



SoundBright

Hearing Aid Guide

Your first month of enjoying
clearer, brighter sound



The road to better hearing starts now.

Congratulations! You've taken the first step toward better hearing and it's a big one. As exciting as it is to receive your new hearing aids, it's important to be aware that getting used to your devices takes time and may often feel overwhelming—especially during the first month. The good news is that this is perfectly normal, expected, and (best of all) temporary.

At SoundBright, we understand just how precious the gift of hearing well is, and want to help support you along your journey. Because we know it can take at least 2-4 weeks for your brain and body to adjust to your hearing aids, we've gathered our top hearing aid tips and tricks—based on the latest hearing aid research, scientific insights, and customer feedback—and compiled them into this easy-to-follow 30-day guide so that you can reach your hearing goals as quickly and smoothly as possible.



Week 1

Get to know your hearing aids with the slow and steady approach

The first week of wearing hearing aids is nothing short of incredible. You'll be rediscovering sounds that you may not have heard in years. While it's normal to want to dive right in, the key to adjusting to your new devices is to take it easy. Your brain and body both need to adapt to a range of new and complex sounds, so you don't want to overwhelm yourself by doing too much too soon.

Recommendations:

- [Get to know your new hearing aids.](#) This is the time to learn as much as you can about your devices, including how they work and how to properly care for them.
- Wear your devices 2-4 hours the first few days then slowly increase wear time to 6-8 hours.
- Try one or two new activities this week to get used to the sounds around you, such as speaking with a loved one, watching tv, or reading out loud.

Wear your devices
2-8 hours



Week 2

Expand your hearing horizons

Now that you've had some time to get used to your hearing aids and some of the day-to-day sounds around you, it's time to up the ante.

Introduce more complex sounds and engage in activities that are out of your comfort zone.



Recommendations:

Increase your hearing aid wear time to 8-10 hours per day, but listen to your body's cues. If you feel exhaustion, fatigue, or any type of sensory overload take your hearing aids off and give your brain and body some time to rest before putting them in again.



Rediscover sounds you love by visiting your favorite restaurant, going to church, talking on the phone, or walking down a busy street.



Work with your loved ones so you can figure out the best way to communicate with each other to ensure the hearing aid adjustment process is as smooth as possible.

Increase wear time to 8-10 hours



Increase wear time to 10-12 hours

Week 3

Continue to challenge yourself

Keep up the good work! You've come a long way since you first tried on your new hearing aids, and there's even more excitement in store for you.

This is the week where you can really start to challenge yourself. Introduce multiple sounds and activities in unison so your brain adjust to pitch and sound variances.



Recommendations:

Increase your hearing aid wear time to 10-12 hours, but remember that it's ok to go at your own pace.



Continue experimenting with different complex and challenging sounds, such as multi-person conversations and louder environments.



Take care of your new hearing aids so they stay in good shape by cleaning them regularly.

Week 4

Relax and enjoy a world of clearer, brighter sound

Congratulations! You've had your hearing aids for a month and have been able to adjust to your new devices—not to mention a new life of hearing well. It's been an exciting journey so far, but remember, there's always more to discover.

Recommendations:



Now that you've had a month to adjust to your devices, you can wear them all day, every day if you're comfortable.



Continue exploring new activities and sounds. Don't be afraid to try something new!



Be proud of yourself for the work you've accomplished and enjoy a brand new life of clearer, brighter sound.



Suggested wearing schedule

Keep track of your progress

*Please note that this is a suggested schedule. Everyone's journey toward better hearing is unique. Wear time should reflect what your brain and body are comfortable with.

1	2	3	4	5	6	7
2-4 hours			4-6 hours		6-8 hours	
14	13	12	11	10	9	8
8-10 hours						
15	16	17	18	19	20	21
10-12 hours						
28	27	26	25	24	23	22
All day						
	30					

Visit the [SoundBright blog](#) and our [YouTube channel](#) to learn more about our products and hearing aids in general.