



Online Course

“How To Get A Pro Voiceover Sound”

Handout 1: How to get rid of mouth clicks

Mouth clicks can really mess up an otherwise perfect recording. They mainly originate from a dry mouth, dental tartar, food/beverage leftovers and excess saliva and can be avoided as follows:

1. Brush your teeth before your recording session. This is not only healthy but will eliminate food/beverage leftovers and dental tartar and refresh your gums.
2. Don't drink anything else than water before and during your recording. Sugar, fat and other beverage ingredients make your saliva viscous and sticky while alcohol dries out your mouth which equally increases mouth clicks.
3. Don't eat anything right before and during your recording (see above).
4. Regularly rinse your mouth with water during your recording to avoid mouth dryness.
5. Regularly eliminate excess saliva from your teeth, gums and tongue by blasting air through these regions while inhaling. Be careful not to choke. Saliva between your front teeth causes clicks on s-sounds, saliva around your back teeth and on your tongue causes clicks on k-sounds and the consonants and their combinations.