



Département d'orthophonie | Speech-Language Pathology Department

## Instructions for a Healthy Voice

### Instructions for Loudness:

- Avoid screaming and talking loudly. Use a “cat” voice (normal loudness) instead of a “tiger” voice (increased loudness).
- Talk no louder than a normal conversational level.
- Avoid talking in noisy places.
- Talk to people who are in the same room (rather than yelling from one room to another). This will help you use a “cat” voice rather than a “tiger” voice.
- Avoid whispering. Use a “mouse” voice (reduced loudness) instead.

### Instructions for Amount of Talking:

- Talk only when it is necessary (make decisions about when it is more important to talk).
- Listen more to others so as to talk less.
- Have “voice breaks” several times a day (for example, no talking for 30 minutes/day).

### Instructions for Throat Comfort:

- Take a sip of water and/or swallow with effort instead of clearing your throat or coughing (if you tend to do this even when you are not sick).
- Use relaxation exercises when throat is tense.
- Keep humidity level between 40% and 50% at home.
- Drink at least 750 ml of water a day (small quantities at a time, throughout the day). Drink at least 1 liter of water on summer days or during physical activity.
- When your throat is tired or your voice is weak, take a talking break until it feels better.