

**TUNE OUT
TINNITUS**



cover the sound of the tinnitus; the idea is not to block it out, but to relax you.

Sound therapy is especially useful at night, when there is less background noise and tinnitus becomes more noticeable.

Tinnitus relaxers

These products make a range of different sounds. Some relaxers have additional sound cards you can buy, giving you more sounds to choose from. We even have a product that has a colour-changing light to help you relax (L318 Nature Sound Pyramid).

Sound pillows

Sound pillows are normal pillows that have speakers inside. They can be connected to a tinnitus relaxer or your stereo/MP3 player, so you can listen to sounds without disturbing your partner, and without the discomfort of headphones. Similar to sound pillows, pillow speakers are mini speakers that you put under your pillow and connect to your tinnitus relaxer or stereo.

We have information about tinnitus on our website at **www.actiononhearingloss.org.uk/tinnitus**

You can also contact our Information Line – see page 116.

Hearing protection

Protect your hearing and enjoy the music for longer! We have a great range of earplugs designed to keep your ears protected whether you are on a plane, swimming or at a festival. We have earplugs that are specially designed for listening to music, and children's ear defenders to ensure that little ones safeguard their hearing.

You can manage the effects of tinnitus with our effective range of sound therapy products. Thousands of people have found them a great help. You can also find products in this section to help you protect your hearing with our range of earplugs and ear defenders.

Tinnitus is the medical term for noises that people hear in one ear, both ears or in their head. You cannot cure tinnitus, but it is sometimes possible to treat the underlying condition that may be causing it. For example,

if you have an ear infection, antibiotics may help clear it up, which may in turn improve the tinnitus.

You can manage the effects of tinnitus with our sound therapy products. Thousands of people have found them a great help.

How our sound therapy products help

Sound therapy can be effective, because it eases stress, which can make tinnitus worse.

Some people find everyday sounds helpful, such as the television, radio, or music.

Others prefer natural sounds like the sea. You may have to experiment until you find the sounds that work best for you. Be careful not to completely



Sound Oasis Deluxe

This is the most advanced sound therapy system in our range. There's a choice of 19 high-quality sounds: Asian garden, Bamboo chime, Bio sync, Bonfire, Cooling fan, Harbour swell, Hidden cove, Island surf, Night train, North woods, Ocean surf, Rain forest, Song birds, Spring rain, Stream, Summer night, Thunderstorm, White noise and Wind. You can even create up to 120 tailored sounds using five additional background noises. It helps create a peaceful and relaxing atmosphere, with the sounds gradually slowing down to make it easier to fall asleep.

The system has a built-in AM/FM clock radio alarm and a socket to plug in your CD or MP3 player. With a choice of wake-up options and three speakers (sub-woofer included), it offers powerful, stereo sound.

- Superior sound quality
- Adjustable volume, bass and treble controls
- Choice of beep, radio or therapy sound
- Snooze button (nine minutes)
- 120 different sound possibilities
- Therapy sounds run on a longer loop length
- Timer option (30, 60, 90 minutes or constant)
- Headphone socket for use

with pillow speaker

- The time function and beep alarm can be battery powered (uses 4 x AA batteries)
- Size: 168 x 209 x 145mm

L330 Sound Oasis Deluxe
£103.80 not VAT exempt

A considerable help for sleeping, as my tinnitus is very distressing. Now it's much more relaxing when I go to bed.

Anne Johnson, Hatfield





Sound Oasis S650 Relaxer

This relaxer has 12 tranquil sounds including six relaxing and futuristic therapy tracks and six nature sounds: Ocean surf, Rain, Sleep surf, Stream, Thunderstorm and Woodlands. The tracks are extra long to help you relax and there's a setting to gradually slow down the sounds to help you drift off. You can set the relaxer to play continually, or for 30, 60 or 90 minutes.

You can set the alarm clock to wake you with a buzzer or with the tinnitus sounds. With so many advanced features this tinnitus relaxer is great value for money.

- Choice of six tinnitus therapy sounds
- Choice of six relaxing nature sounds
- Timer option (30, 60, 90 minutes or constant)
- Pause or resume button
- Headphone socket ideal for use with pillow speaker or sound pillow
- Can be battery powered (uses 4 x AA batteries)
- Size: 145 x 125 x 70mm

L339 Sound Oasis S650 Relaxer

£54.00 not VAT exempt

Accessories

L339A Sound card - Ear therapy

(A mix of 12 tracks including: Tropical sounds, Futuristic music, Rain and Water sounds)
£12.60 not VAT exempt

L339B Sound card - Spa Retreat

(A mix of 12 tracks including: Asian garden, Gentle rain, Hawaiian surf, Island stream and Summer night)
£12.60 not VAT exempt

L339C Sound card - Sound for babies

(A mix of 12 tracks including: Womb, White noise, Ocean surf, Gentle rain, Summer night, Dolphins, Prenatal, Heartbeat, Lullaby and Woodlands)
£12.60 not VAT exempt



Nature Sound Pyramid

This low-cost relaxer can provide relief from the symptoms of tinnitus. Listen to a choice of soothing sounds: Brook, Summer night, Ocean, Birds or Dawn chorus, and watch a restful colour-changing light effect at the same time. Simply touch the top of the pyramid to activate the continually changing colours.

