

Happy Voices

Vocal Health Checklist

SO, YOU'RE SERIOUS ABOUT YOUR VOICE...

Here is your ultimate starting point. Stick to this checklist and you'll have a happy voice in no time.



DRINK AT LEAST 8
GLASSES OF WATER
EVERY DAY



WARM-UP YOUR
VOICE BEFORE SINGING



HUMIDIFY YOUR ROOM
WHILST SLEEPING



GET AT LEAST 8 HOURS
SLEEP EACH NIGHT



AVOID SMOKE FOR
HEALTHY LUNGS
AND VOCAL FOLDS



TRY LEAVING OUT
CAFFEINATED /
CARBONATED DRINKS
BEFORE SINGING



BE AWARE OF YOUR
ALLERGIES / POTENTIAL
ALLERGENS



CUT DOWN ON SPICY
FOOD BEFORE SINGING
/ SLEEPING TO PREVENT
ACID REFLUX



AVOID DAIRY AT LEAST 2
HOURS BEFORE SINGING



IF IT'S SORE, STOP!

Any questions? You can email me at:

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