

SING

T H E C O U R S E

NOSE OR MOUTH BREATHING?

I often have people ask me, do I inhale through my nose or through my mouth? And my answer is both. It depends on the amount of time you have to catch a breath, and the phrase you are singing or speaking.

You can inhale through your nose or you can inhale through your mouth. Although there are different schools of thought when it comes to singing, both are correct when done intentionally, used with the support diaphragmatic breathing.

Why would you breathe through your nose when singing? Well, because breathing through your mouth dries out your vocal chords, and the slightly constricts the back of your throat.

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Let's do the following exercise:

Inhale in through your nose, and exhale out through your nose for a count of five.

Inhale 1- 2- 3- 4- 5
Exhale 1- 2- 3- 4- 5
Repeat 5 times

Now breathe in through your mouth and breathe out through your mouth.

Inhale 1-2-3-4-5
Exhale 1-2-3-4-5
Repeat 5 times

Can you feel a difference? Did you feel a difference between the nasal breathing and the mouth breathing? Nasal breathing allows you to have more moisture and protects your throat.

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This time try inhaling through your nose and exhaling through your mouth.

Inhale 1-2-3-4-5

Exhale 1-2-3-4-5

Repeat 5 times

Repeat 5 times

Remember to use your diaphragm to pull the air down into your lungs.

Let's put this practice to the song, *Happy Birthday*

First, only do a nose breath: Sing *Happy Birthday* with Nose Inhalation Only

Now Sing *Happy Birthday* with Mouth Inhalation Only

CAROL FRAZIER

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Mouth breathing might feel more natural, since it is what we do most of the time. But, since nostril breathing is healthier for your voice, try adding it more often when the phrasing allows for it. It comes down to phrasing, timing and practicing the song with both methods of breathing. This will help you find what works best for you while supporting your vocal chords.

For example, when you have a long phrase and you have expelled all your air, you only have the slightest moment to get another breath. This may force you to take a mouth breath vs. a slower nostril breath.

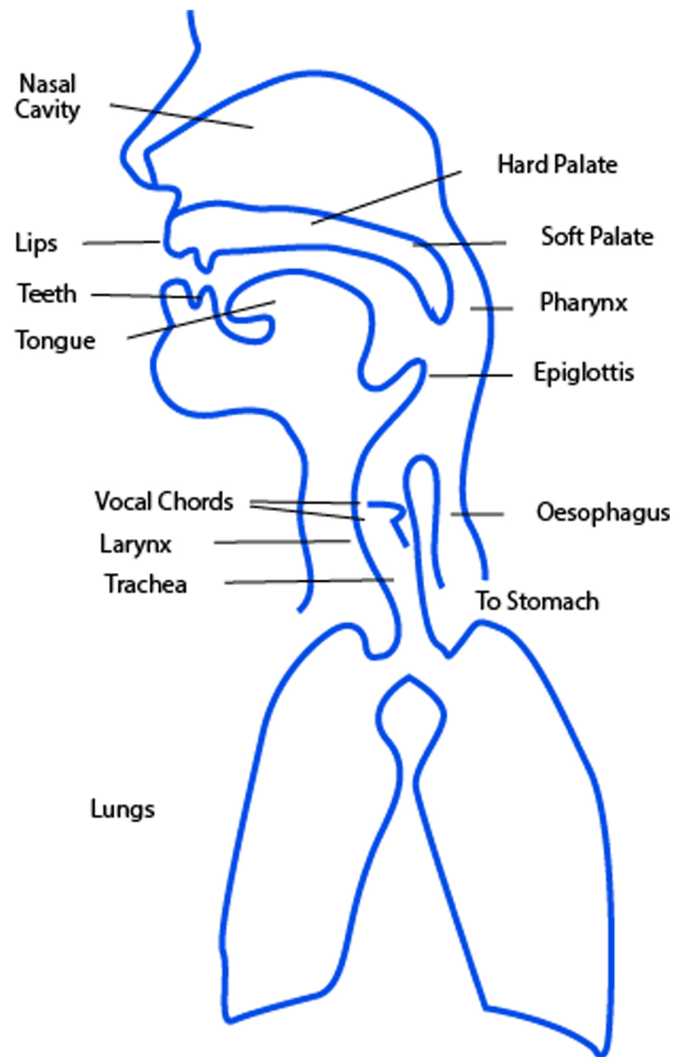
And remember to try to inhale quietly vs. loudly! This can still be done quickly, to inhale all the air needed into your lungs. And it utilizes your diaphragm and gravity to pull it all in.

MORE ADVANCED Breathing techniques include Breathing through both your Nose and Mouth at the same time, as well as Silent Breathing. These techniques will be taught in my **Advanced SING Course**.

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THE COURSE

SIDE VIEW OF VOCAL ANATOMY



Side View

SING

THE COURSE

VOCAL PRODUCTION ANATOMY & PHYSIOLOGY

