

A lifetime of tinnitus relief

Tinnitus Pro is a comprehensive solution that offers you access to personalized, science-based tinnitus therapy.



PERSONALIZED SOUND THERAPY



Habituation

Makes the ringing less noticeable. Accentuates the tinnitus tone against a backdrop of soothing soundscapes, based on Tinnitus Retraining Therapy.



Adaptation

Supports reduced loudness over time. Based on notched-noise therapy that removes energy at the tinnitus frequency to reduce tinnitus-related hyperactivity through lateral inhibition and cortical plasticity.



Relief

Provides fast, below-tinnitus-level masking for short-term comfort during spikes or stressful moments.



Sleep

Reduces tinnitus-silence contrast to ease sleep onset and maximizes time spent on sound therapy when your mind is most open to habituation.



Cognitive Behavioral Intervention

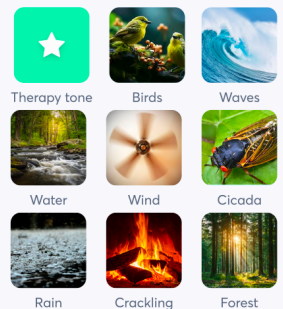
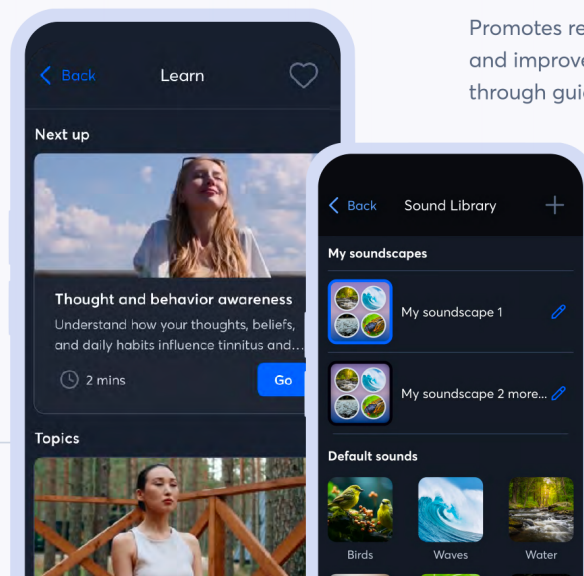
Helps reframe reactions, lower distress, and build coping strategies, with lessons developed by Drs. Robert Sweetow and Nancy Tye-Murray.



Meditation and mindfulness tools

Promotes relaxation, stress reduction, and improved tinnitus acceptance through guided exercises.

MEDITATION & MINDFULNESS



82k+ soundscape combinations

Getting started with Tinnitus Pro

A simple guide to help you begin, stay consistent, and get results.

1 Get started Tinnitus Pro works on iOS and Android.

- A** Open the app and log in with your phone number (no password).
- B** Set your therapeutic tone to match your tinnitus sound.
- C** Complete the Tinnitus check-in to track progress.

2 Choose a daily program Mix and match therapy types as needed.

Sound therapy isn't one-size-fits-all. Research suggests some patients do better with Habituation, while others respond better to Adaptation. If your provider recommends a mode, start there. Otherwise, try one for a few months, and see how it works for you.



Habituation

Tinnitus blends into the background; so, it's easier to ignore. Great for quiet tasks and evening wind-down.

DAILY GOAL: 1 hour or more



Adaptation

Removes your tinnitus pitch from therapeutic audio so your brain can gradually turn it down.

DAILY GOAL: 1 hour or more

OR

AND



Sleep

Starts with habituation, glides toward gentle adaptation, then gently fades out.

DAILY GOAL: 5–8 hours



Relief

AS NEEDED

Sometimes tinnitus feels out of control. Using Relief during these moments helps to calm your symptoms. Featuring short sessions for difficult moments, Relief mode can offer lingering comfort long after treatment.

GOAL: 2–15 minutes

3 Feel more in control

A big part of tinnitus is how you approach it. Cognitive Behavioral Intervention and meditation can help reduce stress, shift your focus, and make tinnitus feel less overwhelming.

Meditation

Start with 5–10 minutes of meditation daily to build a calmer, more confident tinnitus response.

Feeling tense? Try *Body Scan*. Winding down for bed? A short, *Sleep meditation* works well.

Learn

Watch a couple of videos each day to build a toolkit of strategies for handling tinnitus.

From sleep strategies to relaxation techniques, explore audiologist-backed lessons and tips.

4 Stick with it

Small daily sessions add up. More consistent use can lead to better long-term results.

