London based tinnitus sufferers with insomnia required for research study

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31 May 2018 There are an estimated 800,000 people living with tinnitus in the London area, and for 80,000 the condition can seriously impact their quality of life. Some people with tinnitus may find they have greater difficulty getting off to sleep, or going back to sleep if they wake during the night.

A research project, supported by the British Tinnitus Association, and based at the Royal National Throat, Nose and Ear hospital is currently looking for volunteers to take part. The research is looking into ways of managing tinnitus related insomnia, and will use psychological approaches to managing insomnia.

The approach to insomnia in this study does not involve the use of medicines. If you are already taking medicine to help you sleep you might still be suitable for the study if you are able to leave your medicines unchanged for the duration of the study.

To take part in the study, you will need to attend regular appointments over a six month period at the Royal National Throat, Nose and Ear Hospital in London.

If you are interested and would like to find out more, please email the research team at uclh.tinnitus@nhs.net

Ends

Editors Notes

The research has been approved by UCL, the NHS ethics committee and the UCLH R&D department. It is sponsored by the British Tinnitus Association.

The BTA is an independent charity which supports 645,000 people per year who experience tinnitus and advises medical professionals from across the world. It is the primary source of support and information for people with tinnitus in the UK.

• The BTA needs to raise £800,000 each year to continue their UK wide support. Donations can be made via **www.tinnitus.org.uk/donate**

• Not an illness or disease, tinnitus is a term that describes the sensation of hearing a noise in the absence of an external sound. The noise can have virtually any quality. Ringing, whistling, and buzzing are common, but more complex sounds may also be reported.

For more information

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