

# Vocal Health Tips

## MS. ELISE'S MUSIC STUDIO

**The most important things for a voice healthy are:**

**Water Sleep/Rest Proper technique**

### **Water**

- Water and hydration keep your voice moisturized. Don't just drink water while you are singing, try drink it before and after as well.

### **Sleep and Rest**

- Sleep and rest are very important for maintaining a healthy voice. When you do not get enough sleep, your voice can feel tired, and singing for long periods of time is harder. Make sure you get a good night's sleep before a performance. Rest is important to vocal health because it is important to let your voice rest even when you are awake. After singing or talking for an extended period of time, do your voice a favor and be quiet for a while!

### **Use the Proper technique—the 5 fundamentals of singing all the time.**

- *Relaxation*
  - Relaxation gets rid of tension. Tension is bad when singing. If you find yourself tensing up when you are singing, take a break, stretch or relax, and try again. Continually singing with tension will cause vocal fatigue and lead to a hoarse or lost voice.
- *Posture*
  - Good posture is an aligned spine, relaxed arms, and centered head and neck. Good posture reduces tension and promotes good airflow. Continually singing with bad posture will cause vocal fatigue and lead to a hoarse or lost voice.
- *Breathing*
  - Breathing supports sound. It is the most essential part of singing correctly and healthily!
- *Resonance*
  - Resonance simply helps for produce a better, louder, clearer sound with the least amount of effort. Therefore, using resonance helps you sing louder for longer periods of time without hurting your voice. A trained vocal teacher can help you find the right resonance for your voice.
- *Vowels*
  - Natural, pure vowel sounds (AH like father, EH like met, EE like beef, OH like home, OO like blue) promote healthy singing and a healthy voice.

### **Other Tips/Facts**

- Your singing voice is an extension of your speaking voice, so, if you abuse your voice speaking, your singing will be affected.
- Whispering is actually worse for your voice than talking. If you have a sore throat, don't talk! But if you must use your voice, don't whisper!
- Smoke is not healthy for your voice. It dries and irritates the throat.
- Alcohol makes you dehydrated. Try not drink the night before a performance.
- Caffeine is a drying agent. Take care to drink more water after consuming caffeine to help rehydrate.
- Try not to yell or scream—ever.
- Drink lots of water!