

SINGING DOs and DON'Ts

DO

- + Keep well hydrated 1.5-2l/day. Drink room temperature water at all times. Cold or Ice water tightens the vocal folds.
- + Maintain good general health with a balanced diet.
- + Consider planning your eating to suit performance needs.
- + Do NOT eat 1-2 hours prior to singing or performing.
- + Maintain regular vocal practice and training.
- + Get adequate rest. 8+ Hours sleep prior to singing is optimal.
Your vocal folds are made of muscle and need recovery time.
- + Get regular physical exercise, but don't overdo abdominal work as it hinders correct breathing for singing.
- + Keep throat area warm in cold weather. Wear a scarf.
- + Humidify your environment if too dry e.g. in central heating. Have a bowl of water in your room the night prior to your performance. This will increase humidity in your room slightly and ensures adequate hydration.
- + Identify and use your optimum speaking pitch. Talking in a low, loud or strained way will impact on your singing voice.
- + Talk in a higher animated tone when possible this will take strain off of your vocal folds.
- + Maintain a well balanced posture for singing and public speaking. Watch for slouching or jutting jaw etc. Ensure to stretch prior to singing.
- + BREATH - Always breath deeply into your lower lungs (extending your stomach when breathing in avoiding raising your shoulders, avoid shallow breaths (lifting shoulders when breathing) this will negatively impact how much possible air you are breathing in as deep breaths will provide around 100% air capacity whereas shallow breaths will provide around 40% air capacity.

DON'T

- Smoke - It's a given..
- Practice excessively – 30mins of correct practice with rest per day is best. Short and regular is more effective than long and sporadic.
- Drink caffeine, alcohol in excess, take illicit drugs and medications that dry your mouth and throat out.
- Singing in environmental extremes if possible, e.g. dry, cold, hot, dusty places. If unavoidable use counter measures to look after your voice.
- Avoid throat lozenges! They contain alcohol and menthol that dries out the throat. Try boiled lollies instead to promote a healthy amount of mucous production as this will assist in optimal vocal hydration.
- Clear your throat or cough excessively. Try drinking water, lightly gargle and swallow to ensure optimal vocal hydration.
- Yell, shout, scream, talk excessively.
- Talk excessively above loud noise. (Avoid Raves)
- Hang around people with respiratory infections...**they are evil!**