

# Help With Hyperacusis

(Over sensitivity or dislike of loud sounds)

## Patient/Parent and Carer Information

Community Children's Audiology Services

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## What is Hyperacusis?

**Hyperacusis** is the medical name for over sensitivity or dislike of loud sounds.

Some children find certain loud sounds to be uncomfortable, painful or upsetting, but find loud noises they make themselves such as banging a drum or musical toys to be ok.

Common examples of sounds children dislike are:

- Hand dryers
- Vacuum Cleaners
- Fireworks
- Other children laughing or shouting

Sometimes a child develops a fear of loud sounds and this is called phonophobia.

## How Can You Help?

With the right approach, you can help your child cope.

Remember if the sound is not too loud for you, it will not cause damage to your child's ears.

Things that can help:

1. Keep a record of the sounds that cause your child distress. Note how long your child was upset for and what helped.
2. Reassure your child. Focus on an enjoyable part, such as the colourful lights of the fireworks. This will help reduce your child's anxiety and symptoms.
3. Allowing your child to have control over the sound may improve their reaction. For example, helping with the hoovering, or recording the sound and letting the child be in control of the volume or on/off switch.
4. Repeated low level exposure to the problem noise whilst your child is playing may reduce their anxiety and help them get used to the sound.
5. It may help to involve your child with the noisy situation. For example involve them in assembly instead of just watching it. This often focuses their attention elsewhere.
6. Allow your child to move further away from a noisy situation until they feel comfortable.
7. It may help to explain and prepare your child before going somewhere noisy.
8. Find out which of the suggestions are the most helpful for your child. Share this information with everyone who cares for your child; this may include nursery or school.

**To find more detailed information please refer to:**

The National Deaf Society website on <http://www.ndcs.org.uk/>

If you have any queries or require any further information about your child's appointment, please contact:

**Children's Audiology**

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Rivington Avenue

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



<https://aqua.nhs.uk/wp-content/uploads/2020/12/AQuA-A3Q-Trifold-Leaflet.pdf>

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## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

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This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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