

Download Sounds from Tinnitus Tunes to iTunes

MS Windows Computer Tasks

If iTunes not installed, download & install.

Select sound(s) from Tinnitus Tunes (TT) for example from the Masking & Relaxation area and download to your computer

Open download folder, right click MP3 file you have just downloaded and select "send to" where you want to store the file.

Repeat above two steps until you have a collection of the sounds you want to save into a playlist.

Open your PC iTunes account, go to File>Account>Home Sharing to enable sharing with your iPhone. Then under File>devices, select Sync iPhone.

You can also right click on a MP3 file and select add to device – choose your iPhone (will be added under Music on your iPhone)

iPhone Tasks

Connect your iPhone to your computer's USB port and open up your iTunes account.

With iTunes you can share your account and sound files across up to 5 devices.

Set up a new Playlist on iTunes by selecting the Music icon and + New Playlist. Give it a name, e.g. Masking, Relax or BT-1, BT-2 etc.

To add sound files to your selected playlist, choose Edit (top right) +Add, choose the file (MP3) you want to add (you can add multiple sound files in one go and press Done.

You can now listen to individual sounds, or an entire playlist on your iPhone at any time without having to be connected to the internet, or the Tinnitus Tunes website.