



All-Day Clear Getting used to your hearing aids

Note: This guide supports both All-Day Clear and All-Day Clear Slim hearing aids.

Wearing your All-Day Clear hearing aids will re-introduce you to some sounds you haven't heard in a while. It's interesting how your brain processes new sound stimuli – things might sound a little different or louder. It is important to give yourself some time to get used to the full range of sounds you'll be hearing and to enjoy the full benefits of All-Day Clear.

Here's some insight on why you might be experiencing some sounds differently and a few tips to support you in adjusting to your All-Day Clear hearing aids.



All-Day Clear

Getting used to your All-Day Clear hearing aids
Here's a few Q&As on some sounds you may be experiencing

Why am I hearing my voice, breathing, chewing and at times, my footsteps differently now?

Yes, experiencing these sounds again must seem a little weird, but don't worry, your hearing aids are working fine.

If your voice sounds different and you are hearing yourself chew, you may be experiencing the 'occlusion effect'. This occurs when the vibration of sound that's being created when you talk and chew on food can't escape through your ear canals because it is being blocked. When this sound is trapped inside your ear canals it may sound hollow, or sound like you are talking into a barrel or in a tunnel. It's the same as when your ears are blocked with earphones, earplugs or even your hands, you can often hear your voice echo, or it just sounds different. This is called the 'occlusion effect'. And it might not only be your voice or chewing – sometimes breathing or even hearing your footsteps may sound different or louder.

The trick is for you to 'open' your ear canals a bit to let those sounds sneak out. Here's some tips to help 'open' your ears:

- Try changing eartip sizes to see if you can get a better fit.
- Make sure the ear canal is not sealed too tightly by your eartips.
- Loosening up the fit of the eartip by pulling it out - ever so slightly (while keeping a secure fit).

My hearing aids sometimes have a whistling sound, why is that and what can I do?

Whistling, which is called 'feedback' can occur while putting your hearing aids in your ears or something could be too close to your ear.

First of all, it does not mean there is anything wrong with the hearing aids. Feedback is like a sound you might hear if you go to a wedding reception or a school assembly, when someone puts the microphone close to the speaker. With your hearing aids, amplified sound can leak/sneak out of the ear canal a bit and then enter the microphones again, which causes a feedback situation.

This sound may occur when you place something near your hearing aids (like a hand, hat or phone) which will act as a reflective surface and bounce the sound that snuck out back into the microphones.

If this is the case, here's some tips:

- Move the object away from ear and avoid cupping your hand over your ear when possible.
- Try to seal your eartip better in your ear or try changing eartip sizes to see if you can get a better fit.

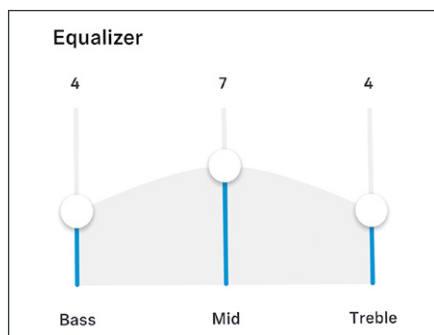


? Why do sounds like clocks, papers rustling and the refrigerator seem so loud now?

It is interesting how the brain processes sound. Normally, you suppress unimportant auditory stimuli, such as the rustling of paper, the tapping of keyboards, or hum of the refrigerator. However, if you have not heard these sounds in a while, the brain forgets how to handle them. The sound-processing centers in the brain therefore need to learn not only that everything sounds different with a hearing aid, they also need to filter out certain sounds again. This can take a little time, so stick with the hearing aids and give your brain some time to learn and adjust to these 'new' sounds.

Although, if you would like to tone these sounds down a bit, your app has a very cool control - an 'Equalizer' which will let you adjust the bass, mid or treble pitch sounds. Think of it like an equalizer on a stereo.

If you use the volume control – you will affect all the sounds/pitches you hear. The equalizer enables to adjust particular pitches. Here's a few tips:



- **Bass (low pitch):** The bass is something to reduce if you would like to make things sound less hollow or loud, even after loosening the fit of your eartips. It is on the left side of the control.

- **Middle (mid pitch):** The mid will help increase the loudness of peoples' voices without making them as hollow or tinny.
- **Treble (high pitch):** You can turn the treble down a bit if you think things sound too tinny while you are getting used to your hearing aids, although, remember to turn the treble back up later as these pitches provide the clarity of speech. And if sounds have too much bass, you can also turn the treble up. The treble is on the right side of the control.

And, just a reminder - it's best to wear your All-Day Clear regularly to help your brain get used to all sounds again, and to restore its ability to filter or handle them.

? Sometimes I can hear a 'humming' sound in the background – what is that?

All-Day Clear hearing aids process sound digitally but there is a possibility you may hear a detectable sound if you have good hearing in the low-pitches and if you are in an especially quiet environment.

Here's a couple of options to adjust:

- Try different sized eartips so you are not totally blocking your ears and some sound can sneak out.
- Use the 'Equalizer' in your app you can also reduce and control the overall loudness (or just the low-frequency sounds). See the tips on how to use the equalizer control in the previous question.