



Online Course

“How To Get A Pro Voiceover Sound”

Handout 2: How to handle sibilance

Sibilance can be very annoying for listeners. However, it has to be mentioned that microphones highlight s-sounds by design in comparison to natural hearing. Here is how to reduce sibilance issues:

1. Slight sibilance can be reduced with hardware or software effects that mostly work with compression or phase cancellation.
2. Medium sibilance can be reduced with microphone positioning. Instead of directly pointing the diaphragm to your mouth you can incline it a little to your eyes or upper chest. However, this will also decrease the high frequency content of your recordings. Another solution is to fix a pencil with a rubber band along your microphone's head basket so that it crosses the diaphragm in the middle. However, the same issues apply as above.





3. Heavy sibilance can be reduced by first consulting a dentist to see if there is any issue with your teeth and then book a speech therapist who can help you with exercises to manage s-sounds.
4. In any case, don't overdo it as this can sound as lisping.

Note: Listen to unprocessed recordings of top voice actors (e.g. in interviews). You will notice that they have learned to control their s-sounds naturally over time.