

# 1. Quick Guide

## Tinearity G1



# 2. Treatment

Follow your audiologist or clinicians treatment plan for your particular tinnitus.

## Sound Therapy/Habituation

For habituation, adjust the white noise below your mixing point, i.e., where the white noise blends with your tinnitus sound. The white noise should then be below your irritation threshold. Please follow the treatment plan your audiologist has prescribed.

## Masking

For masking, adjust the the white noise to the agreed setting with your audiologist. Ideally, this is above the point when the white noise blends (mixing point) with your tinnitus sound.

\*If at any point your tinnitus gets worse stop your treatment immediately and consult your audiologist.

# 3. Device overview



1. USB-cable 2. Sound Generators  
3. Charger 4. Adapters

# 4. Switching ON/OFF and Volume control

1. A short press will turn your sound generator on, and a longer 5 second press will turn your sound generator off.



2. & 3. The volume is adjusted with a plus button ("+") and with a minus button ("-")

## 5. Charging

Your sound generator shall be re-charged after each use:

- Place your sound generator(s) with the front side (indicated with the Duearity symbol) facing the inductive charger, see figure below.
- The blinking green light indicates that the device is charging.
- Let the sound generator(s) charge until the indicator(s) stops blinking. A complete charge cycle is approximately 6 hours



## 6. Applying the Adapter

Locate the area for the application of the adapter behind the ear. Make sure that the area is free from hair and dry.



Hold the adapter in the wings, do not touch the tape.



Remove the protective film from the tape, attach the adapter to the skin on the mastoid bone and press gently over the adapter for 20 seconds.

## 7. Connecting the Sound Generator

To safely and comfortably connect the sound generator to the adapter, tilt it slightly and carefully push it onto the adapter until it clicks into place.



Note, the sound generator can be turned on and the sound can be adjusted while holding it in your hand or after attaching the sound generator to the adapter behind the ear

## 8. Disconnecting the Sound Generator



Remove the Sound Generator by holding the sound generator and firmly pressing the wing handle furthest away from the ear on the adapter. The sound generator will now disconnect

## 9. Changing the adapter

Remove the adapter by slowly peeling it off from the skin. The adapter shall be removed after each use. It is for single-use only.

## 10. Basic care of the Tinearity G1 system

### Storage

Store your Tinearity G1 device in room temperature protected from dust, dirt and sunlight when you do not use the device. Before each use, follow these cleaning instructions.

### Cleaning

- Separate your sound generator from the adapter.
  - Secure that your sound generator is turned off.
  - Remove the USB cable from the charger
- Clean your sound generator and charger on the outside with soft detergent wipes, as minimum every 7 days.