

Tinnitus symptom summary

1 Sep 2026 – 30 Sep 2026 · 30 check-ins · Generated 16 Oct 2026 with Ringwise

Ear sounds

Left ear: whistling (6 of 30 days)

Right ear: screeching (4 of 30 days), tone (6 of 30 days)

Avg loudness	Peak loudness	Avg distress	Peak distress	Flare-ups
5.1/10	8/10	4.1/10	7/10	5

Observed patterns

- Poor sleep tends to coincide with higher loudness (6.3 vs 4.2 on other days).
- Loud noise tends to coincide with higher loudness (6.8 vs 4.7 on other days).
- Stress tends to coincide with higher distress (5.3 vs 3.4 on other days).
- Loud noise tends to coincide with higher distress (5 vs 3.9 on other days).

Factor summary

Factor	Days logged	Avg loudness	Avg distress
Poor sleep	13	6.3	4.7
Stress	12	5.3	5.3
Caffeine	14	5.5	4
Alcohol	0	–	–
Loud noise	6	6.8	5
Jaw / neck tension	0	–	–

Flare-up tags: Poor sleep (2), Loud noise (3)

Medications / supplements noted

Magnesium 250mg

Patient notes

Sample patient. Worse in the evenings after commuting.