



How to train your hearing

Beginning something new is never easy. During the adjustment period, the multitude of new sounds you experience can be tiring. Take your time to get used to your hearing aid. Your positive attitude and determination to hear and understand better are crucial for your success. Easy hearing step by step Don't take your hearing aid to a concert right away. Be patient – your hearing needs to gain necessary experience first, especially in difficult hearing situations. Practice every day You will feel it: Every day you will enjoy life more. In the beginning, wear your hearing aid for only a few hours per day. Increase the duration of your practice time gradually every day. Please familiarize yourself with the exercises listed here and always practice them in the correct order.

Exercise 1: Listen

On the first day, start by reading something aloud to yourself. Your own voice may sound strange at first. This impression will go away after a short time. Listen to the sounds of your steps and your breath. Deliberately make soft noises, such as rustling paper, flipping a light switch, jingling your keys, etc. Write down all sounds you can hear in the house. Describe these sounds with adjectives (e.g. clear, dark, clinking, ...) and judge them (pleasant, strange, funny, familiar, ...).

Exercise 2: Follow a conversation

You should practice this exercise on the next day – and only if you were satisfied with the first exercise. Otherwise you should repeat exercise 1.

Call the speaking clock. If you were able to understand it well, make a brief phone call to an acquaintance. Next, have a conversation with a friend or relative in calm, quiet surroundings. Do not talk too long, take your time and pace yourself. Finally, watch a television show or listen to a radio programme in quiet surroundings.

Exercise 3: Learn to tolerate loud noises

Please note that this exercise is recommended only after you have completed the first two successfully. Don't take on too much at first. Repeat the first two exercises until you feel confident and secure.

Have a conversation in a loud environment. You can turn on the television in the background or go to a moderately busy street café. The first rule for such a difficult hearing situation is: Be patient! Your success will come, it may take a few days or maybe it will take a few weeks. Just keep practicing.

Have you mastered this exercise as well? Increase the challenge and have a conversation with several partners in a loud environment.

Exercise 4: Learn how to focus your hearing

Now you are able to hear better with your hearing aid and can communicate well in many difficult situations. The next step is to remain a focussed and alert listener. Because in loud hearing situations, even people without hearing loss need to make an effort in order to hear what they need to hear and ignore the rest.

Practice focusing on sounds you want to hear and ignore unwanted or disruptive noises. Try to identify unfamiliar sounds in a loud environment and make a conscious effort to ignore unimportant noises. Soon you will be able to focus your attention from one sound to another.