



8 SIMPLE WAYS TO HEAR BETTER IN BACKGROUND NOISE

Smart strategies. Better sound. Brighter conversations.



Getting a hearing-impaired person's attention first makes communication clearer and easier!

HOW TO GET ATTENTION:



Say their name



Tap gently on shoulder or arm



Wave in their vision



Face them directly in good light

1 CHOOSE THE BEST SEAT



- Sit with your back to a wall to block noise behind you.
- Face the speaker so you can see their face.
- Stay closer to the person speaking.



AVOID: Middle of room where multiple sounds around your head can overwhelm your brain.

2 PICK THE RIGHT ROOM



- Choose quieter rooms with lower ceilings and soft furniture.
- Carpets, curtains and wall décor help reduce echo.



AVOID: Open kitchens, hard tile floors, large glass windows and loud speakers.

3 FACE THE SPEAKER & STAY ENGAGED



- Look at the speaker's face for visual cues.
- Keep your head up and face them directly.
- Don't turn your head or look down.



AVOID: Turning your head or looking down. It makes speech harder to hear and understand.

4 USE YOUR HEARING AID FEATURES



Directional Mics: Focus on sounds in front of you.



Noise Reduction: Use noise filter in noisy places.



Programs: Switch to your "Restaurant" or "Party" setting.



AVOID: Leaving features off when you're in noisy environments.

5 CHOOSE THE RIGHT HEARING AID STYLE

RIC (Receiver-in-Canal)



- ✓ Larger, dual microphones
- ✓ Better at focusing on speech
- ✓ Advanced digital noise reduction

CIC (Completely-in-Canal)



- ✗ Smaller microphones
- ✗ Less ability to focus on speech
- ✗ More affected by background noise

CHOOSE RIC OVER CIC for better performance in noise.

6 AVOID COMMON NOISE PROBLEMS



Loud Music



Crowded Places



Fans & Air Conditioning



Clanging Dishes



Try to move away from noisy sources or ask to lower the volume.

7 USE A SOUND BAR FOR TV



- Makes the speech signal come directly to you.
- Easier to hear without turning the volume up loud.



AVOID: TVs where the speakers are behind the TV. You lose critical speech understanding.

8 TRY A REMOTE MICROPHONE



- Clip a remote mic on your conversation partner.
- Their voice streams right into your hearing aids.
- Great for restaurants, meetings and family events.



Absolute Hearing Solutions

Struggling to understand speech in noisy places?

Contact the hearing experts at Absolute Hearing Solutions for personalized hearing care and real solutions that help you hear better.



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BONUS TIP

Take short breaks in quiet areas if you feel tired. Listening in noise uses more brain power!

