

whist

Help

Whist was designed to help you find the sounds that work best to mask or suppress your tinnitus.

Use the controls to create the sound that you desire. Many people find that creating a sound that matches their tinnitus can cause them to experience residual inhibition, or temporary relief from their tinnitus.

Note: Please set the system volume on your device to 100% to ensure that the sound is at a consistent level during each use.

Play/Stop

play

Turn sound on or off.

Tone/Noise

tone noise

Select either Tone or Noise. A tone is a steady pure sound, like a whistle. Noise has a fluctuating noisy quality.

Pitch

pitch 4509 Hz

A horizontal slider with a white circle in the middle, positioned at approximately 75% of the total length.

Move the slider along the line to adjust the pitch of the tone or noise.

Noisiness

noisiness 299 Hz

A horizontal slider with a white circle in the middle, positioned at approximately 25% of the total length.

Move the slider along the line to adjust the noisy quality of a noise. If Tone is selected as the Sound Type, then this control does not apply.

Balance

balance 0%

A horizontal slider with a white circle in the middle, positioned at approximately 50% of the total length.

Moving the slider shifts the sound left or right.

Volume

Adjust the slider to control the volume.

Timer

Displays how long the sound has been playing or how long until it stops/starts.

Play mode

steady pulsed timed

If steady is selected, the sound will play continuously. If pulsed is selected, the sound will be pulsed on and off cyclically. If timed is selected, the sound will play for the specified period of time, then stop.

On Time

on time 5 sec

A horizontal slider with a white circular knob positioned at approximately 25% of the track length.

If Pulsed or Timed are selected, use this slider to set the length of time that the sound will be on.

Off Time

off time 5 sec

A horizontal slider with a white circular knob positioned at approximately 25% of the track length.

If Pulsed is selected, use this slider to set the length of silence between sound presentations.

Load Setting



Load previously saved settings.

Add Setting



Save the current settings.

For more information about Whist, please visit:

www.sens.com/whist