



## General Vocal Hygiene Routine

1. Recognize vocal tension and try to reduce it before speaking/projecting with it.
  - a. notice when larynx (voice box) is held high in the throat
  - b. notice when vocal mechanism is “tight” when waiting to speak
2. Exercises to reduce tension-before work, lunch time, at a specific time toward the end of the day.
  - a. yawn-sigh,
  - b. “rag-doll,
  - c. head rolls- do not roll “backward”
3. Diaphragmatic breathing- make sure to add ribcage and shoulder muscles when projecting. a. lie down; place one hand on stomach and one hand on chest
4. Do not run out of air at ends of sentences.
  - a. practice sentences with natural pauses to take a deep enough breath
  - b. make the air last throughout the sentence
5. Practice easy onset.
  - a. practice saying words/phrases that start with vowels while adding an “air cushion” during the vowel
6. Hydration- Drink 10-12 glasses of water daily; avoid ice.
  - a. reduce or avoid caffeine (coffee, tea, chocolate) as it is dehydrating.
  - b. inhale steam
  - c. avoid mint (drying)
  - d. use glycerin-based blackcurrant pastilles (increases saliva production)
  - e. avoid gargling

7. Avoid yelling, making “funny” voices, whispering, etc.
  - a. avoid talking with the car window rolled down
  - b. avoid shouting between rooms
8. Use a phone headset at work to reduce strain on vocal mechanism.
9. Try to reduce throat clearing and coughing.
  - a. medication for allergies (consult with physician/allergist)
  - b. “puff of air” to clear throat
  - c. avoid dairy (increases mucous production)
10. Consult with physician if concerned about reflux.
  - a. avoid mint (can relax lower esophageal sphincter)
  - b. limit spicy foods
11. Avoid alcohol and smoke.