



Music.ALS

Sound support for lives affected by ALS

VOICE CARE FOR pwALS

If you are diagnosed with ALS/MND, it is especially important to take good care of you voice. You need to gently exercise your vocal apparatus, but you also have to make sure not to strain it. Following these 10 simple rules will help you to develop healthy voice habits.

1. Do not talk for too long. If your voice is tired, be sure to take a break.
2. Do not talk in a noisy environment (with the TV turned on, in the car, in public transport). Only talk to those who near you. Do not shout. Use a bell or other signal to attract attention.
3. Maintain even posture and learn to speak "from the diaphragm".
4. Drink enough water throughout the day (about 2 liters).
5. Rest. If you are very tired, try not to talk. Prioritize sleep.
6. Slow down your speech and stretch sounds, especially at the ends of words, as if you were singing.
7. Speak in a range which is convenient for you (i.e. not too low and not too high) and with a comfortable volume (i.e. do not scream or whisper).
8. Make a habit of regularly relaxing all the muscles of the face, neck and shoulders. Light massage is helpful, too.
9. If speaking causes pain, do not speak! Do not use cough drops to relieve a sore throat and keep talking: this only masks the symptoms and you can damage your voice.
10. Our emotions affect our voice and breath. Do everything you can to reduce stress in your life and to get positive experiences regularly.

