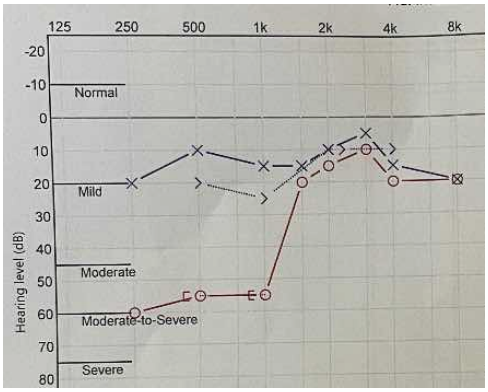
CIST Protocol Level 1

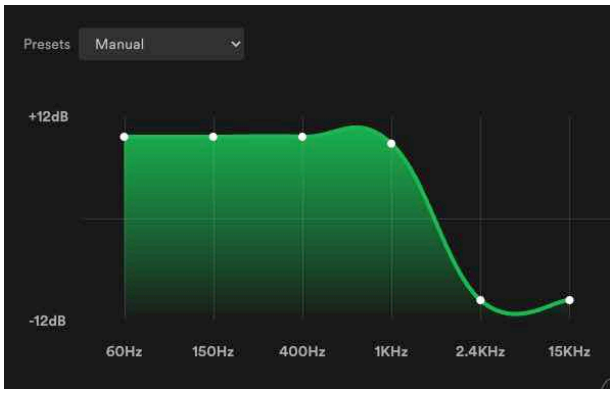
This is a home adaptation of the Constraint Induced Sound Therapy with some modifications.

CIST

1. Make a playlist of music that has a wide spectrum of frequencies, especially the ones that are missing from your audiogram. Choose music that has frequencies that that you can't hear properly yet. e.g. If your Audiogram shows you cannot hear 100Hz, choose music with a lot of bass.
2. Choose music that is very familiar to you. If it's from your childhood even better. The more familiar it is the easier the brain will be able to recognise it.
3. EQ your Spotify App to be the opposite shape to the audiogram of your bad ear. e.g. If your audiogram shows loss below 2kHz. EQ everything below 2kHz up in Spotify, and EQ everything above 2Khz down. Here's an example:



Audiogram - red drops below 1



Spotify - 'mirror'

4. Pan the audio on your phone or music player 100% to your bad ear and 0% to your good ear, so that you only hear the music in your bad ear.
5. If you use in-ear buds, only only use one bud - in your bad ear.
6. Set the sound level to a comfortable level using your good ear, by placing the working headphone over your good ear. Make sure it is not too loud, then swap the headphones to the bad ear.
7. Block your 'good' ear using Macks silicone ear plugs or equivalent.
8. (Optional) Fine tune the Spotify EQ to what sounds best and most realistic. Move the dots up and down a little bit to try and make the music sound how it should.
9. Listen to music using headphones for 2-6 hours a day. Try to space it out throughout the day.
10. Do this for 28 days.
11. Be careful of your safety when you are listening to music and cannot hear.
12. When you are not listening to music, leave your noise blocking plug in your good ear and try to use your bad ear for normal situations.