

uf 1 hour ago | parent | favorite | on: Bose Hearphones

I think there already is a kind of therapy. I read that they basically determine the exact frequency of your tinnitus. Then you give them music you like and they filter the frequency out. By listening to the altered music, the tinnitus is reduced. It seemed to work quiet well, but I forgot what the procedure is called.

I'm hearing a tinnitus for over 10 years now, so I know what it's like. :)



reply

joncp 1 hour ago [-]

> It seemed to work quiet well

That's the most perfect typo I've seen in a while.

[reply](#)

kensuke155 1 hour ago [-]

Whenever I need relief, I use this (or something like it) <http://www.szynalski.com/tone-generator/>

I found the frequency of my tinnitus (67hz) and changed the octave until I found the best result (268hz).

[reply](#)

cbr 1 hour ago [-]

That seems straightforward enough that you could try it on your own?

[reply](#)

auxym 1 hour ago [-]

I'm curious how you would go about determining the frequency of your tinnitus.

[reply](#)

lukeschlather 23 minutes ago [-]

As long as you have decent pitch, it shouldn't be too hard. Just listen to square waves at various frequencies until you narrow in on the frequency of your tinnitus.

When you play two square waves that are slightly off, you also hear a really obvious pulse that corresponds to how off they are (1 pulse per second means they're off by exactly 1 hz, and so on.) I don't know what the experience of tinnitus would be, but assuming you can hear the tinnitus and a square wave at a close pitch, it should be fairly easy to isolate the exact frequency with a binary search.

[reply](#)

uf 1 hour ago [-]

Yes, it does. But I had completely forgotten about it until now.

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