

# HYDRATION

## Adequate oral hydration is essential for a healthy voice and mucus management

- ◆ Drink at least 64 ounces of water each day
- ◆ Drink more water if you:
  - Consume more than two caffeinated beverages per day
  - Are exposed to dry or dusty environments
  - Exercise regularly
  - Use your voice a lot throughout the day
- ◆ Drink plenty of other clear liquids to supplement your water intake
- ◆ Steam inhalation from a personal steam inhaler may help to alleviate excessive dryness or thick phlegm in the throat
- ◆ Cool mist vaporizers or warm-air humidifiers provide additional moisture to a dry environment
- ◆ Avoid cough drops with menthol, as they may be drying to the throat. Instead use a piece of sugar-free hard candy or an herbal drop
- ◆ Over the counter (OTC) products are available to thin secretions and increase saliva production. Check with your doctor
- ◆ Medications (prescription, OTC, and holistic) may have drying effects on the laryngeal mucosa. Check with your pharmacist



# VOCAL HYGIENE

## PRACTICE GOOD VOCAL HEALTH

- ◆ Use non-verbal cues (like clapping or waving hands) to show enthusiasm
- ◆ Get a whistle for emergency situations
- ◆ Speak to others within a close range so you can be heard without yelling. Use a 3-foot distance to judge appropriate loudness (an arms length)
- ◆ Reduce ambient noise such as television, radio, fans, blowers, machinery, vacuum cleaners, etc.
- ◆ Face-to-face communication will improve comprehension
- ◆ Use amplification when speaking in a large room or to large groups
- ◆ Use a soft voice when appropriate (but never whisper)
- ◆ Use good posture to improve airflow and reduce tension/strain
- ◆ Get plenty of sleep
- ◆ Always warm-up your voice before public speaking or singing
- ◆ Cool-down your voice when finished
- ◆ Use an earpiece with all cell phones

## ELIMINATE PHONOTRAUMATIC BEHAVIORS

- ◆ Avoid yelling, shouting, loud talking, and talking over noise
- ◆ Avoid singing or excessive talking in the car
- ◆ Do not use a cell phone in noisy environments
- ◆ Eliminate throat clearing and coughing. Use a hard swallow instead
- ◆ Stop using all tobacco products
- ◆ Stop all recreational drug use
- ◆ Avoid chemicals, dust, and other harmful inhalants
- ◆ Never whisper
- ◆ Don't push your voice to its physiological limitations
- ◆ Don't overuse your voice
- ◆ Take "vocal naps" throughout the day. If your voice starts to feel tired, don't push it

