

Turn down the
ringing and
reclaim peace



Tips for preventing tinnitus:



Wear earplugs if you are going to be exposed to loud sounds over 85 decibels (dB)



Take regular breaks away from loud noise to give your ears a rest



Don't stand near the speakers if you are listening to live music



Use noise-cancelling headphones, and keep the volume lower than 80 percent



Clean earplugs and hearing aids regularly to avoid infections, which can cause tinnitus.



Avoid sticking things in your ears, such as cotton buds. These can also cause infections, and tinnitus



Focus on reducing stress levels

Tinnitus is a medical condition that causes someone to hear sounds such as a whoosing, hissing, humming, chirping or whistling. Often referred to as 'ringing in the ears'. Around 14-20% of people in Australia are affected at some point in their lives¹. The condition can be caused by a variety of reasons, however the good news is, tinnitus is preventable and relief is available.

If you or a loved one are experiencing tinnitus, find relief today. Ask our experienced hearing care professionals about how we can help.