



Tips and Hints!

Faye Yarroll received her first cochlear implant in 2005 and her second in 2007. Today, Faye has bilateral cochlear implants and is an active member of the Cochlear Awareness Network in Australia. Faye shares her tips and hints to help other recipients.

Vibrating Alarm Clocks + Vibrating Phone Alert

Do you have trouble waking up in the morning?

I never have trouble waking up in the morning because I use a Vibrating Alarm Clock designed for the hearing impaired. There are a number of these products available on the market today so why not do yourself a favour and get one soon. These alarm clocks are a perfect give for any hearing impaired person or even for Shift or On-Call workers who need to be contactable 24x7 as well as getting some sleep.

Do you wake up during the night worrying about missing the alarm when you can't hear it?

Before getting my first Bed Shaker Vibrating Alarm clock I was always tossing and turning during the night worrying that I would miss the alarm and not wake up on time. Now I can comfortably sleep all night long and know that my Alarm Clock will wake me.

What sort of Alarm Clock do you use at home?

I actually have two Alarm Clocks that I use at home. I have a "Vibra Alarm Clock" in my downstairs bedroom and an "Oricom Wake N Shake Alarm Clock" in my upstairs bedroom. Yes, I have two bedrooms that I use at different times.



Vibra Alarm Clock with Vibes Bed Shaker



Wake N Shake Alarm Clock and Bed Shaker

Both the Vibra Alarm and Wake N Shake clocks run on 240V mains power and have a battery backup.

The Wake N Shake Clock comes with variable volume and tone, vibrator and extra bright flashing strobe. It has an easy to read display, a large vibrating alert pad, you can select between vibrate/alarm/strobe, extra loud adjustable volume, tone control for alarm, and connects to any phone and detects ring signal. It's simple to connect and use and another great product.

Obviously there are a number of Alarm Clocks on the market and these are just a few of what I personally use.

When you go to bed at night, can you hear the phone ring?

When I go to bed at night, I place my two Freedom Speech Processors in my Dry Store and therefore I cannot hear anything at all when I go to bed. Having the "Oricom Wake N Shake Clock" allows me to connect my home Telephone into the clock so that if the phone rings whilst I am asleep, the Vibrating Bed Shaker will vibrate with a different pulse to wake me up and tell me the phone is ringing. The Wake N Shake is an Alarm Clock and an Alert for the Telephone ringing. If the telephone rings whilst I am asleep at night, I quickly answer the phone and ask the caller to hold the line whilst I put my Freedom Processors on. It only takes a few seconds, but allows me to take calls 24x7 and not worry about not being able to hear the phone ring.

What sort of Alarm Clock do you use when travelling?

When travelling overseas and getting up in different time zones, I use a small portable "Shake Awake Alarm Clock". I never leave home without it when travelling! When you travel your personal internal time clock often gets jet lagged and it is difficult to get up at a certain time. Having a Shake Awake allows you to travel and be confident you will always wake up on time.



Shake Awake Alarm Clock

What advice would you offer to other implant recipients?

Be independent and make sure you look after yourself and not rely on others to wake you up. There are a number of great Alarm Clocks and even Vibrating Wrist watches on the market for Hearing Impaired people, so do some research and check out the variety of products that can be used to make your life that little bit easier.

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