



Online Course

“How To Get A Pro Voiceover Sound”

Handout 3: How to avoid breath sounds

It's common sense but often forgotten that breath sounds which, for example, spill into the first word at the beginning of a phrase can detract from an otherwise perfect performance or even render promo, commercial and trailer recording takes useless. While there are methods to edit out or reduce breath sounds in post-production, as always you should avoid unwanted sounds at the source whenever possible.

Here are some suggestions on how to tackle this issue:

1. Try to breathe in through your nose and make a short pause before starting a new phrase. Be careful not to inhale too deeply because this might cause a sudden air burst that makes you sound rushed or even produce loud pops.
2. Between phrases with the mic on, especially when you need to introduce a longer “thoughtful” silence such as in audiobooks, try to breathe in and out through your nose to minimize unwanted sounds.
3. In summary, only exhale through your mouth when speaking. Inhale and exhale through your nose in all other cases. It will take time to get used to this breathing method. But practice makes perfect!
4. When you have a cough or cold just skip recording until you're completely recovered. It will be audible regardless of what you do.
5. Try to calm down even if you have to shout car promos as the excited announcer. Breath sounds are cool for emotional singing but not for voiceovers.