FITTING GUIDE

ZEN2GO FITTING GUIDE

ZEN2GO is a 'ready-to-go' device. This means that ZEN2GO is ready to be worn by the user immediately. It is pre-configured with amplification that corresponds to a flat 10 dB hearing loss, suitable for most tinnitus sufferers.

There are three slots with different settings designed to meet the needs of most tinnitus sufferers:

• Zen aqua – for all day sound stimulation

• Zen aqua + Noise – for all day sound stimulation in periods where tinnitus is more bothersome

• Zen noise – for reducing tinnitus awareness early in therapy.

While ZEN2GO is ready to be worn out of the box, adjustments can easily be made via Compass if users prefer – for example, if they have a preference for a different tempo or pitch.

HOW TO CHANGE ZEN STYLES:

1. Use the Zen styles library, select a style and press play. The user can listen to five different default Zen styles for approximately 30 seconds each.
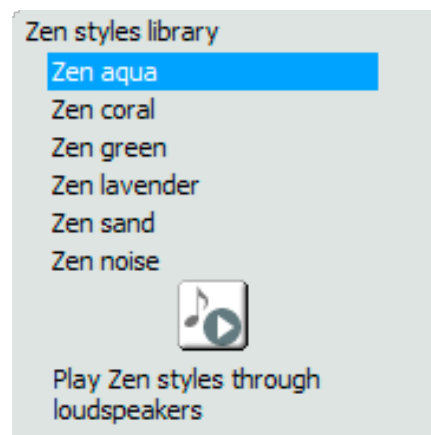
2. Ask the user to choose the style they find most relaxing and which makes them least aware of their tinnitus. To help them, provide a dual 6-point scale (below), with 6 representing 'least awareness' of tinnitus and 'most relaxing'.

Zen Style	Tinnitus Awareness Score (6 = least awareness of tinnitus, 1 = most awareness of tinnitus)	Relaxation Score (6 = most relaxing, 1 = least relaxing)
Aqua		
Coral		
Lavender		
Green		
Sand		
Noise		

3. Select the style which is most relaxing and produces the least tinnitus awareness and add at slot A and slot B + Noise.

4. If preferred, the Zen styles can be further individualized by adjusting the tempo, pitch and volume. To do this, go to Settings and adjust the tempo and pitch until you match the user's preferences. Press play and let them listen to the adjusted Zen style for at least 10 seconds.

5. Press play in slots A, B and C to verify that:

  • the Zen tones are audible, but relatively soft

  • the Zen tones do not interfere with conversational speech

  • the volume of the Zen tones is set so that their tinnitus begins to feel less annoying

6. If it is not, go to Settings and adjust the tone and noise volume levels.

DESIGNING A RELAXATION PROGRAM

1. Go to slot C and select the user's Zen preference

2. Press play in slot C to verify that:

  • the Zen tones are audible, but relatively soft

  • the Zen tones do not interfere with conversational speech

  • the volume of the Zen tones is set so that their tinnitus begins to feel less annoying

3. If it is not, go to Settings and adjust the tone and noise volume levels.

DESIGNING A SLEEP PROGRAM

1. Go to slot C and select the user's Zen preference

2. Click on "Limited play time" and use the drop-down list to select the play time duration, according to the person's needs.

3. Press play in slot C to verify that:

  • the Zen tones are audible, but relatively soft

  • the Zen tones do not interfere with conversational speech

  • the volume of the Zen tones is set so that their tinnitus begins to feel less annoying

4. If it is not, go to Settings and adjust the tone and noise volume levels.

PROVIDING MORE AMPLIFICATION

To provide the user with more amplification, use Compass to measure their Sensogram and perform a feedback test to ensure that the Zen tones are filtered in accordance with the hearing loss.

If the devices are re-fitted, they will no longer be covered by the ZEN2GO user instructions. In such cases the CLEAR220 PA user instructions are supplied.

USING THE SOUND DIARY LOGGING FEATURE:

To use the ZEN2GO Sound Diary logging feature, you must restart it in the 'Close' window in Compass.