

# Learning how to listen with your cochlear implant



## Wear your implant 10+ hours a day

This ensures your brain has as much access to sound as possible.

## Tips and tricks

- Take breaks. Practice while refreshed, not tired.
- Practice every day.
- Practice with just your cochlear implant on, without a hearing aid on the other ear.
- **To make exercises easier:** turn on closed captions, decrease background noise or make sure you can see the face of the person talking.
- **To make exercises harder:** turn off closed captions or add background noise.

## Try two or three of these exercises



### Go for a listening walk.

Walk around your house and listen to the sounds in each room. When you hear sounds that you can't identify, look around! Try this outside your home as well.



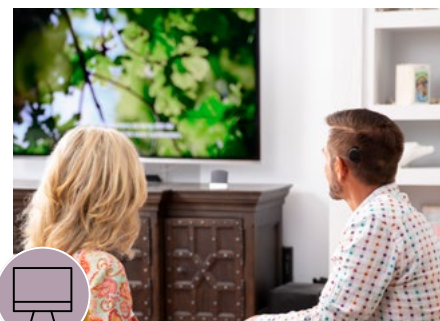
### Practice with your Cochlear *Hearing rehabilitation manual*.

Have a friend or family member help. Sit close enough to see their face. Download at [cochlear.us/myrehab](https://cochlear.us/myrehab).



### Listen to an audiobook and follow along with a written copy.

You can check out audiobooks, printed books and e-books from your local library. Or have a loved one read to you while you read along silently with them.



### Watch TV.

Turn on captions. Start with familiar shows that you know and love.

Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use. Not all products are available in all countries. Please contact your local Cochlear representative for product information.

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