

Table 1. Characteristics of Stable vs. Unstable Tinnitus.

Domain	Stable Tinnitus (Regulated)	Unstable Tinnitus (Dysregulated)
Loudness profile	Constant	Fluctuating or intermittent
Symptom behavior	Predictable, constant	Unpredictable spikes
Severity Association	Mild, moderate	Severe
Thalamocortical dynamics	Limited dysrhythmic activity	Frequent dysrhythmic activity
Sensory gating	Intact	Impaired
Limbic system activation	Diminishes over time	Recurrent
Excitation-inhibition balance	Maintained	Imbalance (excitation) dominates
Trigger sensitivity	Limited	Highly trigger (stress, sleep, sound, diet) sensitive
Migraine physiology overlap	Less aligned	Strong overlap
Habituation capacity with traditional sound therapy	High	Constrained
Optimal Clinical Strategy	Habituation therapies	Multimodal medical stabilization directed at the migraine pathophysiology