

# THE LISTENING PROGRAM® APPROVED HEADPHONES

The Listening Program (TLP) is a neuroscience-based music listening therapy.

Listeners use TLP with approved headphones to benefit from the advanced neuroacoustic 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:

- 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.



[View WAVES Product Details](#)

## Standard Headphones

When Waves is not used, standard, full size circumaural headphones should be used. These are high quality headphones which completely 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.

- Tune-in to surroundings
- Learn to filter background noise



[View Available Headphones  
on \*\*advancedbrain.com\*\*](#)

Standard Headphones, cont.

## Closed Standard Headphones

Designed to isolate your ears from outside noise to reduce distraction during listening.

- Good for sound isolation-focused listening
- Group listening



[View Available Headphones on advancedbrain.com](#)

## Not Approved (Do Not Use)

- Earbuds/In-Ear headphones
- Noise-cancelling headphones
- Bass-boosters features
- Wireless headphones
- Bone conduction only (such as Aftershokz)
- Gaming Headphones
- Inexpensive/poor quality headphones
- Off brand headphones



## Listener Success Tips

Whichever listening option you choose; these headphones will connect to an iPod or any other device that has a 1/8" connector. Each headphone has a left and right side, so be sure they are worn correctly.

The headphone connection should also be checked at the start of a listening session to make sure there is a good connection to the iPod or other device. If sound is only coming out of one side of the headphones, or static is present, this is likely due to a poor connection. This is corrected by disconnecting, then reconnecting the headphones.

Volume should be set at a comfortable level, never causing pain or discomfort for the listener, while being loud enough to clearly hear the music. Everyone has different listening comfort levels, so what is a good volume for one person may not be for another.

## Audio Equipment

Visit our shop at [advancedbrain.com/audio-equipment](http://advancedbrain.com/audio-equipment) for details on current approved headphones and to place an order. Contact us at 801-622-5676 to inquire about other headphones to ensure they meet the criteria for proper delivery of The Listening Program.

## TLP Approved Headphones

### Sennheiser

<a href="#">HD 280</a>	HD 518	HD 580
<a href="#">HD 559</a>	HD 555	HD 590
<a href="#">HD 599</a>	HD 570	HD 600

### Grado

SR-80	SR-225	RS-2
SR-125	SR-325	RS-1

### AKG

AKG K72	K 301XTRA
K 141 Monitor	K 501
K 240 Monitor	K 99

### Beyerdynamic

DT 440	DT 880
DT 531	DT 990
DT 860	

### Sony

MDR-V600
MDR-V900
MDR-F1