

## Vocal Hygiene

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### What can we do to keep our voices healthy?

1. Hydrate topically & systematically by inhaling steam or vaporized water, and drinking 8-10 glasses or 1/2 your body weight in ounces per day.
2. Avoid alcohol and caffeine, as both can aggravate reflux and dry out vocal fold tissue.
3. Avoid smoking, vaping, and second-hand smoke exposure.
4. Try not to yell or talk loudly for long periods of time. Pressed talking can lead to voice disorders.
5. Use abdominal/diaphragmatic breathing to support your speech or singing. Keep throat tension to a minimum.
6. Rest your voice 10 minutes for every hour of talking. If you talk for a living and are prone to vocal fatigue, email/text when possible.
7. Avoid grunting when exercising or picking up heavy things, clap or turn lights to gain attention, avoid character voices, try earplugs at loud events to avoid vocal pressing and to hear yourself better.