



# *Cleanhearing Tinnitus App*

## *Notched Music Therapy*

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## Introduction

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### Create your own tailored notched music with the Cleanhearing app.

Tailored notched music is designed to modulate the altered brain activity that causes tinnitus, to reduce tinnitus loudness. It works by removing the frequencies surrounding the frequency of your tinnitus. This 'notching' is shown to reduce the activity of neurons firing at that frequency.

Notched music therapy is an active area of research and several studies have shown notched music to be effective in reducing tinnitus loudness when used regularly over period of several months.

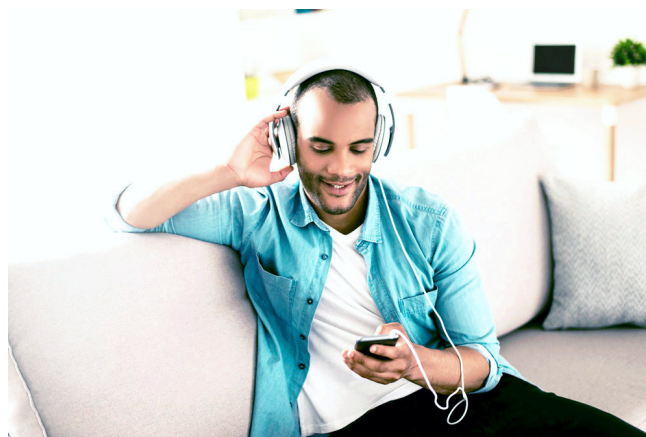


The app also provides masking files (white, blue, brain, pink, violet noise) and relaxing music files for your use.

### Who can use notched music?

Notched music is usually suitable if you have a pure-tone tinnitus and hearing loss of less than 60dB HL.

To confirm your suitability, you are advised to discuss your tinnitus condition with your doctor or audiologist before using the app.



## Guidelines for Use

1. If you have tinnitus symptoms, you should consult your doctor to establish the cause and get medical advice.
2. To listen to notched music, use good quality headphones that minimize external noise.
3. When listening to music through the app, ensure the volume is moderate and not too loud.
4. Regularly check your tinnitus frequency to ensure accuracy of the notched frequency.
5. For best results, notch harmonically rich music (meditation or spa-type music, without lyrics, strong beats or repetitive melodies).

## Equipment Needed

The Cleanhearing tinnitus app can be used as a standalone therapy, or to complement the electromagnetic stimulation delivered by Cleanhearing Sono medical device for tinnitus. (See more information at [www.cleanhearing.com](http://www.cleanhearing.com).)

The equipment and requirements for each option are shown below.

Standalone tinnitus app	App + Sono PEMF therapy
iOS or Android smartphone/tablet	
Cleanhearing app (App store/Google Play)	
Your downloaded music/MP3 files	
Music player (Min. iOS 12.0, Android 4.3)	
Headphones (Good sound quality, minimize external noise)	Sono medical device for tinnitus + Sono user manual (instructions)



# Notched Music

## Therapy Schedule

The recommended treatment schedule for notched music is one to two hours per day for at least two to three months.

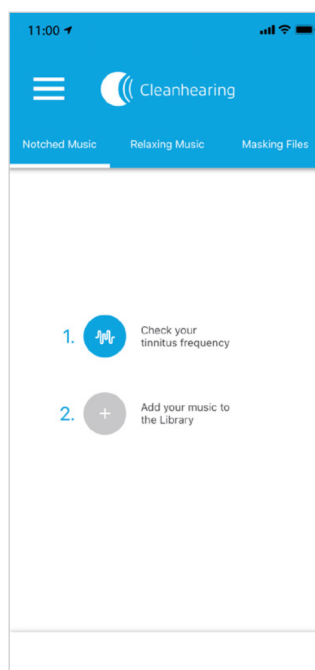
## Instructions

To use the notched music therapy, you will need to enter your tinnitus frequency and upload your music files to the app library according to the following instructions.

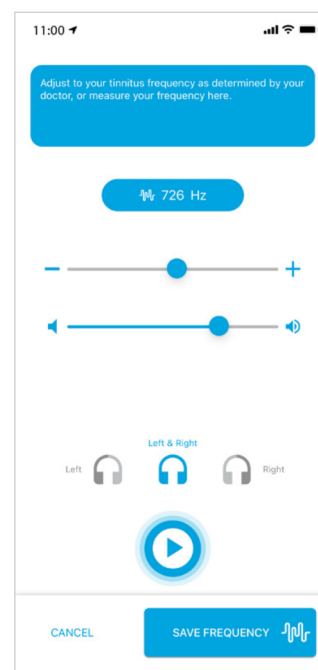
### Enter your Tinnitus Frequency

If you already know your tinnitus frequency, you can enter it into the app as measured by your doctor or audiologist. Alternatively, you can measure it yourself in the app according to steps 1-5 below.

1. Select 'Check your tinnitus frequency' from the opening screen (**Figure1**) or top left menu bar. You will move to the screen shown in **Figure 2**.
2. Select the headphone symbol that corresponds to where you hear your tinnitus tone (L, R, or both sides).
3. Press 'Play', and adjust the volume (second sliding bar) so you can hear the tone clearly.
4. Adjust the frequency (first sliding bar) until you reach the tinnitus frequency identified by your doctor, or assess it yourself during this process.



