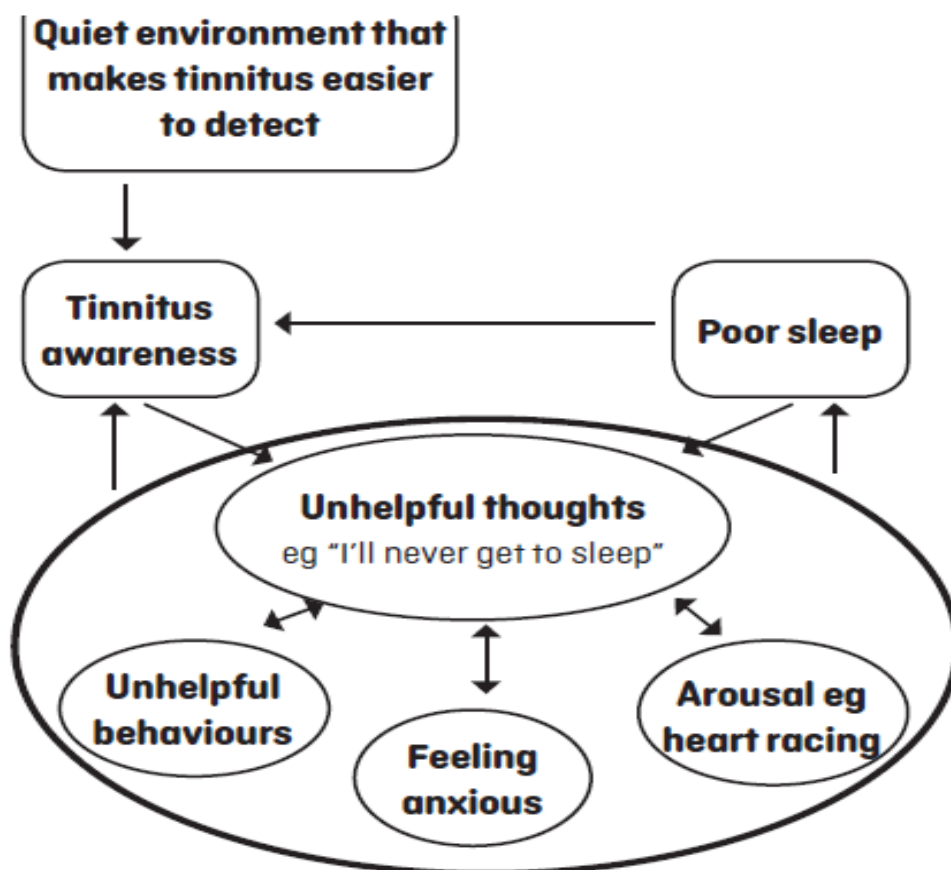


## Negative emotional cycle relating to tinnitus and sleep



**Diagram: the vicious cycle of insomnia and the role of tinnitus**

This negative cycle can relate to hearing in difficult background noise, to trying to listen above the level of the tinnitus, to also dealing with sensitivity to noise.

The trigger sets off a response which activates a physical, emotional and psychological response and these responses then enhance and elevate the amount of difficulty the person experiences.

- Create an environment that feels safe and friendly, using background noise that isn't focusing our attention
- Enhance sleep as much as possible – regular bedtimes, routine, writing down feelings
- When unhelpful thoughts occur (around 2 am often), write them down and get them out of the system
- Try to relax and go through a visual, or focused relaxation technique, or try meditation or mindfulness

Try not to practice unhelpful behaviour, such as avoiding noise we don't like, drinking or eating too much before bed, being in very loud background noise, or using stimulants such as coffee, or fast action computer games just before bed

**If we break the negative cycle we can soon start to work on managing our issues, creating a positive loop instead.**