

Hyperacusis Activities Treatment

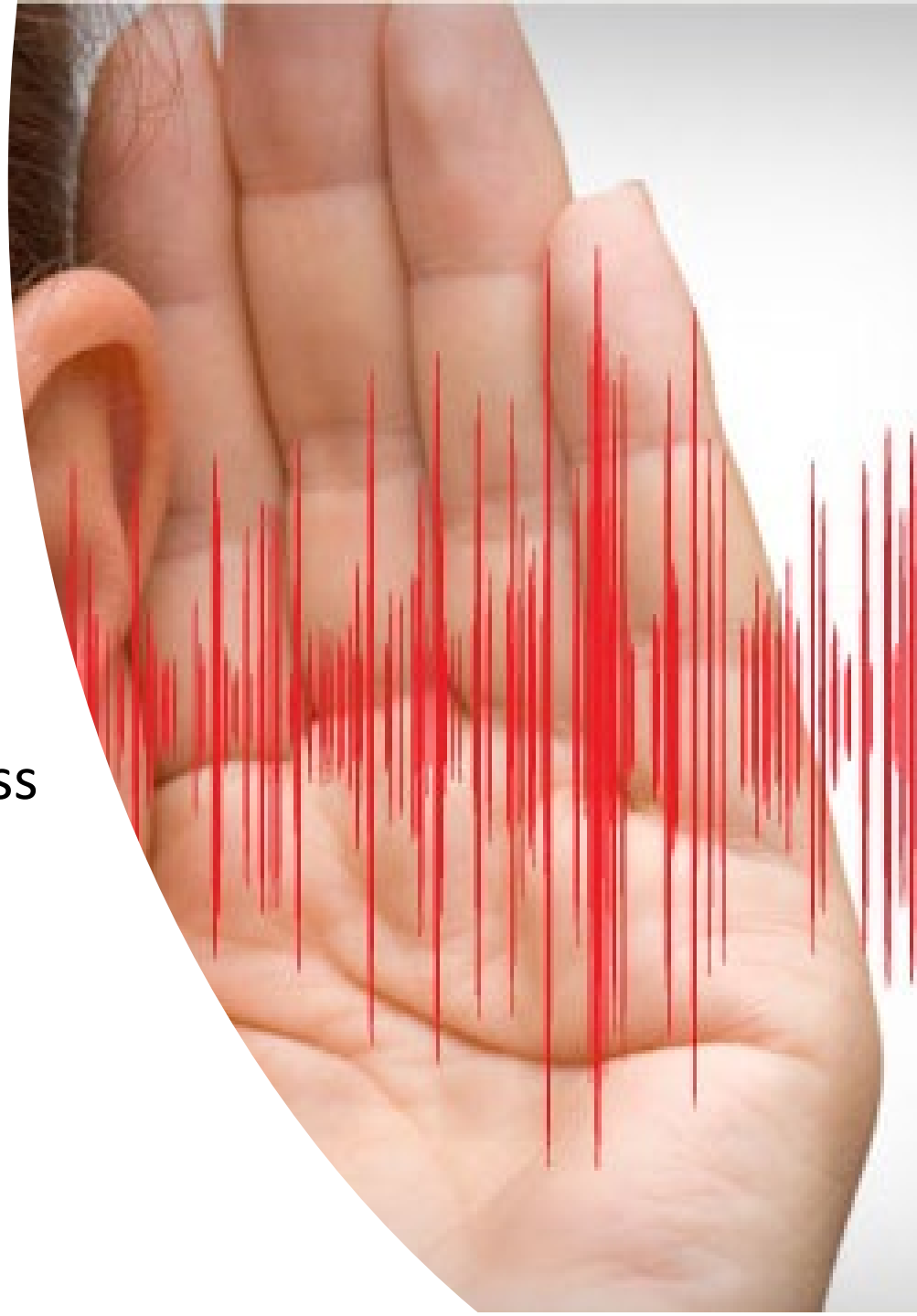
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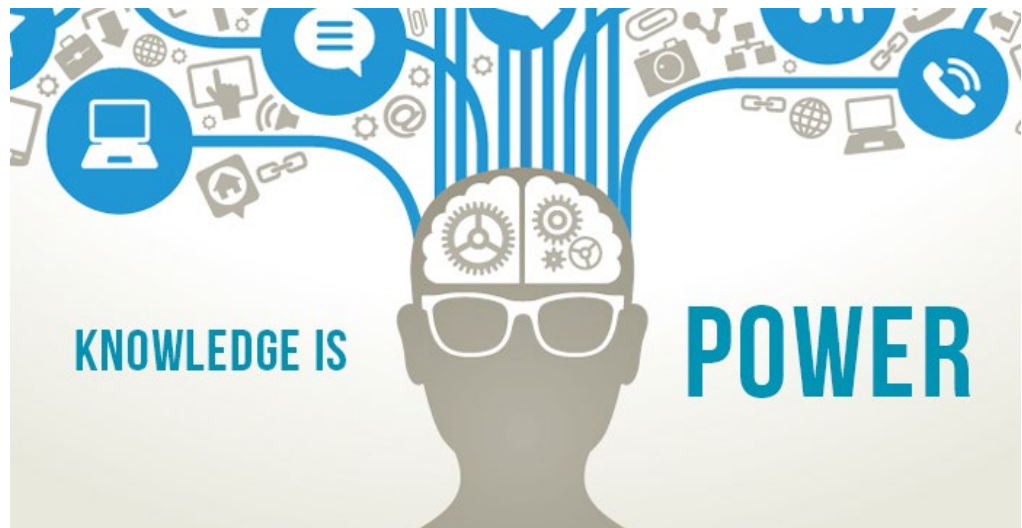
Overview

