

VOCAL HEALTH GUIDE

Hydration

Adequate **water intake** and hydration improve vocal function. Ensure you are drinking plenty of water / herbal tea throughout the day. Aim for around **eight glasses of water per day**. **Reduce** dehydrating / drying drinks such as **caffeine and alcohol**. **Steam inhalation** before voice use can be **soothing** to the vocal tract and provide topical hydration.



Humidification

The nose naturally warms, cleans and humidifies the air you breathe in. If you are a mouth breather consider trying to **switch to nose breathing**. If you are in a low humidity environment (e.g. dry, dust filled) you may benefit from artificially humidifying the air using a humidifier. This will increase the moisture in the air. **Adequate humidification has proven benefits** for effective voice use.



Avoid Throat Clearing

Throat clearing happens due to irritation to the throat. BUT **throat clearing** can actually **increase throat irritation**. Over time, this can become habitual - it's a vicious cycle!

If you feel the need to clear your throat instead try:

- taking a sip of water
- effortfully swallow your saliva
- take a sniff in and exhale through pursed lips

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Reflux 🌟

Laryngopharyngeal Reflux (LPR) can harm the vocal folds and vocal tract by causing stomach acid to flow backward into the throat and larynx, resulting in voice problems like hoarseness, throat clearing, coughing, vocal fatigue, and a throat lump feeling. **If you suspect LPR, consult your healthcare provider for management.**

🎵 Voice Awareness

Tune into your voice. **If you are becoming vocally fatigued take time for voice rest.** When you have a cold or sore throat, minimise your voice use and **drink plenty of fluids** to keep your vocal folds healthy and hydrated.

Be aware of your voice use - avoid yelling, straining and whispering.

Healthy Lifestyle 🙌

Adequate sleep, regular exercise and good posture are all essential for good voice production. Your vocal folds don't work or exist in isolation, they're dependent on the health of everything around them. **Clenching or tensing your jaw, tongue, and teeth can create a flow on effect that stresses and strains your voice.** Keeping them relaxed and loose should be part of your everyday vocal health routine.

Avoid Irritants

Where possible avoid or reduce exposure to the following:

- alcohol
- dust filled environments
- smoking
- smoky environments
- menthol
- caffeine

