

# Ways to Practice Good Vocal Hygiene:

- Drink a lot of WATER
- Stop unnecessary throat clearing/coughing
- Don't whisper unless necessary-It is just as abuse to your vocal cords as shouting
  - Increase the amount of sleep you get each night
  - Eliminate or reduce caffeine intake
- If your voice sounds hoarse or strained, drinks lots of water and get external hydration (such as using a humidifier or a steamy shower)