

Vocal Hygiene



Keep your voice healthy with these easy strategies.

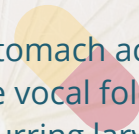
Stay hydrated

6-8 glasses a day is a great goal, but shoot for urine that is clear or pale yellow. If it's a dry time of year, use a humidifier.



Control acid reflux

Uncontrolled stomach acid can splash onto the vocal folds, which can lead to recurring laryngitis. Take your meds! Avoid trigger foods!



No smoking

Smoking and the use of other recreational drugs can dehydrate the vocal folds.



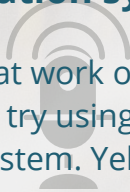
Get appropriate vocal rest

For every 2-3 hours of talking, take 10 minutes of complete vocal rest. Biggest culprits: teachers. Be sure to get your vocal rest!



Use amplification systems

If you talk a lot at work or find yourself yelling, try using an amplification system. Yelling can cause vocal fold injury.



No throat clearing

Excessive throat clearing can cause vocal fold injury. Instead of clearing your throat, try pausing, taking a sip of water, and continuing.

