

RN
I:D

Supporting people
who are deaf, have
hearing loss or tinnitus

Your kind
donation
could lead to
breakthroughs
that make
silent nights
possible.



NEVER
a silent
night

Imagine having a stressful situation amplified by a constant noise that you can't escape from. **Ever.** You lie in bed, exhausted, desperate to switch off from your tiring day, and all you can hear is a high-pitched ringing, the relentless roar of humming, or an excruciating hiss. Your night will not be silent. And tomorrow, your day will not be much better.

If you can hear noise in your head or ears that has no external source and can only be heard by you, this is called tinnitus. It affects one in seven people in the UK, its intensity can fluctuate based on factors like stress, and the exact sound heard can differ for each person affected.

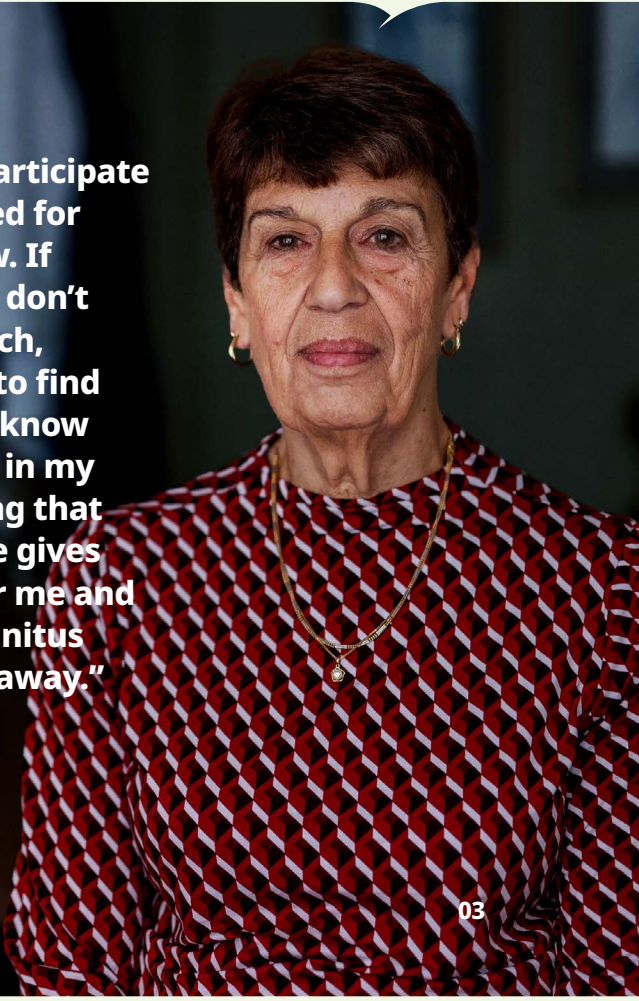
It can be incredibly distressing. At times it can be debilitating. And there is still no cure.

But RNID believes that a cure is possible.

We are funding cutting-edge hearing research because we see a future where every night can be a silent night.

Our tinnitus research gives hope to people like Maria who would love to experience a truly silent night.

71-year-old Maria has had tinnitus for over 14 years. At times it can sound like two jet engines going off. It's very distressing, and it constantly interferes with her sleep and social situations. But Maria is convinced that silencing tinnitus is possible and is determined to help researchers deepen their understanding by volunteering for tinnitus trials.

A portrait of Maria, a woman with short dark hair, wearing a red and white patterned top and a gold necklace. She is looking directly at the camera with a slight smile.

“I’m very proud to participate and have volunteered for over eight years now. If people with tinnitus don’t help with the research, they’re never going to find a cure. While I don’t know if a cure will happen in my lifetime, just knowing that they’re getting there gives hope to so many. For me and others, a cure for tinnitus would take distress away.”

- Maria



“Your donations contribute to RNID being able to provide vital support to research groups around the world, helping them to kickstart new lines of research, make scientific breakthroughs, and move promising new treatments closer to clinical trials. Thank you.”

– Ralph Holme, Director of Research



UNDERSTANDING TINNITUS



Thanks to generous supporters like you, RNID is able to fund essential tinnitus research led by Dr Will Sedley at Newcastle University.

Dr Sedley's research is investigating the changes in the brain that are linked to tinnitus to gain a better understanding of the early stages of tinnitus development. He's exploring whether there is a time window in which tinnitus can be reversed, and if there are any underlying factors that may cause tinnitus in the first place.

Maria assisted this research by volunteering in the clinical trials, but more research needs to be done. **Research that you can help advance.**

FUTURE TINNITUS RESEARCH

RNID continues to fund groundbreaking tinnitus research, working with the best people around the world to benefit people in the UK. It is this research that will increase our understanding of tinnitus, moving us closer to discovering its life-changing cure.



Retraining the tinnitus brain

**Professor Sven Vanneste,
Trinity College Dublin, Ireland**



Researchers are trying to break the perception of tinnitus by retraining the brain. They are investigating whether they can shift the brain closer to perceiving silence in the absence of an external sound. They are doing this by using a new treatment that combines non-invasive electrical stimulation of a part of the brain with carrying out an auditory task every day for seven days. Non-invasive electrical nerve stimulation is safe, reliable, and could be developed into a home-based treatment.

Brain stimulation to silence tinnitus long-term

**Dr Raj Shekhawat and Dr Roland Schaette,
Finders University, Australia**



Dr Shekhawat has already conducted numerous studies to investigate whether a specific type of non-invasive brain stimulation is effective in treating tinnitus. In these studies, some participants experienced complete silencing of their tinnitus for up to three days. This project extends this research and focuses on stimulating more specific brain regions to see if tinnitus volume and annoyance can be reduced over an extended period.

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