringing, buzzing, hissing or roaring noise they experience. Many answers are provided in the nine informational sections found in the Learn screen. Relax includes comprehensive tinnitus education about symptoms, causes, treatments and solutions, as well as a way to reach a hearing professional for an additional consultation via our appointment booking call center.

**Compatibility**

The Starkey Relax app supports both iOS (version 9.0 and later) and Android platforms (version 4.1 and later). Relief sounds can be streamed to Bluetooth® audio devices (headphones/speakers) directly from an iOS device to the Halo™ Made for iPhone hearing aids or to any 900sync™ hearing aids via the SurfLink® Mobile device.
Partnership

The American Tinnitus Association is a global leader in the effort to find a cure for tinnitus. It brings together patients, researchers, healthcare professionals, industry partners and lawmakers to develop tinnitus management tools and fund vital research. Starkey Hearing Technologies is a proud corporate member of the American Tinnitus Association (ATA). We support the ATA in its commitment to educate and provide relief for the millions of people who struggle with tinnitus.