



# NOISE SENSITIVITIES

TTU ANIMAL BEHAVIOR CLINIC

## What is noise sensitivity?

Dogs can be sensitive to loud, unfamiliar sounds due to their heightened hearing. If a dog shows prolonged suffering or discomfort after the sound ends and has a hard time recovering from it, this may be a sign that they have noise sensitivity towards a particular stimuli(s).

## Management:

- Find a 'safe space' for them where they can decompress
- Teach them to go there on a regular basis and create a positive association for them (offer treats, pet them, etc.)
- Guide them there during loud noises or randomly for security
- Offer toys/treats/food puzzles to engage and distract them (long-lasting)
- Close windows to reduce exterior sound
- Play classical music or white noise machine to help mask the aversive sounds
- Provide comfort for them

## Common signs of noise sensitivity:

- Panting
- Pacing
- Drooling/salivating
- Trembling/shaking
- Destructive behavior
- Hiding
- Vocalizing (barking/whining/howling)

## Treatment:

**Goal:** To reduce signs of fear when exposed to previously aversive sounds

**Step 1:** Find a place that is quiet

**Step 2:** Play sound at a low volume (low enough they can hear it but aren't displaying severe anxiety)

**Step 3:** As sound begins to play, offer high value treats throughout the exposure (e.g., a crack of thunder)

**Step 4:** Slowly increase the volume if they are not showing any signs of fear. During exposure to new volume, offer something positive.

## Check out these helpful resources!



## CONTACT US!



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