



Musical Ear Syndrome

By: Reg Weiswall

THERE ARE SOME HEARING IMPAIRED people who believe there is something wrong with them when they try to go to sleep and keep hearing songs over and over again. Try as hard as they can, they cannot stop hearing music — such as the *Star Spangled Banner*, or *O Canada*. Moreover, if they have watched something on television — such as repeats of the *Sound of Music* — all they hear is the music again and again: the theme music, the Cathedral wedding, or the trek over the mountains to freedom of Switzerland.

These hard of hearing people think they are going crazy, and toss and turn, but the songs keep on going until eventually they fall asleep.

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If you've experienced this — no! — you are not going crazy or hallucinating. There are thousands of hard of hearing people who experience these phantom sounds, music or voices every night. I go through this almost

every night and know of one other woman who has the same thing. There is no cure — only patience.

I first heard of Musical Ear Syndrome after attending a seminar at HLAA. The lecturer was a doctor who has also lived with a life long severe hereditary hearing loss, and his goal was to try and make people understand they are not going crazy imagining things. Musical Ear Syndrome is just one of the facts of life that some people are just plain stuck with. Again, there is no cure... just patience and eventually you will fall asleep.

I personally have thought that I heard the telephone ringing. Since it was about six inches from my head, I have picked up the receiver and responded, but of course no one was there. On other occasions, I have heard voices, but then I realized I had no hearing aid in.

If this is something you've experienced, know that you are not alone. There are thousands just like you, but usually this isn't something people talk about. Sufferers do not tell anyone for fear that the other person may think that they're nuts! However, know that you can always come to us with it — we'll be there to listen. ◀

