

An Endless Variety of Music and Sounds to Tune Out Tinnitus

For many people with tinnitus, music literally plays a pivotal role in offering an easy escape from the annoyance of listening to tinnitus. In the last few years, listening options have expanded and prices have equalized among most large streaming services that grant access to a vast selection of songs and sounds for approximately \$10 per month. Which streaming service is best depends on the music and benefits that appeal to you. Fortunately, most services offer a free option or free trial period, which allows you to explore the services and quality of sound before subscribing.

Well-known streaming services include:

	<p>Amazon Unlimited Music Offers songs, playlists, and radio AMZN Mobile LLC</p>		<p>Apple Music 50 million song catalog Apple</p>		<p>Deezer 53 million-plus song catalog DEEZER SA</p>
	<p>Google Play Music Stream songs & curate playlists Google LLC</p>		<p>Pandora Music & podcast platform Pandora Media LLC</p>		<p>SiriusXM Stream music, comedy, news, and sports SIRIUS XM Holdings Inc</p>
	<p>Spotify 35 million-plus song catalog and podcasts Spotify Ltd.</p>		<p>TIDAL High-fidelity music and video TIDAL Music AS</p>		<p>YouTube Music Stream songs and music videos Google LLC</p>

There are thousands of internet radio stations playing genre-specific music for free. Tiered subscriptions are often available, which eliminate ads. Explore more than 30,000 options by visiting www.internet-radio.com

Examples of genre-specific options include:

	<p>Calm Radio <i>Relaxing music to work, meditate & sleep</i> Provides access to more than 350 channels of relaxing music, nature sounds, classical music, and sounds and music to help promote concentration and sleep.</p>
	<p>Sleep Radio <i>Nobex Technologies</i> Provides ambient music for free 24/7, without ads or DJs. The station is based in New Zealand and is run by its founder, who suffered from insomnia and depression.</p>