- Introductions
- Discuss experiences with hyperacusis
- Explain hearing, hearing loss and hyperacusis
- Review treatments for hyperacusis



Education

- Knowledge is the first step to successful management of your hyperacusis
 - How does hyperacusis affect you and in what environments it is most problematic?
 - What strategies are effective for managing your hyperacusis?
- Be confident in communicating your needs to others



What is hyperacusis?



- Reactions to moderately-loud sounds are too loud, annoying, fearful, and/or painful
 - Four types
- Affects 6-17% of general population
- Other terms that are used:
 - Misophonia
 - Select Sound Sensitivity

Types of hyperacusis

Loudness hyperacusis

Annoyance hyperacusis

Fear hyperacusis

Pain hyperacusis

Understanding your hyperacusis

- What is your hyperacusis experience?
- How long have you had hyperacusis?
- Does hyperacusis affect one or both ears?



Your reactions to sounds

- Are there any sounds that are too loud?
- Are there any sounds that are annoying?
- Are there any sounds that cause fear?
- Are there any sounds that create pain?



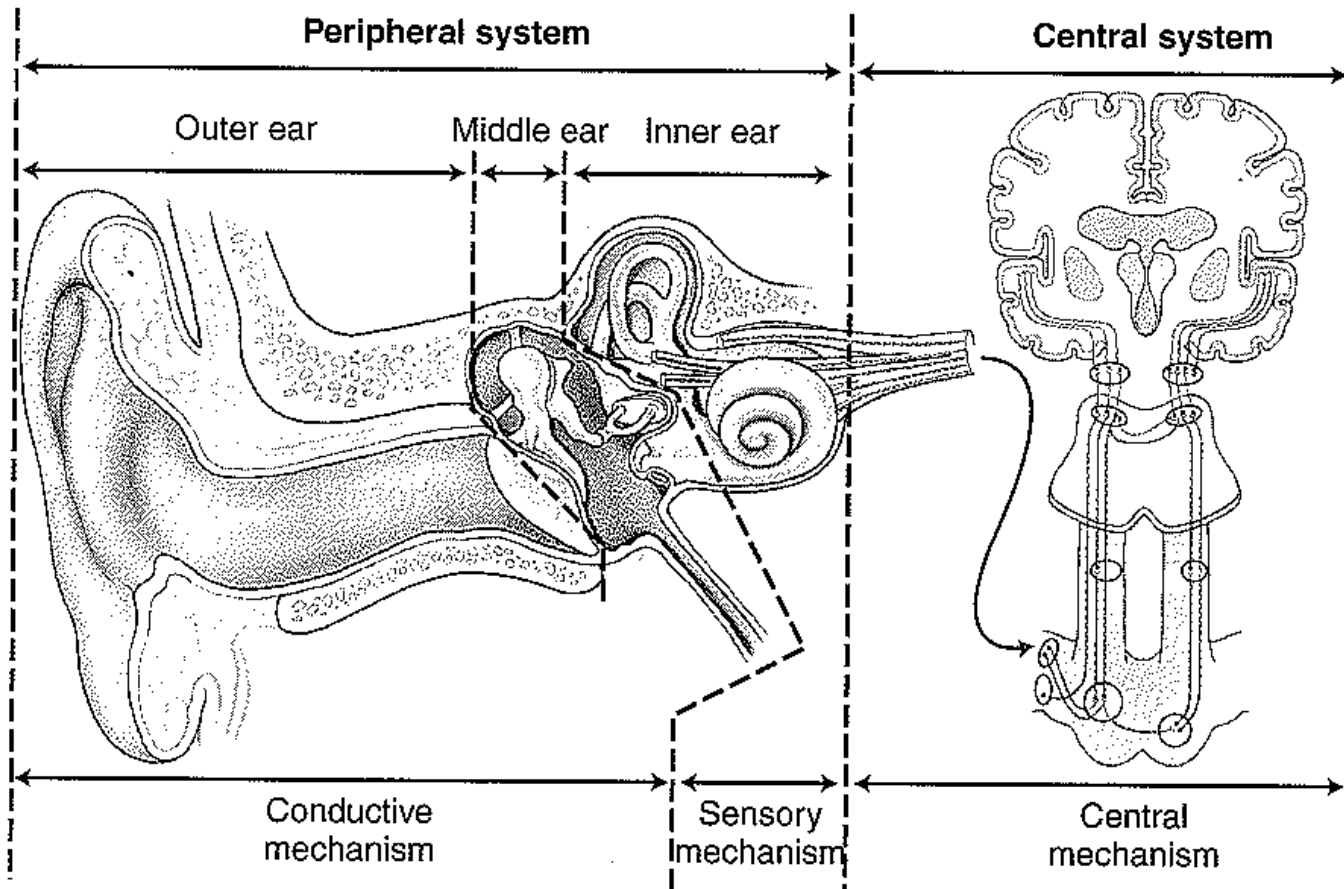
Your daily experience with hyperacusis

- Are there times during the day when you are particularly bothered?
- Are there times during the day when you are not bothered?
- How long do the episodes typically last after the triggering event?

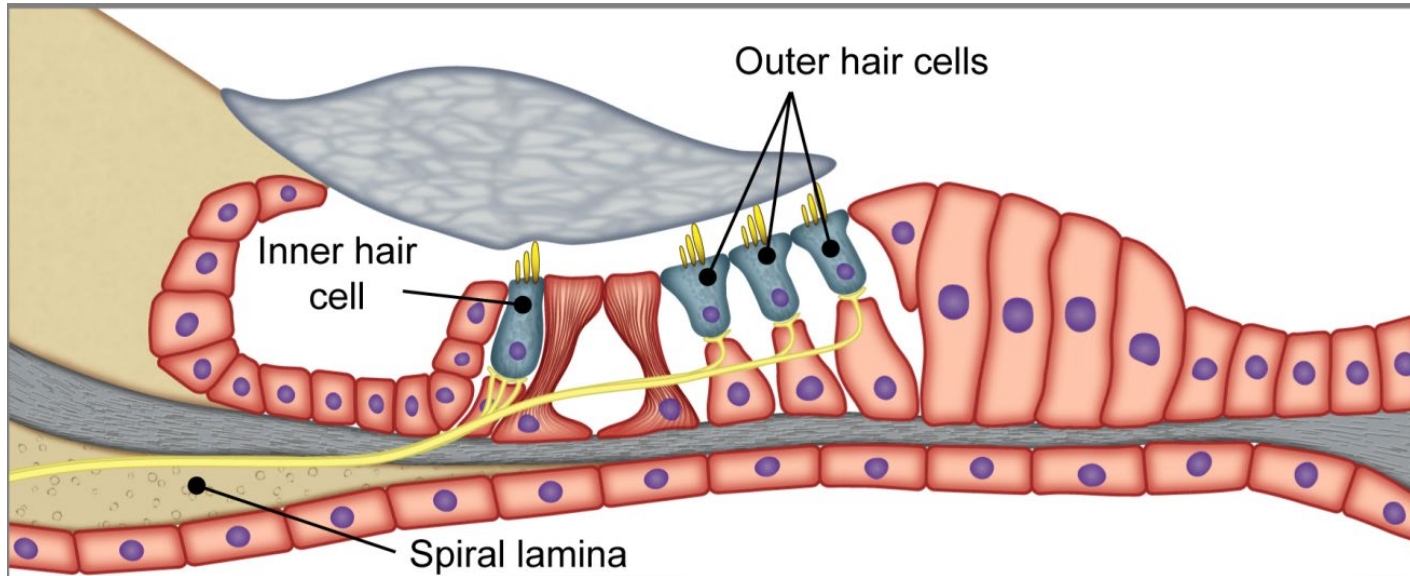


How do we hear?

