

Made for  
iPod iPhone iPad

A photograph of a man and a woman embracing from behind, looking out at a sunset over a body of water. The man is wearing a plaid shirt. A series of vertical red bars of varying heights is overlaid at the bottom of the image, resembling a bar chart.

ReSound GN  
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## ReSound Relief™ app Reference Guide

GN Making Life Sound Better

[resound.com](https://resound.com)



## **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 it contains some secondary stimuli like colors 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 7.03 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 4.1 or later are compatible.

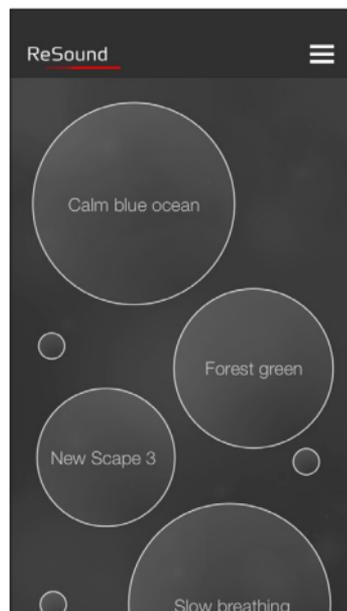


**Step 2: Download the ReSound Relief app**

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.”



## SoundScapes



### Main Menu

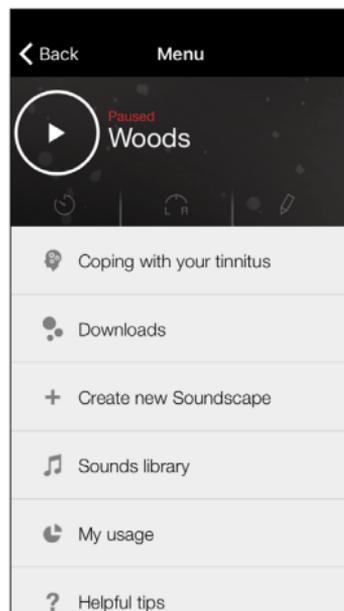
Tap a large bubble to play/pause sounds. The size and placement of bubble depend on frequency of usage



Tap a smaller bubble to pop it

Background color will change according to sound being played

## Main Menu



Tap to play/pause sounds



Edit sound scape

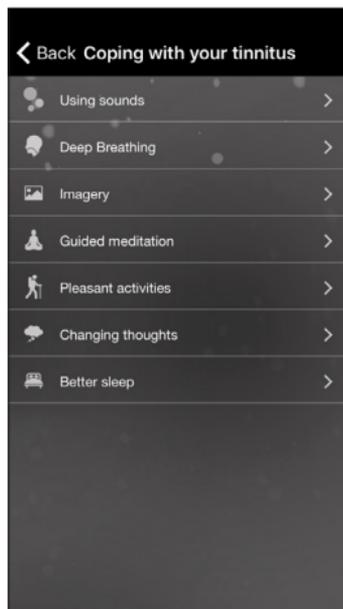


Set timer to stop playing at certain time



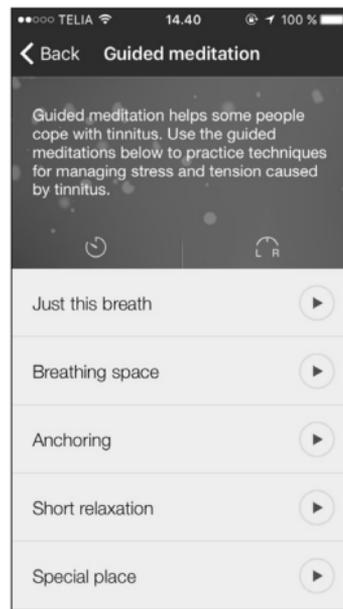
Set sound balance left/right

## Coping Skills



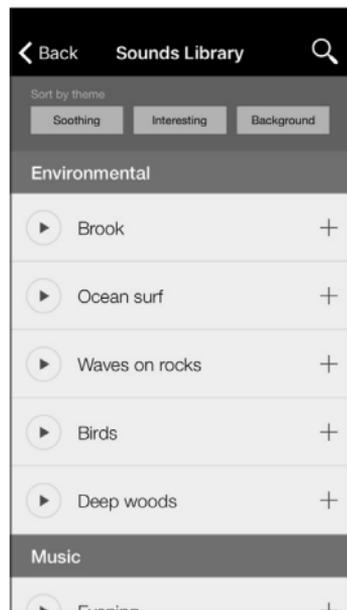
Explore different therapies to help you cope with your tinnitus

