Developers have created multiple Apps to help with tinnitus (ringing in the ears). Here are a few examples:

The Whist App

Sensimetrics recently introduced a new app to provide relief from the sounds of tinnitus. The Whist app uses sound therapy to help the individual cope with the severity of the noises generated by tinnitus. Whist works by enabling the user to find and create sounds that match the pitch and loudness of the noises. Over time, the goal is to desensitize the individual to the annoyance of tinnitus.

The Whist app costs $1.99 and can be purchased through the App store by clicking here.

Phonak Tinnitus Balance App

The Tinnitus Balance App enables the user to select sounds from a mobile device's music library. It also contains a list of default sounds divided into three categories: *soothing, background, and interesting*. The user can rate how well each sound provides relief or distraction from the noises generated by tinnitus and share this information with the audiologist or treating physician. The App also contains a timer that can be used when the individual is about to fall asleep.

For more information on Phonak's Tinnitus Balance App, click here.

Tinnitus Measurer

This App was designed by Neonix to help people match the tonal frequency of their tinnitus. As long as the sound of the tinnitus is tonal in nature, Tinnitus Measurer can match the frequency level and help the individual aid the audiologist in creating a treatment protocol. This App is free of charge and can be found **here**.

Tinnitus Masker

Tinnitus Masker provides a variety of sounds to help the individual "mask" (drown out) the noises generated by tinnitus. Sounds include white noise, pink noise, crickets at night, waves on the beach, and more. It costs $5.99 and is located **here**.

Tinnitus Help

This App employs a unique strategy to change the perceived level of tinnitus by "mixing" the noises it generates with actual sounds of nature and music. With continued

use, the goal of this treatment approach is to gradually diminish the individual's awareness of the noises generated by their particular type of tinnitus. Tinnitus Help costs $15.99 and can be found **here**.

[Relax Melodies OP](#)

Relax Melodies OP features 102 different sounds ranging from white noise to nature sounds. It is often used to facilitate relaxation, meditation, and sleep. This app costs $2.99 and can be found [here](#).