

## The Listening Program Approved Headphones

Listeners use TLP with approved headphones to benefit from the advanced aeroacoustics treatments within the music. With the right equipment, TLP will train your brain and strengthen neurological pathways, improving your ability to learn, communicate, and process information.

The following information describes the different types of approved headphones you can choose from.

### WAVES Bone Conduction Audio System



WAVES is a multi-sensory audio headphone system with bone conduction technology combined with air conduction, which was created by Advanced Brain Technologies. When listening to TLP by combining the two natural modes of hearing – through your ears (air conduction) and through your head (bone conduction), WAVES will accelerate and expand the benefits of TLP, including: When Waves is not used, standard, full size circumaural headphones should be used. These are high quality headphones which surround the ear.

- Supporting stress reduction and regulating the “fight or flight” response, to help listeners achieve a state of calm and relaxed alertness, especially helpful for people with sensory sensitivities.
- Improving sensory awareness, supporting brain functions responsible for posture, balance, muscle movement and motor skills.
- Stimulating internal and external systems through sound, which increases vocal awareness and supports the development and refinement of language and communication skills.

### Standard Headphones

When Waves are not used, standard, full size circumaural headphones should be used. These are high quality headphones which surround the ear. Open-Air Standard Headphones Designed to allow some outside noise to mix with the music coming from the headphones for a more natural experience. Not Approved (Do Not Use) • Earbuds/In-Ear headphones • Noise-cancelling headphones • Bass-boosters • Wireless headphones • Bone conduction only (such as Aftershokz) • Gaming Headphones • Inexpensive/poor quality headphones • Off brand headphones

**It is extremely important that your headphones meet the criteria for proper delivery of The Listening Program.**

Sennheiser- HD280, HD559, HD599, HD518, HD555, HD570, HD580, HD590, HD600

Grado – SR-80, SR-125, SR-225, SR-325, RS-2, RS-1

AKG- AKG K72, K141 Monitor, K 240 Monitor, K 301XTRA, K 501, K99

Beyerdynamic - DT 440, DT 531, DT 860, DT 880, DT 990

Sony - MDR-V600, MDRV900, MDR-F1