

**Supplemental Material S1.** TTS per frequency for the 17 participants of the pilot study. All participants were exposed to 15' or 30' of the same pop-rock playlist, at 100 or 97 dB A, respectively. Levels of exposure, self-reported comfort level during music exposure (1 = *extremely uncomfortable*, 10 = *very comfortable*), any type of tinnitus/buzzing in the ears, and aural fullness immediately after music exposure (1 = *no aural fullness*, 10 = *sensation of complete blockage*) are also reported. Trial ID corresponds to the part of the study (1 = *first part and initial audio material*, 2 = *second part with further manipulated audio material*).

ID	TRIAL ID	TINNITUS DURATION (MIN)	AURAL FULLNESS	COMFORT LEVEL	EXPOSURE (DB A)	TTS1	TTS3	TTS4	TTS6	TTS8	TTS10	TTS12.5
1	1	1	3	7	97	10	6	n/a	0	2	0	-8
2	1	0	2	5	97	-8	12	n/a	26	14	4	6
3	1	0	10	3	100	-2	2	n/a	-4	0	-2	-6
4	1	0	10	1	100	4	0	n/a	0	0	6	24
5	1	0	8	6	100	6	10	n/a	0	-2	2	-8
6	1	0	8	6	100	0	2	n/a	-10	2	-2	-4
7	1	0	5	7	100	0	-2	n/a	-8	12	2	2
8	1	0	4	3	100	-4	2	n/a	8	8	0	8
1	2	0	10	1	100	2	8	2	4	4	-4	0
9	2	0	5	1	100	0	-2	2	-2	0	4	-2
10	2	0	4	1	100	0	2	8	24	0	0	0
11	2	0	6	4	100	0	6	2	16	6	4	-6
3	2	0	8	2	100	0	-4	-6	16	10	2	-16
12	2	0	3	2	100	-2	-2	-10	-2	-26	-12	-10
2	2	0	2	5	100	-4	8	12	12	0	-2	4
6	2	0	8	6	100	4	10	10	0	6	-4	0
13	2	0	10	6	100	-4	2	10	6	8	-4	-4
4	2	0	10	1	100	2	-6	-2	10	-2	8	-4
14	2	0	9	4	100	-2	4	2	4	6	14	-2
15	2	0	7	1	100	-2	6	8	4	4	-2	-2
16	2	0	5	4	100	4	4	-2	8	-14	-12	2
17	2	0	6	7	100	0	6	2	4	2	-2	0