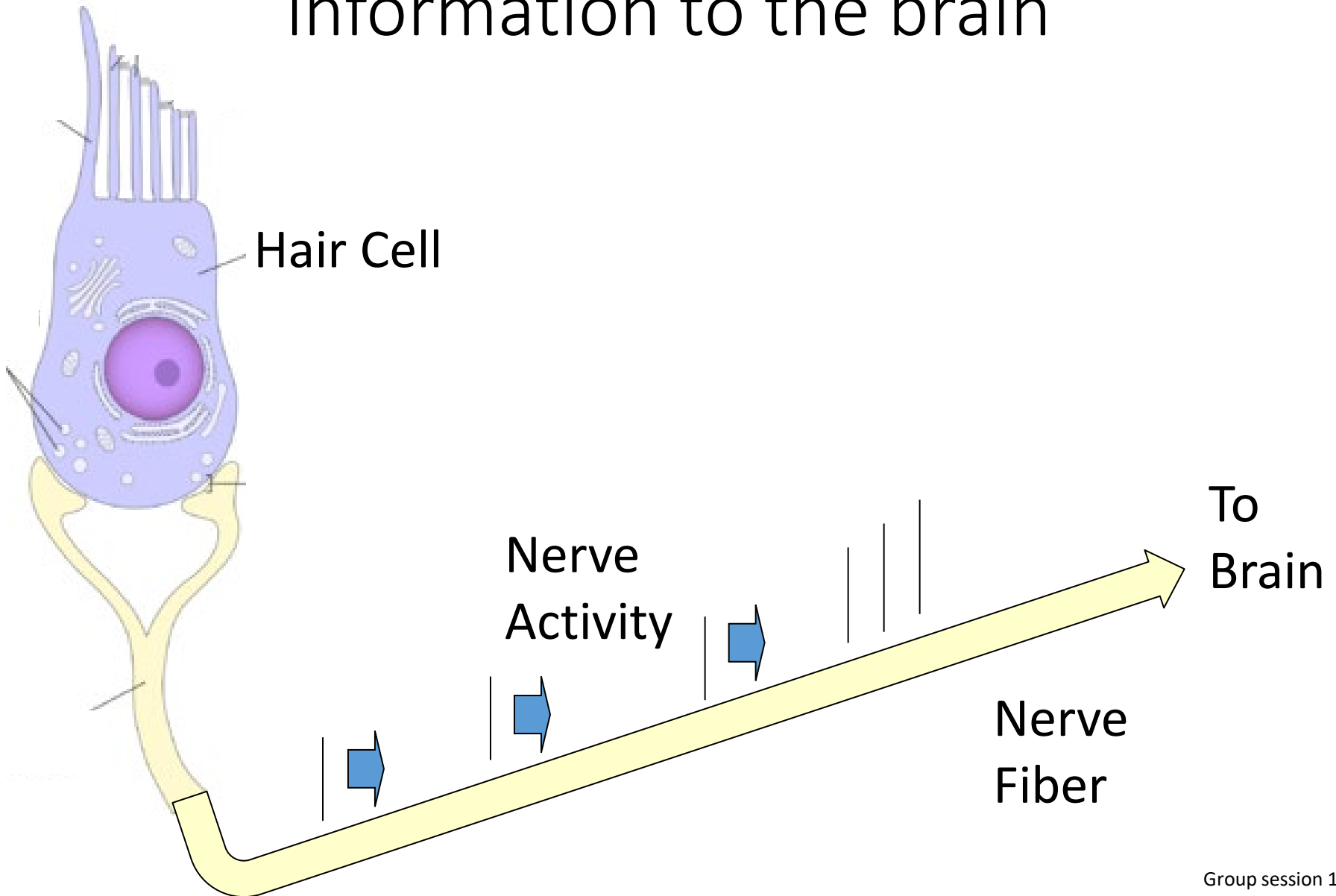
- The Human Auditory System:



