

Apps for Tinnitus Management

	App	Description	Cost
Sound Generators	 White Noise	Selection of environmental sounds including nature, white noise, fan noise, and rain	Free and paid versions available
	 Sleepmaker Rain	21 tracks featuring 3 different forces of rainfall. Storms, Nature, and Waves also available through individual apps <i>(additional apps only on iPhone)</i>	Free; paid versions available with additional features
	 ReSound Relief	Selection of environmental sounds- can edit and create custom sound scapes; tinnitus management strategies	Free
	 Ambient Mixer	Selection of environmental sounds; with paid app, can create and save custom sound samples	Free; paid version available with additional features
Mindfulness/Meditation	 Calm- Meditate, Sleep, Relax	Guided meditation, breath exercises, and a small selection of environmental sounds	Free; paid version available with additional features
	 Mindfulness	Guided meditations	Free; paid version available with additional features
Entertainment	 Pandora Radio	Create music “stations” of different genres/ artists. Enter preferences and Pandora will play music it thinks you will enjoy	Free; paid membership available providing ad-free listening and additional features
	 Spotify	Music and podcasts; choose artists/albums you want to listen to or pick playlists based on artist/genre	Free; paid membership available providing ad-free listening and additional features
	 YouTube	Videos; sounds; music; mindfulness exercises	Free
	 Stitcher- Radio on Demand	Podcasts (download or stream)	Free
	 Audio Books from Audible	Audio books	Free app; in-app purchase of books