

Listening is more than hearing - and it's a skill your brain can be trained to do better with the right sequence of exercises and resources for your individual timeline, so your effort goes toward the skills that will actually make meaningful progress and take out a lot of the guesswork.

THE BASICS

- **The implant does part of the job.** A CI restores access to sound; the brain still has to relearn how to interpret it.
- **Start early.** Beginning structured training soon after activation correlates with better speech recognition and quality of life.
- **Expect an adjustment period.** Sound may feel mechanical at first, and progress won't be linear.
- **Memory matters as much as hearing.** Understanding speech through a CI is partly cognitive-training that builds working memory.

RESOURCES TO EXPLORE

Cochlear CoPilot - Expert articles plus interactive skill builders built around real-world situations — noise, fatigue, phone calls, music.

MED-EL ReDi - AI-driven app that personalizes exercises to your skill level and can be started right after activation, no partner needed.

Advanced Bionics WordSuccess - A 45-level hierarchy of word-in-quiet and word-in-noise exercises, usable solo or with a listening partner.

AB ListenFit - Quick phoneme and sentence-in-noise tests to track how your real-world hearing is trending over time.

Angel Sound - A comprehensive, research-backed library spanning phoneme discrimination, sentence comprehension, and music listening.

Hearoes - Gamified training built with audiologists and speech pathologists, covering environmental sounds, Ling's Sounds, vowels, and consonants across 90+ activities.

YOUR FIRST STEP

- Work with your audiologist to ensure your device programming yields adequate sound detection.
- Allow for passive exposure to sound first.
- Begin with the app built by your device manufacturer
- Add a brand-agnostic tool once you're ready to expand on your listening practice.
- Practice in short, daily doses rather than occasional long sessions.

NEXT STEPS

Want a plan built around your specific listening profile?

Our team outlines the right sequence of exercises and resources to maximize your outcomes.

Explore [Our Programs](#).

www.listeningbtl.com

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