

# Time, Practice and Experience

Ways to improve your  
hearing skills.



# Smart steps

## for first-time wearers

It takes practice — and patience — to get used to hearing with hearing aids. These quick tips should help speed up the process:

- ✚ Do online hearing skills training exercises (*your hearing professional can provide fun interactive games*)
- ✚ Wear them at home in a quiet environment for the first few days
- ✚ Practice having a conversation with your spouse or a loved one
- ✚ Read out loud for 10-15 minutes a day
- ✚ Wear them for only a few hours each day for the first two weeks
- ✚ Take breaks when you feel tired
- ✚ Set realistic expectations. Hearing aids won't restore your hearing to normal — but they will make listening easier and much more enjoyable again



# Slow & steady wins the race

---

Unlike eyeglasses, which give you immediate, positive results, hearing aids typically require a short transition period. How they sound, how they feel, even getting in the routine of wearing them every day takes practice. With time and patience, you'll come to understand all the benefits these powerful "mini computers" can have on your life. You'll find useful tips and tools in this brochure to help you achieve better hearing.

### ***Success begins with a positive attitude***

Abraham Lincoln once said, “Most folks are about as happy as they make up their minds to be.” He probably wasn’t talking about people with hearing aids — but it still holds true.

Effort and a positive attitude are critical to improved hearing. Much of your success with your hearing aids will depend on your desire to learn and a determination to increase your ability to hear. To achieve better hearing, you must work at it daily. The ability to hear again has to be relearned —not just purchased.

### ***Hearing and understanding involve more than just your ears***

Because you haven’t heard normal sounds and noises for a while the sounds amplified by your hearing aids may be tinny, metallic, artificial and unnatural. This is because you are hearing the high-frequency speech sounds like /s/, /f/ and /t/ that you have been missing, or have heard differently for years. Your brain will need to become reacquainted with these high-frequency sounds. It may take four to six weeks to adjust to the new sounds you’re hearing.



## ***Hear better faster***

One discipline common to almost everyone who successfully made the transition to hearing aids is practice. Just as personal training for our bodies encompasses more than simple strength training, keeping our hearing fit involves more than just our ears.

By putting effort into personal hearing training, you can improve auditory memory, attention and recognition of speech in noise.

Talk to your hearing professional about activities and exercises specifically geared to help with personal hearing training. They can provide fun, interactive online games that are clinically designed to speed up the acclimation process and enhance your experience wearing your new hearing aids.

---

***For practice tips and tools, talk to your hearing healthcare professional.***





Starkey Hearing Technologies  
6700 Washington Avenue South  
Eden Prairie, MN 55344