

# MUSICAL TINNITUS



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This information has been written to help you understand more about the form of tinnitus where music is heard. This is called musical hallucination, or musical tinnitus.



Musical tinnitus - usually called musical hallucination - is the experience of hearing music when none is being played.

In most people with musical hallucination, there is no underlying cause. There is not thought to be a connection to mental health conditions such as schizophrenia.

The intrusiveness of musical tinnitus can be managed with the techniques used to treat other forms of tinnitus.

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Musical hallucination (MH) is the experience of hearing music when none is being played. Hearing sound that no-one else can hear is quite common, but the experience is normally


If you believe that your musical hallucination might be caused by one of these or another medication, it is important that you or adjust the dosage without first discussing this with your general practitioner or the doctor who prescribed the medication.



The most common and easily treatable cause is hearing loss, so your doctor is likely to request that you undergo some tests of your hearing and, based on the results of this, may prescribe a hearing aid.

Many people find that musical hallucination

Some people with musical hallucination are worried that it might represent a mental health condition, such as schizophrenia. Although in schizophrenia it is common to hear voices, it is in fact very rare to experience musical hallucination and there is thought to be no connection between the two conditions.

The majority of individuals with musical hallucination do not have any psychiatric disturbance, although musical hallucination is quite common in individuals who have a condition known as  (OCD), in which they experience repetitive, intrusive and distressing thoughts and feel strong urges to repeatedly perform actions such as hand washing.

Although it is estimated that around four in ten people with OCD will experience musical hallucination at some time in their life, it is a rare condition and it is important to note that the majority of individuals with musical hallucination do not have OCD.



If musical hallucination has an underlying cause, addressing the cause can often also relieve musical hallucination.



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