Hair cells in cochlea

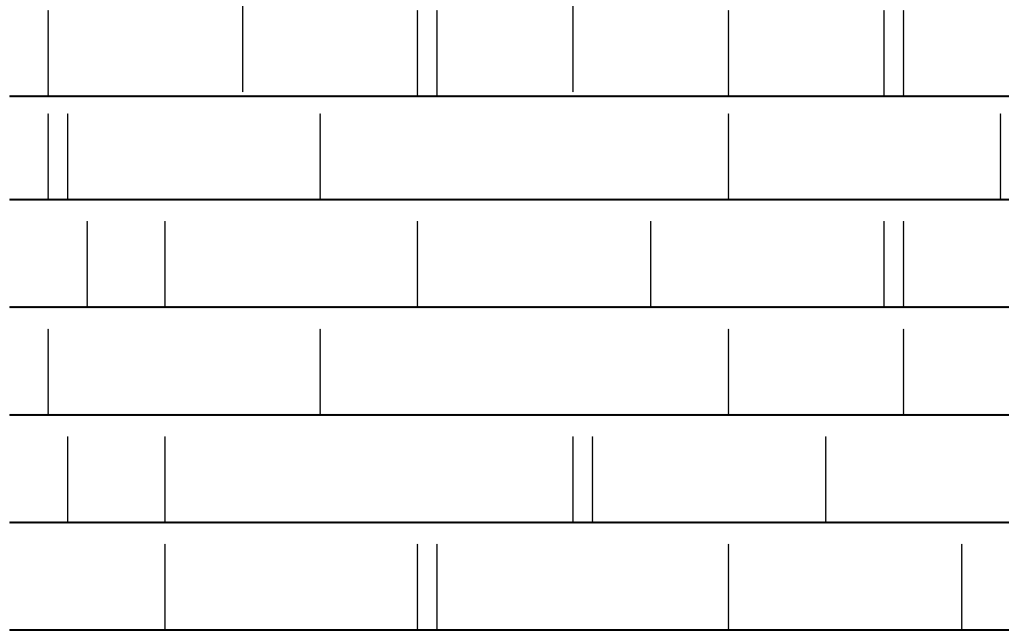


The Auditory Nerve carries information to the brain



Spontaneous Activity on Hearing Nerves

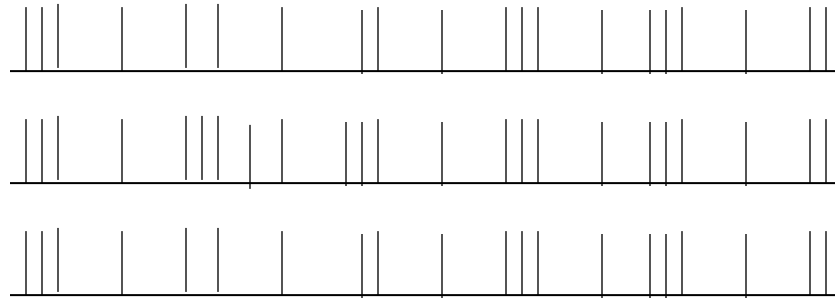
No Sound
(Quiet)



