

GUIDEPOSTS TO SINGING - Roland Wyatt

Pathways to a Free Voice

- No smoking
- No coughing
- NEVER clear the throat
- No yelling or shouting
- No unnatural vocal sounds (animal noises, extreme laughter)
- No loud continuous talking
- No talking in loud places (planes, trains, loud rooms)
- Drink water (1-2 quarts daily)
- Sniff water at room temperature
- No alcohol or caffeine
- Don't inhale fumes (smoke, ammonia, paint thinner)
- Drink liquids
- Humidify in winter (30-35%)
- Heat - 68 degrees
- Drink warm tea
- No singing while vocally tired
- Avoid singing too high, too long, and with the wrong force
- Get lots of sleep
- On vocal performance day - or vocally tense days
 - Take a non-menthol lozenge several times a day
 - Complete silence
 - Write note
 - No whispering
 - Talk only when being paid
- 15 minutes of systemic vocal exercises twice daily