




Vocal Hygiene

Things to Avoid

- Talking for long periods of time, especially when tired or sick.
- Talking or singing out of range with tension or strain.
- Smoking or vaping of any kind. 
- Chronic behaviors involving your throat such as a cough, throat clear, and/or grunting. Try to prevent or shorten these episodes by swallowing your saliva and having water handy.
- High caffeine, alcohol, citrus, and mint intake. This is especially important to avoid if you have been diagnosed with acid reflux or GERD.

Environment

- Keep the air in your environment humidified or purified if possible.
- Reduce background noise when possible to avoid speaking loudly.
- If you must talk on the phone a lot, use a headset or an earpiece.
- Always have water handy! Drink plenty of fluids and aim for an adequate amount of sleep.



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