Hear
Silence

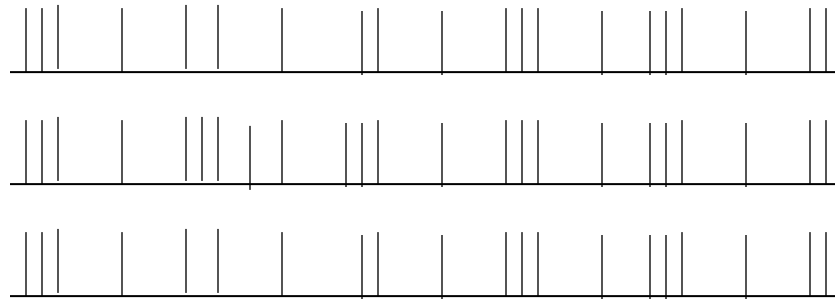
Hyperacusis Nerve Activity

Soft sound



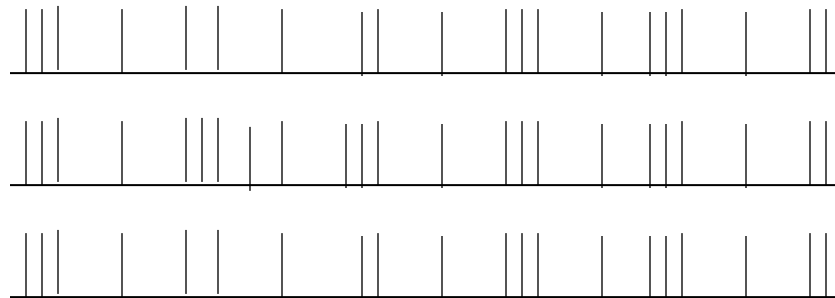
High levels of activity

Moderately loud



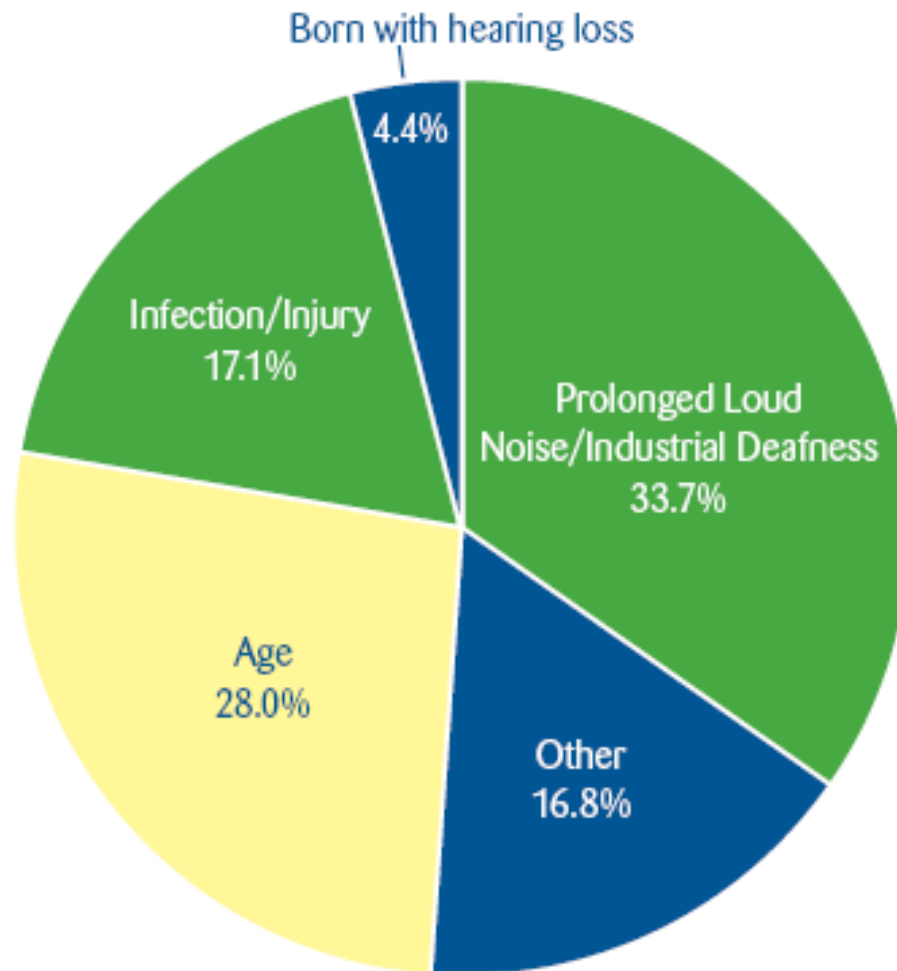
High levels of activity

Loud sound



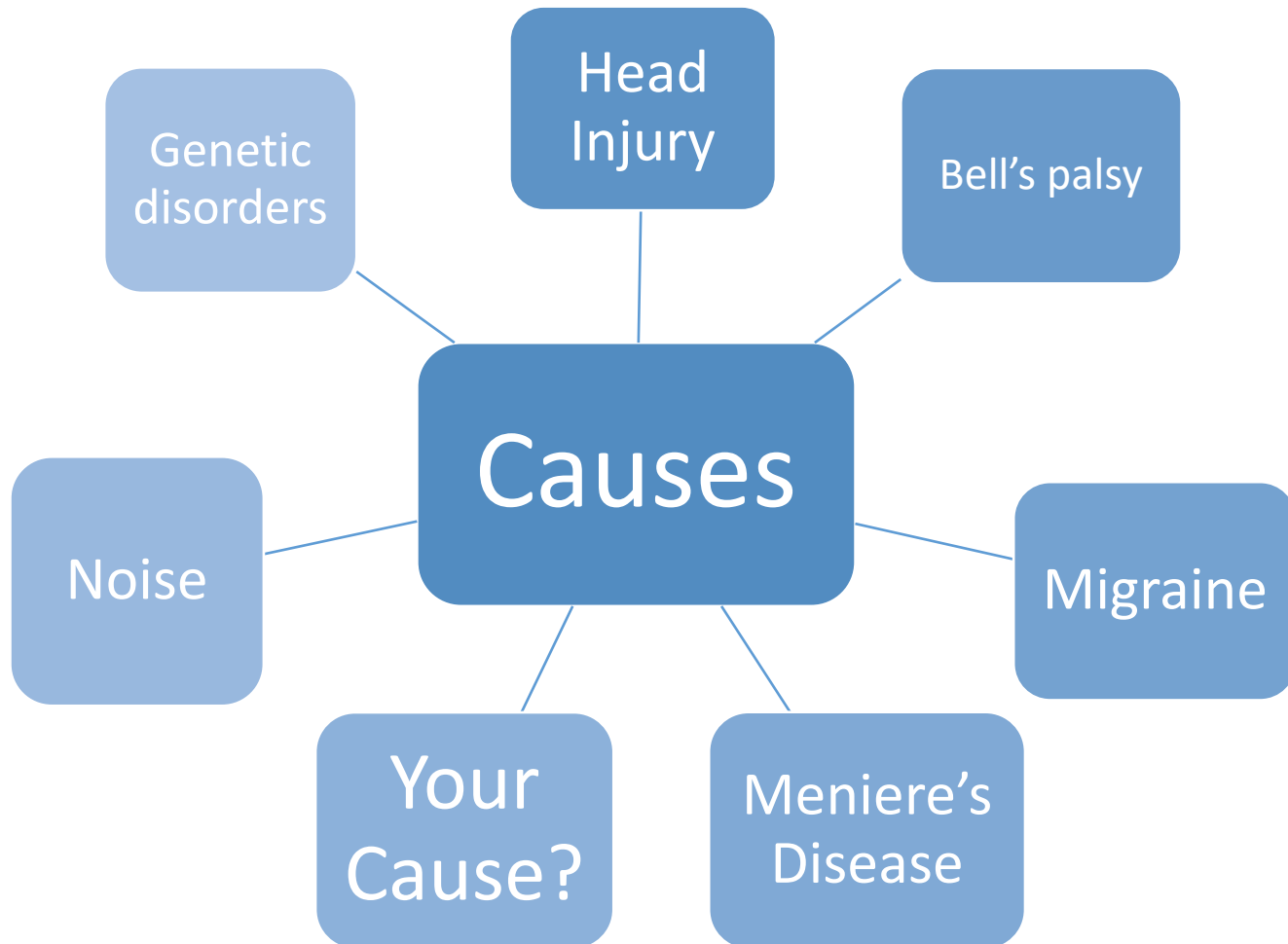
High levels of activity

Causes of hearing loss



Source: League for Hard of Hearing

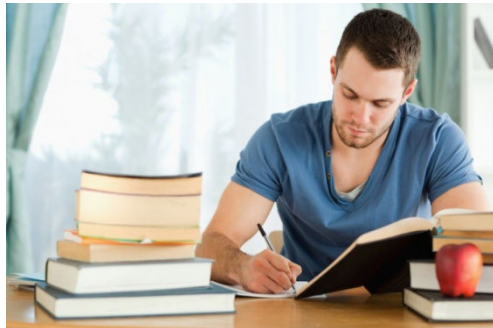
There are many different causes of hyperacusis



Reactions to hyperacusis

(Tyler et al., 2014)

- Emotional well-being
- Hearing and communication
- Sleep
- Concentration



Options to treat hyperacusis

- Counseling (Hyperacusis Activities Treatment)
- Ear plugs
- Sound therapy
- Relaxation exercises
- Medications

Hearing protection

- Ear plugs reduce noise exposure
 - Wear in noisy environments
- Using ear plugs every day causes communication difficulties
- Ear plugs allow you to stay active, not be reclusive





Sound Therapy

- Can be helpful for loudness and annoyance hyperacusis
- Options include non-wearable and ear-level sound generators
- Will take time for results



Sound Therapy Options

- Non-wearable sound generators
 - Sound Pillow
 - Sound Generators
 - Smartphone Apps
 - CDs, radio, etc
- Wearable, ear-level sound generators



