

Should I wear Ear Plugs with Hyperacusis?

Due to the sometimes painful nature of hyperacusis people's first instinct is to wear ear plugs to protect themselves from the loud noise. However, by wearing protection such as ear plugs, you can actually make your symptoms worse.

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Hyperacusis





What is Hyperacusis?

Hyperacusis is a hypersensitivity to sounds. For a person with hyperacusis everyday sounds such as conversations, or a dishwasher running can be overwhelming to the point of pain. People with hyperacusis have normal hearing. Hyperacusis can be in one or both ears.

CAUSES

Most cases of hyperacusis cannot be attributed to an underlying medical disorder. However, there are certain conditions that are associated with hyperacusis. These are:

- *Tinnitus*
- *Bell's Palsy*
- *Meniere's Disease*
- *Lyme Disease*
- *Post Traumatic Stress Disorder*
- *Depression*
- *Migraines*
- *Autism*
- *Head Injury*

TREATMENT

Treatment for hyperacusis involves sound therapy. With this therapy patients start listening to white noise at a low volume for a set time each day. Over time the noise level increases until the patient can tolerate everyday noises.