

Dana Day's Suggested Sound and Sleep Apps and Machines to Mask Tinnitus



White Noise Ambience Lite



ReSound Tinnitus Relief



Whist – Tinnitus Relief



HoMedics SS-2000 Sound Spa
Relaxation Sound Machine with
6 Nature Sounds
available at [Amazon.com](https://www.amazon.com), [Target](https://www.target.com),
and [Walmart](https://www.walmart.com)



Big Red Rooster White
Noise Machine
available at [Amazon.com](https://www.amazon.com)

The American Tinnitus Association does not endorse products for tinnitus relief. The above apps are free of charge. The sound machines have not been evaluated for their effectiveness in aiding sleep, relaxation, and habituation to tinnitus.