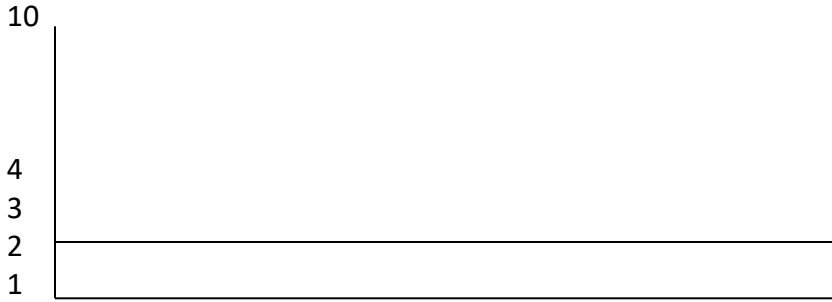
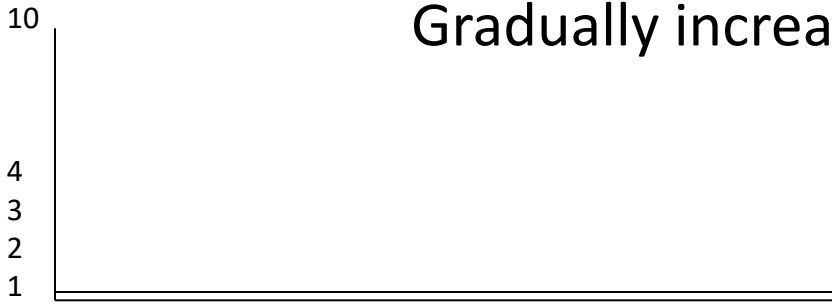
Gradually increase sound exposure

1. Start with a very low level

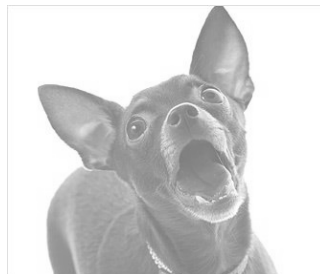
2. Increase noise gradually

3. Increase noise gradually

4. Increase noise gradually

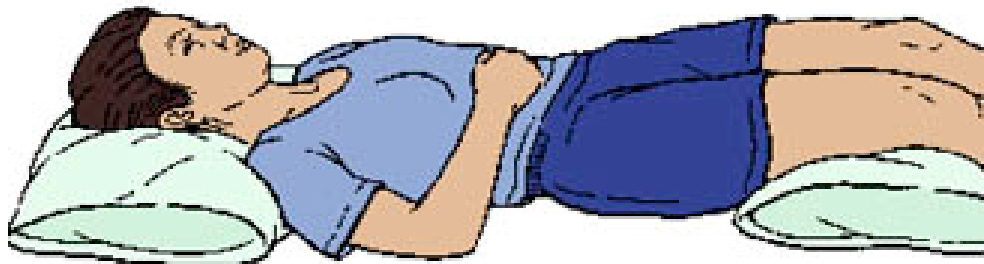


Background sound partially masks a barking dog



Progressive Muscle Relaxation

- Learn to systematically tense and relax groups of muscles
- With practice, you will recognize a tensed muscle vs. a relaxed muscle
- This skill allows you to produce physical muscular relaxation at the first signs of tension





Progressive Muscle Relaxation

Completed in two steps:

1. Deliberately apply tension to certain muscle groups
2. Stop the tension and focus on how the muscles feel as they relax

Progressive Muscle Relaxation- Practice Exercise



1. Start with your arms
2. Make a fist and tense your arms for 15 seconds
3. Release the tension
4. Breathe deeply and pay attention to the sensation of your arms relaxing

Practice Exercise--continued

5. Continue tensing and relaxing the following muscle groups:
 - Face
 - Shoulders
 - Stomach
 - Legs and feet
6. When finished, release any remaining tension in your body

Deep breathing exercises

- Sit or lie flat in a comfortable position
- Put one hand on your belly just below your ribs and the other hand on your chest
- Take a **deep** breath in through your nose, and let your belly push your hand out
- **Breathe** out through pursed lips as if you were whistling
- Repeat 3 to 10 times



Visual Imagery

- Similar to daydreaming
- Attention is focused on some type of sensory experience
 - Creating novel mental images
 - Recalling past places and events





Visual Imagery - Practice Exercise

1. Close your eyes
2. Think of a relaxing scene (the beach)
3. Try to imagine the scene as clearly as you can
4. The smell of the water, warm sand on feet, sound of ocean
5. Allow yourself to relax as you imagine the location in your mind

Medications

- Currently no drug or surgery can reliably eliminate the source of hyperacusis
- There are effective drugs for:
 - Sleep, anxiety, and depression





Questions?