



ReSound GN  
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## ReSound Relief™ app Reference Guide

## **If you suffer from tinnitus, you should know...**

There is no cure for tinnitus, but sound therapy (combined with a counseling program) has been known to help a lot of people manage their tinnitus and live a better life.

The ReSound Relief app uses a combination of sound therapy and relaxing exercises that aim to distract your brain from focusing on the tinnitus. Over time the brain learns to focus less on the tinnitus, and more on sounds that are important to you.

The app lets you manage your personal library of sound therapy files. It will also track your usage, so you can see which sounds work best for you, and audio exercises to help keep your mind occupied.

Use the app when your tinnitus feels overwhelming, or when you simply want to introduce background sounds to help distract you from your tinnitus.

Anyone with tinnitus can benefit from this app. Just download it and listen to it as you normally listen to music from your smart phone. If you wear ReSound wireless hearing aids, you can stream the sounds from the ReSound Relief app directly through them, and the sound you stream will be adjusted to compensate for your hearing loss.

## If you have an iPhone or other Apple device

### Step 1: Make sure your Apple device is compatible.

1. ReSound Relief supports all apple devices newer than iPhone 5. You can also download the app on some iPad or iPod touch devices.

### Step 2: Make sure your Apple device is updated to iOS 8 or later.

1. Check the iOS software on your Apple device to ensure the latest version is installed. Tap Settings > General > Software Update
2. If a software update is available, tap Install. (Note: You must be connected to Wi-Fi to update iOS)



### Step 3: Download the ReSound Relief app



1. On your apple device, tap the App Store icon. Select "iPhone only" setting. (Note: you will still be able to download to an iPad or iPod touch. This setting is only to make it easier to locate the ReSound Relief app.
2. Type "ReSound Relief" in the search field.
3. Once the Resound Relief app screen is displayed, tap "Free" (it will then change to "Install").
4. Tap "Install" to load the app on your device. (Note: although this is a free app, you will be prompted to sign into your iTunes account.)
5. Type your Apple ID and password to complete the download process.

If you have an Android device

**Step 1: Make sure your Android device is compatible.**

All Android devices running Android 4.4 or later are compatible.

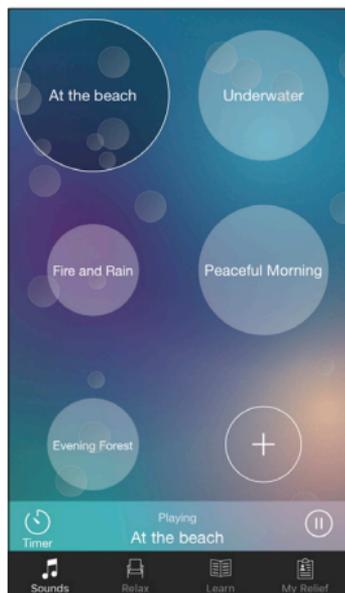


**Step 2: Download the ReSound Relief app**



1. Tap the Google Play icon on the screen of your Android device.
2. In the search field, type "ReSound Relief."
3. Once the ReSound Relief app screen is displayed, tap "Install."

## Main Menu



Set timer to stop playing at certain time.

Tap a large bubble to play/stop a soundscape. The size and placement of bubble depend on frequency of usage.

Edit or delete a soundscape by press and hold on it's bubble.



Tap on the + to create your own soundscape.

## SoundScapes



Edit name of soundscape.

Tap sound icon to add it to your soundscape. Tap it again to remove it.

Adjust the sound level of each added sound individually by dragging the icon up/down.

Layer up to five different sounds.

## Relax

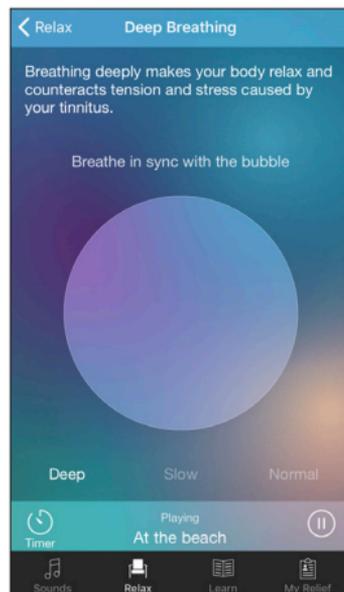


Explore different therapies to help you cope with your tinnitus.



Tap to play/pause sounds.

## Guided Meditation

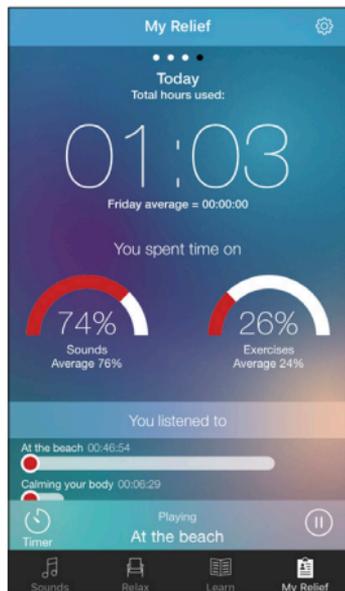


Learn to meditate and relax, shifting your focus away from tinnitus.

Follow the bubble with your breath to get assistance on how to breath deeply and calm your body.

Change the speed of the breathing to fit your needs.

## My Relief



Swipe to see time spent in app yesterday, last week and last month.

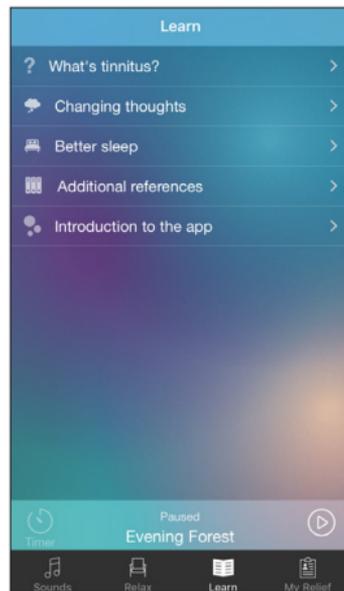


Information about how the app is being used.



Set sound balance left/right in the settings menu (top right corner)

## Learn



Learn basic information about tinnitus.

## Important information

The ReSound Relief app will not treat or cure your tinnitus and is not intended to take the place of informed professional tinnitus counseling and services.

This app is designed to be a complimentary tool that both a clinician and patient can use as part of a tinnitus management plan. It is not intended for use in audiological/ontological treatment of symptomatic tinnitus.

This app is intended to create distractions to your tinnitus, but is not intended to mask internal noises.

## Warning

To prevent possible hearing loss, do not listen at high volume levels for long periods.

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