



# **AFTER YOUR HEARING AID FITTING, WHAT'S NEXT?**



**CUSTOMER SERVICE**

**OUR CARE TEAM IS YOUR HEARING PARTNER  
FOR A LIFETIME.**

- +** Schedule your Care Team Follow up at [SongsForSound.org](https://SongsForSound.org) "Hearing & Speech Resources", "Care Team"
- +** Remember, you're retraining your brain to hear sounds again. Wear your hearing aids "all waking hours".
- +** If you experience mental fatigue/listening fatigue, 1-2 hearing naps are okay. 15-30 minutes at a time.
- +** Keep a log of how you are hearing each day. Think 8 am, 12 pm, 6 pm. Report back to your Audiologist at your next appointment.

**Please do not go to an Audiology appointment without consulting your Care Team Partner first!**

Date:

# My Songs for Sound Hearing Journal

Today, I am hearing these sounds well....

Today, I would like to hear these sounds....

My hearing fatigue is:

GOOD.      My brain is kind of tired.      My brain is exhausted!

Overall summary of my day...