**Tinnitus and Sound Therapy**

[UPBEAT MUSIC]

In sound therapy, we're simply introducing different sounds to help the tinnitus blend into the background. And a good example of this is a candle in a dark room. You'll notice as the light starts to dim, your attention goes to the brightness of the flame.

In this example, the flame represents the tinnitus, and it burns very brightly against a dark contrast. But if we slowly bring the lights back on, you'll notice the flame starts to blend into the background.

The lights represent the sound therapy. And that's what we do with sound therapy is we want to introduce new sounds to help the tinnitus blend into the background so it becomes less noticeable for many people.

[UPBEAT MUSIC]