This is also ideal for restless sleepers, shift workers and children who don't like the dark.

- Choice of five relaxing sounds
- Choice of light only, sound only or light & sound
- Choice of sound on, off or auto switch off after 30 minutes
- Size: 100 x 100 x 100mm

L318 Nature Sound Pyramid

£18.77 not VAT exempt
3 x AA batteries included



Sound Oasis S550

Choose from six relaxing sounds: Ocean surf, Stream, Rain, White noise, Summer night and Wind. You can purchase additional sound cards to expand your range of listening options. You can set the system to play continuously or for 30, 60 or 90 minutes. The volume level gradually decreases as the timed period comes to an end to help you to drift off to sleep. There's a repeat button that you can press to replay the last sound experience. The product can be positioned upright, on its back or mounted on the wall.

- Choice of six relaxing sounds
- Adjustable volume
- Timer option (30, 60 or 90 minutes or constant)
- Repeat button replays the last sequence
- Wall mountable
- Size: 160 x 160 x 70mm

L397 Sound Oasis S550

£34.99 not VAT exempt

Accessories

L363A Sound card - Rhythms of the sea

£21.30 not VAT exempt

L363B Sound card - Wilderness journey

£21.30 not VAT exempt

L363C Sound card - Tropical rainforest

£21.30 not VAT exempt

L363D Sound card - Sounds for sleep

£21.30 not VAT exempt



Sound Oasis Travel

This travel alarm clock is the perfect companion to help you relax while travelling. Its timer feature means you can sleep knowing it will switch itself off. The therapy sounds gradually slow down, perfect for helping you drift off to sleep. Wake up to your chosen alarm sound, memo or bleep. The memo option allows you to record a 15 minute sound of your choice. It is ideal when travelling as you can display different time zones, so you can keep track wherever you are in the world. There is even a sound that has been developed to reduce jet lag.

- Choice of 18 therapy sounds including Sounds of nature, Tropical sounds and White noise
- Memo recording option
- Snooze button (15 minutes)
- Timer option (30, 60, 90 minutes or constant)
- Nightlight
- Rotary volume control
- Travel pouch
- Headphone socket
- Can be battery powered (uses 4 x AA batteries)
- Size: 76 x 137 x 34mm

L331 Sound Oasis Travel

£59.94 not VAT exempt



Tinnitus relaxer

This tinnitus relaxer offers sound enrichment that can help to relieve the symptoms of tinnitus through relaxation. It is supplied as standard with a choice of six sounds – Ocean surf, Rain, Stream, White noise, Wind and Summer night.

- Optional extra sound cards are available
- Incorporates alarm clock with choice of waking sounds
- Timer option (30, 60, 90 minutes or constant)
- Can be placed flat, upright or hung on a wall
- 3.5mm headphone jack for personal listening, or by pillow speaker
- Volume control
- Can be battery powered (uses 4 x AA batteries)
- Size: 160 x 160 x 40mm

L363 Tinnitus relaxer
£47.99 not VAT exempt

Accessories

L363A Sound card - Rhythms of the sea
£21.30 not VAT exempt

L363B Sound card - Wilderness journey
£21.30 not VAT exempt

L363C Sound card - Tropical rainforest
£21.30 not VAT exempt

L363D Sound card - Sounds for sleep
£21.30 not VAT exempt



2 year warranty

Naturecare

This simple product can help to relieve the symptoms of tinnitus through relaxation. Placed by the bed or chair, it has a choice of seven sounds: Heartbeat, Sea waves, Running stream, Birdsong, Woodland glade, Falling raindrops or simple White noise.

- Choice of seven relaxing sounds
- Volume control and separate on/off/timer switch
- 30 minute timer if required, but it can be left on permanently
- Size: 140 x 130 x 110mm

L238 Naturecare
£23.70 not VAT exempt
 4 x AA batteries included



Tinnitus relaxer with aromatherapy

This sound enrichment product can help to relieve the symptoms of tinnitus through relaxation and aromatherapy. There are seven sound selections: Heartbeat, Ocean, Fountain, Birdsong, Summer night, White noise and Spring rain. The aromatherapy beads offer fragrances that can revitalise, relax and energise.

