



SSP

Cheat Sheet

- Use over-ear headphones (not earphones or on-ear headphones)
- If your headphones have a noise-cancelling feature, please turn this off.
- Find a quiet and comfortable place, free from interruptions (turn off TV)
- You may participate in light activities, such as drawing or colouring.
- Avoid strenuous activity. Light movement is fine.
- Once you have set the volume for a listening session, do not change it for that session. Listen at the lowest comfortable volume.
- If you listen for less than 30 minutes, press the “Stop” button (not pause).
- Listen to the tracks in order - do not skip tracks or rewind to listen again.
- Follow the listening plan devised by your provider.
- If you experience any nervous system activation (anxiety, pain, tension), stop your listening, do some nervous system regulation exercises and inform your provider.

JS
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