



(Re)Habilitation Resources from Cochlear

# Turn the music on™

## Tips for improving music listening skills

We designed Nucleus® Freedom™ so musical enjoyment can be maximized by the individual. Start with the tips below and work with your audiologist to turn the music on.

### If you have limited or no experience with music

- Being able to enjoy music may take time and effort.
- Realize that music may not sound good at first, but **patience, persistence, practice & a positive attitude will get you far!**
- Experiment with different accessories that provide direct input to your processor (personal audio cable, TV Hi Fi cable, silhouette, neckloop) and choose the one that gives you the best sound quality.
- If you wear a hearing aid in your unimplanted ear, use this when listening; it can improve the sound quality immensely.
- Be flexible! Don't be afraid to adjust the volume on your processor. Try using your SoundSmart™ 2 Music setting when listening to music.
- Start by choosing simple tunes with a strong beat. Children's music is a great place to start.
- Set aside time for yourself in a relaxing environment to practice when you are not already tired.
- Keep a journal of each practice session. This can help show improvement in sound quality & reduce frustration.

*“It has been such a gift to have music back in my life.”*

*Ruth – Nucleus Recipient*

### Enjoying music again with your Cochlear™ Implant

- Start by choosing music you are familiar with. Christmas music or children's songs are a great place to begin.
- Experiment with different accessories that provide direct input to your processor (see other side).
- Experiment with different types of music. Go to a music store that allows you to listen to music before you buy.
- You can sample songs at music download websites such as Apple's I-Tunes website [www.apple.com/itunes](http://www.apple.com/itunes)
- If you are a bilateral implant recipient or wear a hearing aid in your unimplanted ear, use both ears when listening to music – it may improve the sound quality immensely.
- Try using a SmartSound™ 2 feature such as Music when listening to music.
- Listen to some of your old favorites over & over & over again! You will be surprised how the sound quality improves over time.
- Don't be frustrated if you are not able to understand the lyrics. This can take time.
- Have lyrics in front of you to follow along. You can find song lyrics on the internet or they might be included with a CD.
- Ask a partner to “sing along” with the song so you can lipread and learn placement of lyrics.
- Find a partner and dance to the music. The movement will give you a sense of the rhythm and beat.

[www.cochlear.com](http://www.cochlear.com)

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Hear now. And always



# Nucleus<sup>®</sup> sound processor accessories



Totally compatible with your high tech world ...

Synch up with your iPod™ or other MP3 player. Link directly to your cell phone — even with wireless Bluetooth® devices! Plug into your home stereo or TV. Nucleus® Freedom™ is the one hearing device that is totally compatible with your high-tech world, with a wide range of optional accessories.

Accessories enable you to enhance a variety of your everyday listening experiences. Use them to enjoy music on your iPod™, hold a phone conversation or better hear your favorite television program.

The following Cochlear™ implant accessories are designed to enhance your sound quality and reduce background noise for a better listening experience.



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## ACCESSORY

## PURPOSE

## HOW IT WORKS

### Personal Audio Cable

Allows you to easily and directly connect your cochlear implant processor to a battery operated device that plays music. For use with iPods™, mp3 players, CD players, etc.

**For use with battery operated components only.**

Plug cable into adapter or accessory port on processor. Connect opposite end of cable (WALK1/Pac 1 or 2) to headphone jack on battery-operated device.

See **processor User Manual** for more details about accessory use with your sound processor.

[www.cochlear.com](http://www.cochlear.com)



### TV/HiFi Cable

Allows you to hear audio/video sources more clearly through a direct line from your cochlear implant processor into the equipment. For use with stereos, TVs and computers.

**Can be used with battery operated components OR equipment that plugs directly into an outlet.**

Plug directly into adapter or accessory port on processor. Opposite end marked "TV" to headphone jack on component.

Refer to **processor User Manual** for specific information and details about accessory use.

[www.cochlear.com](http://www.cochlear.com)



### Silhouettes

Provides a stronger and clearer signal from mobile phones, iPods™ and mp3 players. The Silhouette sits behind the ear and works with the telecoil setting on your processor. You simply connect the Silhouette to any equipment that has a headphone jack. They are available with single or bilateral earpieces.

**Can be used with battery operated components OR equipment that plugs directly into an outlet.**

Easy as 1, 2, 3:

1. Place silhouette earpiece next to sound processor on ear.
2. Connect silhouette plug to audio component's headphone jack.
3. Activate telecoil function on sound processor.

[www.cochlear.com](http://www.cochlear.com) | [www.hearinglosshelp.com](http://www.hearinglosshelp.com) | [www.harc.com](http://www.harc.com) | [www.soundbytes.com](http://www.soundbytes.com) | [www.tecclear.com](http://www.tecclear.com)



Hatis® NoiZfree™ Music Link

### Headphones

Help reduce background noise for ease of listening. Some headphones have hollow earpieces that can fit comfortably over your ear and processor.

Connect headphones to headphone jack on audio component. Place earpiece over ear, completely covering processor(s).

**Circumaural headphones can be purchased through electronics stores.**



### FM Systems

FM systems are primarily used in the classroom and other settings where there is a primary speaker that needs to be heard clearly in spite of background noise. In order to access this functionality you must purchase the entire system.

The Smartlink can be purchased separately and easily be used with music devices and Bluetooth enabled phones.

Connect Phonak FM receiver to processor. Connect iPod™ or other audio component to Phonak transmitter with included audio cable. Enjoy listening to music through your FM receiver with "no strings attached". SmartLink can also be used with Bluetooth cellular phones and other Bluetooth enabled devices.

**Phonak products can be purchased through your audiologist.**



### Neckloop

Provides a connection that will help reduce background noise to mobile phones, iPods™ and mp3 players. It is worn around the neck and used with the telecoil setting on your processor. You simply connect the neckloop to any battery operated or electrically powered audio components with headphone/headset jack. Use the included 3.5mm adapter for audio components. Included 2.5mm plug can be used to connect to cell or cordless phones equipped with standard headset jack.

Place neckloop around neck. Activate the telecoil on processor(s) and/or hearing aid.

Adjust volume on neckloop or connected component.

[www.harc.com](http://www.harc.com) | [www.soundbytes.com](http://www.soundbytes.com) | [www.hitec.com](http://www.hitec.com) | [www.hearmore.com](http://www.hearmore.com)



Clear Sounds CLA7

## Interested in other rehab materials?

Visit [www.cochlear.com/hope](http://www.cochlear.com/hope) to view all of our latest educational tools, including our newest Sound and WAY Beyond™ Interactive listening program for adults and teens.