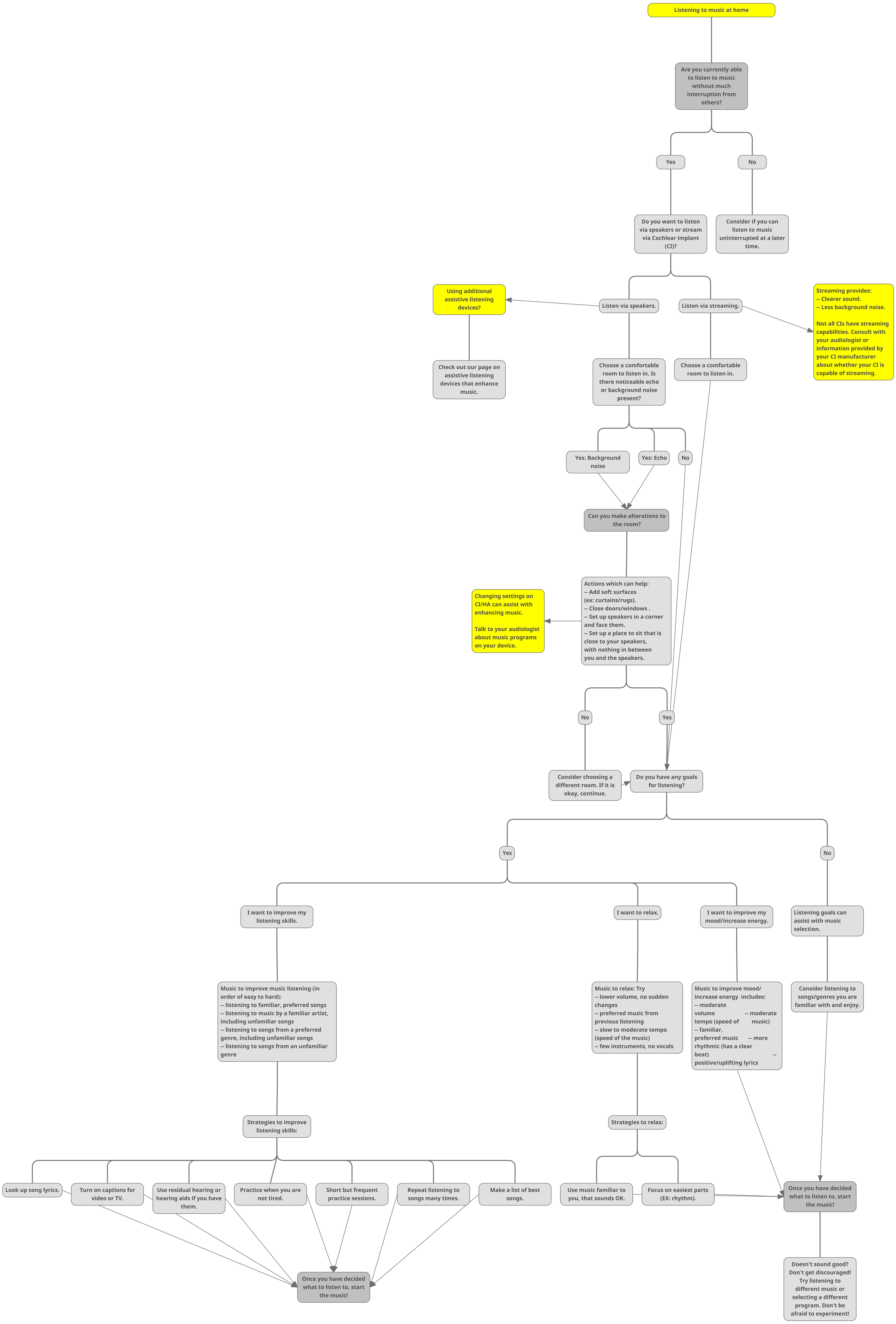
Listening to music at home
Are you currently able to listen to music without much interruption from others?
Yes
No
Do you want to listen via speakers or stream via Cochlear implant (CI)?
Consider if you can listen to music uninterrupted at a later time.
Listen via speakers.
Listen via streaming.
Using additional assistive listening devices?
Streaming provides:
-- Clearer sound.
-- Less background noise.
Not all CIs have streaming capabilities. Consult with your audiologist or information provided by your CI manufacturer about whether your CI is capable of streaming.
Check out our page on assistive listening devices that enhance music.
Choose a comfortable room to listen in. Is there noticeable echo or background noise present?
Choose a comfortable room to listen in.
Yes: Background noise
Yes: Echo
No
Can you make alterations to the room?
Actions which can help:
-- Add soft surfaces (ex: curtains/rugs).
-- Close doors/windows .
-- Set up speakers in a corner and face them.
-- Set up a place to sit that is close to your speakers, with nothing in between you and the speakers.
Changing settings on CI/HA can assist with enhancing music.
Talk to your audiologist about music programs on your device.
No
Yes
Consider choosing a different room. If it is okay, continue.
Do you have any goals for listening?
Yes
No
I want to improve my listening skills.
I want to relax.
I want to improve my mood/increase energy.
Listening goals can assist with music selection.
Music to improve music listening (in order of easy to hard):
-- listening to familiar, preferred songs
-- listening to music by a familiar artist, including unfamiliar songs
-- listening to songs from a preferred genre, including unfamiliar songs
-- listening to songs from an unfamiliar genre
Music to relax: Try
-- lower volume, no sudden changes
-- preferred music from previous listening
-- slow to moderate tempo (speed of the music)
-- few instruments, no vocals
Music to improve mood/ increase energy includes:
-- moderate volume
-- moderate tempo (speed of music)
-- familiar, preferred music
-- more rhythmic (has a clear beat)
-- positive/uplifting lyrics
Consider listening to songs/genres you are familiar with and enjoy.
Strategies to improve listening skills:
Strategies to relax:
Look up song lyrics.
Turn on captions for video or TV.
Use residual hearing or hearing aids if you have them.
Practice when you are not tired.
Short but frequent practice sessions.
Repeat listening to songs many times.
Make a list of best songs.
Use music familiar to you, that sounds OK.
Focus on easiest parts (EX: rhythm).
Once you have decided what to listen to, start the music!
Once you have decided what to listen to, start the music!
Doesn't sound good? Don't get discouraged! Try listening to different music or selecting a different program. Don't be afraid to experiment!