

WORKOUT GUIDE

THE HEARING WORKOUT

**YOU WILL NEED: ~TV, ~LAPTOP, ~TALK RADIO,
~AUDIOBOOK OR PODCAST, ~PHONE, ~INTERNET**

PRIOR to beginning, you will need to send a few voicemails to yourself to use later with workout as follows:

- a. Record yourself saying 4 sequences each of 7 - 10 random digits
- b. Record yourself saying 4 sequences each of 7 - 10 each of random colors, animals, fruits

(NF) Noise Filtering: trains your brain to focus on one voice when there are distractions. Strengthen listening and focus skills.

Beginner: 1. Turn 1 device on at a comfortable volume to focus on.
2. Turn the 2nd device (interference) on low while you can still comfortably hear 1st device. Listen to 1st device. Do this for 5 minutes. *Verify what you heard.*

Advanced: 1. gradually increase the volume of interference device to same volume or louder; 2. add a 2nd or 3rd device with varying volumes.

(AM) Auditory Memory: helps retain/recall missing pieces of information under difficult conditions. Do this task with your eyes closed for 5 minutes.

Beginner: Repeat random recorded sequences. *Verify what you heard.*

Advanced: 1. Gradually increase the sequence length or difficulty.
2. repeat sequence in reverse order

(SC) Sound Clues: tones pathways between the ear / brain by identifying, analyzing and locating sounds.

1. Listen with your eyes closed. Identify only one sound that you hear. What is it? Where is it? High/low. Right/left? Intermittent? Moving? Track it. What does it do? Do this for 5 minutes. Add 2 or more sounds to identify and track separately.

2. Intonation, Rhythm, Accent, Tone clues you in to key words in a sentence that helps with understanding. Listen to a sentence. Change the accent word or tone to turn it into a question, demand, or sarcasm.