

Tip of the week March 29<sup>th</sup> 2020

Many people ask me what to do when their voices are getting tired and hoarse. This week I will outline the most common causes and also give you some very helpful tips. Some of them I gathered during my time studying at the conservatory but most of them out in the field.

Good Luck!

### **(Not Acute) Causes**

wrong or insufficient technique  
insufficient vocal hygiene  
singing in the wrong key or vocal register  
no warming up or cooling down  
dry air, airco, airplane-air  
too many performances in a row  
smoking, use of medicines, drugs, alcohol and lots of coffee will dry out the voice  
hormones (for example) during the period the voice is a bit weaker

### **Tips & Tricks for your voice to stay healthy**

start taking vocal lessons  
warming up and cooling down before singing  
vocalise daily, do vocal exercises  
drink lots of water  
do not eat very spicy food  
avoid mucus-forming products  
do not smoke or drink alcohol  
know your body! do not lose the control  
stay in good physical condition  
stop performing when the voice gets tired  
after performing find a peaceful place, avoid crowded areas  
visit a vocal masseur or a speech therapist  
lax vox methode, ask a speech therapist or doctor about this

If the problem will not get solved within a few weeks always contact a doctor