

# A Singer's Guide to Vocal Hygiene

## What is vocal hygiene?

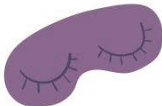
Vocal hygiene is a system of good habits to help singers and voice users prevent injury and fatigue!



### Hydration

Drinking water systemically is key to a hydrated voice and body! Drinking at least 6-8 glasses of water per day is recommended. You may also research methods of topical hydration via personal steamer or nebulizer.

Reminder: Liquids you drink do not touch the vocal folds so drinking water right before singing will not give immediate benefits.



### Rest

Rest your body and your voice! Make sure you are getting enough sleep, but also make sure you are resting your voice.

Try taking "vocal naps" after long periods of speaking or singing so your voice can rest.



### Avoid Overuse

It's important to avoid overusing your voice to protect it from fatigue and possible injury.

- Avoid speaking over loud music & crowds
- Avoid speaking or singing for long periods of time without rest
- Avoid speaking too loudly, too often

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### Warm-up & Cool-down

Don't forget to warm-up your voice daily and before singing!

After singing, performing, or prolonged speaking it is important to have a vocal cool down routine to decrease fatigue.

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### Work with a voice teacher

Voice teachers are a valuable source of information to aid you in your vocal health journey as they can help you create warm-up routines, guide you through difficulties you may be experiencing, and provide you with crucial information to help you better understand your voice and how it functions!

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HOW TO PREPARE FOR

# PERFORMANCE



## PRACTICE

Practice outside of your lesson or rehearsal time at home!

Spending 10–15 minutes a day practicing is proven to make quicker progress and ease anxiety.

## ASK FOR HELP

Practice in front of friends or family!

Not only will you feel better about performing for an audience, but you'll have outside ears to help notice things you can work on.

## DRESS FOR SUCCESS

Plan out your outfit in advance!

Performance attire should be semi-formal or business casual unless it is otherwise stated that you should have a costume.

## PREP YOUR MATERIALS

Know what you need to bring and set it out the night before!

You may need to bring sheet music, tracks, props, snacks, water, etc., so make sure it's ready and you don't forget anything!

## ARRIVE ON-TIME

Try to leave early and give yourself plenty of time to get to your performance venue!

Check your call-time and make sure you're there a few minutes early if possible so you aren't stressed and rushing.

## BREATHE!

Being nervous is normal!

Take a few deep breaths before you go to perform and remember your audience is there to support you, not to judge you!