**Figure 1**



**Figure 2**

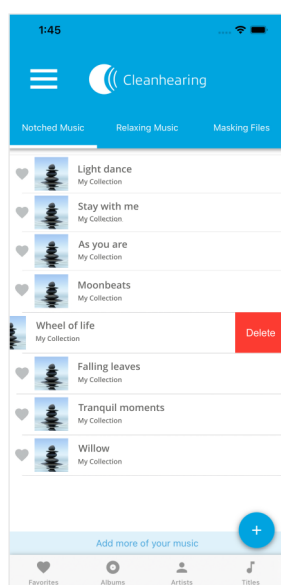
5. Press 'Play' to check that you have correctly identified your tinnitus frequency, and adjust accordingly. Then press 'SAVE FREQUENCY'. Your frequency will be saved, and you will return to the previous screen.

## Add tracks to the App Library

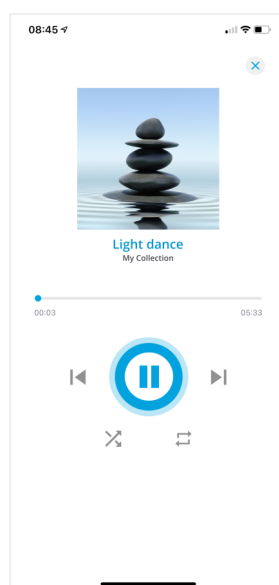
To add downloaded audio files\* to your notched music library do the following:

1. Select 'Add your music to the library' from the opening screen (**Figure 1**).
2. Select the track you want to upload by tapping on it. The track will be added to the app music library.
3. To add more tracks, press the blue + symbol at the bottom right of the notched music screen (**Figure 3**) to go to your smartphone/tablet music library and select your next track.

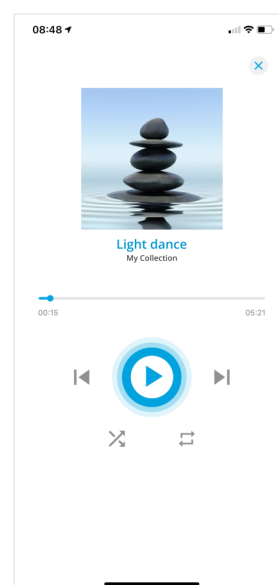
\* You will need to add your own downloaded music files. The app is not compatible with tracks downloaded from subscription-based streaming services.



**Figure 3**



**Figure 4**



**Figure 5**

## Delete Tracks from the App Library

To delete tracks from the notched music library, swipe left on the track you want to remove (**Figure 3**).

## Play Notched Music

The play function is similar to other music players.

1. Go to the notched music tab (**Figure 3**).
2. Select the track you want to listen to. The track will play automatically.
3. Adjust the volume using your smartphone/tablet volume control so it is pleasant and not too loud.
4. If you wish to pause the track, press 'Play/Pause' (**Figure 4**). Press 'Play/Pause' again to restart (**Figure 5**).

## Play Order

Below the 'Play/Pause' symbol are the blue 'Repeat' (straight arrows) and 'Shuffle' (crossed arrows) symbols. You can use these to determine the order your tracks will play in.

- Both GREY: All tracks are played in order only once.
- Repeat symbol BLUE: All tracks are played in order repeatedly.
- Shuffle symbol BLUE: All tracks are played in random order only once.
- Both BLUE: All tracks are played in random order repeatedly.

## Masking Files and Relaxing Music

The masking files of white/blue/brown/pink/violet noise and the relaxing music files are not notched, and are provided for your use and relaxation at times when your tinnitus noises are disturbing, for example at night or when trying to do desk work.

To listen to the files, go to the tab for Masking files or Relaxing music, and select the track you want.

For Relaxing music, you can also select the play order as described on Page 6. Masking files will only be played once.

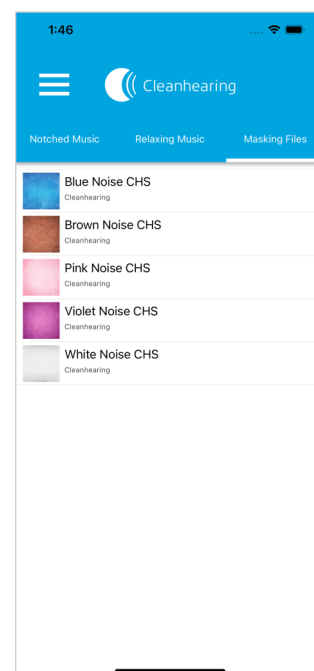


Figure 6

## Using the App with Cleanhearing Sono

To use the app alongside Cleanhearing Sono tinnitus therapy, please refer to the Bluetooth section of your Cleanhearing Sono medical device user instruction manual.

For information about Cleanhearing Sono medical device for tinnitus, visit [www.cleanhearing.com](http://www.cleanhearing.com).



## App Troubleshooting

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If the app freezes or there is other malfunction, please follow general guidelines for app troubleshooting:

1. Check your smartphone/tablet user instructions to ensure proper operation of your device.
2. Check for updates on your smartphone/tablet and ensure you have the latest software installed.
3. Force quit the app.
4. Restart your device, then open the app to see if it works as expected.
5. Delete and reinstall the app.
6. Ensure that you are accessing compatible downloaded music files. (Downloaded tracks from subscription-based streaming services are not compatible.)

If you have tried all of the above and the issue is not resolved, please contact Cleanhearing GmbH using the contact details below.

## Contact

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**Web:** [www.cleanhearing.com](http://www.cleanhearing.com)

## Copyright

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