- Timer feature for fragrance and/or sound – 15, 30, 45 minutes or constant
- Can be battery powered (uses 4 x AA batteries)

- Size: 140 x 180 x 70mm

L266 Sound and aromatherapy relaxer
£30.65 not VAT exempt

Accessories

L266A Replacement pack of beads
£7.85 not VAT exempt

100 Pillow speakers



Dual pillow speakers

These pillow speakers are compatible with most of our tinnitus relaxers. They can also be used with MP3 players, stereos, radios, televisions and other products with a 3.5mm jack socket.

They slip under your pillow and provide stereo sound to surround you as you sleep. The speakers have a volume control on the lead that connects to your chosen listening device, so there's no need to stretch to adjust the volume. The speakers are powered through the product you have connected them to.

- Stereo sound
- 1.7m lead

L399 Dual pillow speaker

Compatible with all our tinnitus relaxers except L266, L238 and L318

£15.00 not VAT exempt



Sound pillow

This popular product consists of a comfortable pillow incorporating two speakers that you can connect to a sound source such as an MP3 player or tinnitus relaxer. The relaxing sound can help to relieve the symptoms of tinnitus.

- Supplied with 180mm audio connection lead with 3.5mm jack plug
- Standard pillow size 660 x 510mm
- Should not be used by children under the age of four

L257 Stereo sound pillow

Compatible with L363 (page 99), L331 (page 98), and L330 (page 96).

£28.69 not VAT exempt



Water sounds

The relaxing sounds of Ocean, Streams and Waterfalls will help you drift off to sleep with thoughts of peaceful and tranquil locations.

T600 Water sounds CD
£12.52 not VAT exempt

Tinnitus CDs

We have designed this range of double CDs to mask the sounds of tinnitus and help you relax.

Money back guarantee is not applicable to any CDs (unless faulty)



Nature sounds

The natural, peaceful sounds of Mountain breezes, Woodland campfires and Chirping crickets will transport your mind to the calm of the great outdoors.

T601 Nature sounds CD
£12.52 not VAT exempt



Abstract sounds

A collection of specifically designed sounds such as Pulsing white noise, Pink noise and Cosmic echoes, to help you relax.

T602 Abstract sounds CD
£12.52 not VAT exempt



Everyday sounds

A selection of domestic ambient sounds like Purring cat, Whirring electric fan and Rustling paper will help make your tinnitus less noticeable.

T603 Everyday sounds CD
£12.52 not VAT exempt

Protecting your hearing

Want to protect you and your family's hearing? We have some brilliant products for you.

Children's ear defenders

These Action on Hearing Loss children's hearing protectors reduce harmful loud noises, without shutting out other ambient sounds. They are CE-approved and fit children up to the age of seven. They are fantastic for music festivals, motorsport events, firework nights and many more occasions.

Options available

H146 Ear defenders - lime green

£11.22 not VAT exempt

H147 Ear defenders - red

£11.22 not VAT exempt





PartyPlug® earplugs are perfect if you enjoy going to concerts and festivals. They are small, inconspicuous earplugs that have special acoustic filters to ensure that music and other ambient sounds such as speech remain clearly audible.

H129 PartyPlug (one pair)
£11.84 not VAT exempt



The **MusicSafe Pro** and **MusicSafe Classic** earplugs have been developed especially for listening to music. The ear tips are designed to adapt to the shape of your ear within just a few minutes, making them very comfortable, even for prolonged periods. The filters prevent exposure to excessive noise, while the music remains clear and you are still able to hear conversations and other ambient sounds.

H127 MusicSafe Pro (three pairs)
£23.99 not VAT exempt



In the **MusicSafe Pro** pack you get three different earplugs. The gold pair are for the loudest levels of music (clubs and live bands), followed by the silver and white versions. The **MusicSafe Classic** pack contains the gold and silver earplugs.

H128 MusicSafe Classic (two pairs)
£17.99 not VAT exempt



SwimSafe earplugs give ear protection for both adults and children while swimming. They are ideal for people with grommets in their eardrums or ear infections.

H102 SwimSafe (one pair)
£11.18 not VAT exempt

SleepSoft are earguards to wear while you sleep. They

can be effective at reducing disturbance from traffic noise, snoring, noisy neighbours and other ambient sounds.

H106 SleepSoft (one pair)
£11.18 not VAT exempt

FlyFit plugs can eliminate the discomfort caused by changes in air pressure during take-off and landing. They work by slowing

down the pressure changes within your ear. They are also ideal for use on train journeys.

H101 FlyFit (one pair)
£11.18 not VAT exempt

For hygiene reasons our 28-day money back guarantee is not applicable to ear plugs