

Mp3 Annie Mcgee - Sounds Familiar - Tinnitus Masking

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Recordings of everyday sounds, eg vaccuming, fan, driving etc. very familiar sounds to distract from the overpowering (and often overwhelming) sound of tinnitus, ringing in the ear(s). 12 MP3 Songs in this album (64:29) ! Related styles: NEW AGE: Healing, NEW AGE: Self-Help People who are interested in Insomnia should consider this download. Details: These recordings are made to help those who suffer from the invasive noise of tinnitus. They are recordings of everyday sounds, very familiar sounds to distract from the overpowering (and often overwhelming) sound of tinnitus, ringing in the ear(s). Many household and natural sounds have many frequencies in one sound - for example, a fan running or the sound of someone using a vacuum cleaner. If you listen to it, there are many different tones in the overall sound of the fan vacuum engine. This is why it makes a good tinnitus masking sound, or, white noise sound. There is also a reassurance in listening to the sound of everyday household sounds, such as the hum in the laundry room, or the sound of someone vacuuming, or traveling on a bus or car etc. These recordings are made to take your mind off your tinnitus, and have natural and familiar sounds going on in the background, leaving you to carry on as normal. Tinnitus is often worse at quiet times, such as in bed at night. This is because there is less background noise to mask or distract the tinnitus. It may also be more noticeable when you are tired, this is where these recordings are particularly useful in helping to focus on something other than your tinnitus. Having some white noise in the background will help most tinnitus sufferers relax. It is not always feasible to have a fan running in your bedroom but it is useful to have these recorded tinnitus masking sounds that you enjoy in a CD format or in a digital format such as MP3 so you can listen to it using an mp3 player. Annie McGee is also a musician and plays keyboards, piano, flute and guitar. She has also worked as a nursery teacher for many years and has recently begun to experience the unpleasant side effects of tinnitus, as a result, has compiled this CD of natural sounds of rainfall, wind and the sound of the ocean waves which mask the tinnitus.

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