## Guided Meditation



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

## Sound library



Search sound library

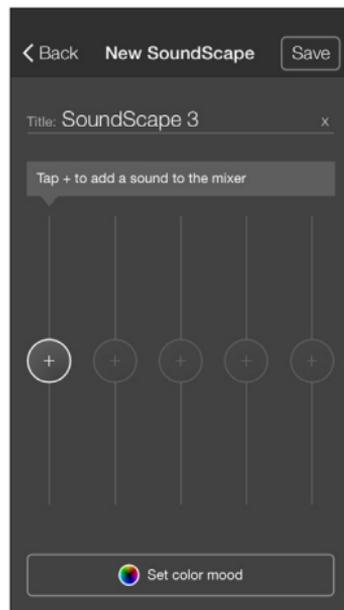


Play/pause



Tap to add to soundscape screen

## New SoundScapes



Edit name of soundscape



Tap button to add sound from sound library

Layer up to five different sounds



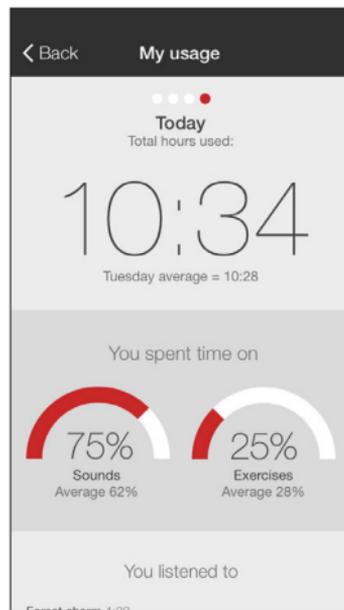
Access color settings

## Color mood



Move selector to desired color and the background color will adjust accordingly

## My usage



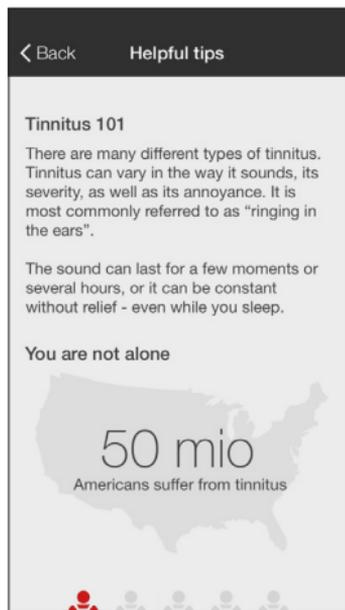
Swipe to see yesterday, last week and last month

Time spent in app



Information about how the app is being used

## Helpful tips



Helpful tips

### Tinnitus 101

There are many different types of tinnitus. Tinnitus can vary in the way it sounds, its severity, as well as its annoyance. It is most commonly referred to as "ringing in the ears".

The sound can last for a few moments or several hours, or it can be constant without relief - even while you sleep.

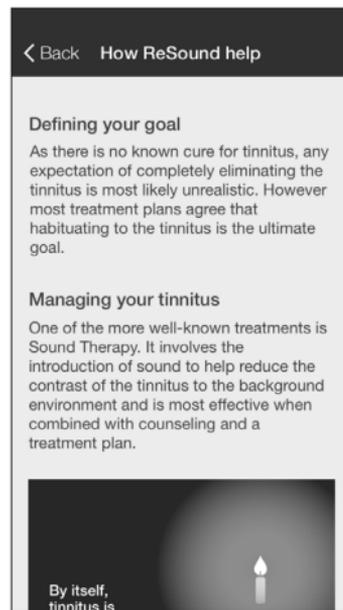
**You are not alone**

50 mio  
Americans suffer from tinnitus

5 icons representing people

Learn basic information about tinnitus

## Tinnitus Management



How ReSound help

### Defining your goal

As there is no known cure for tinnitus, any expectation of completely eliminating the tinnitus is most likely unrealistic. However most treatment plans agree that habituating to the tinnitus is the ultimate goal.

### Managing your tinnitus

One of the more well-known treatments is Sound Therapy. It involves the introduction of sound to help reduce the contrast of the tinnitus to the background environment and is most effective when combined with counseling and a treatment plan.

By itself, tinnitus is



Learn basic skills to manage your 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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