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atp.iitk@gmail.com | [My Account](#) | [Google Answers Home](#) | [Sign out](#)Q: Reducing the nasal sound of a voice. ([Answered](#) ★★★★★, [1 Comment](#))**Question**

Subject: Reducing the nasal sound of a voice.

Category: [Miscellaneous](#)Asked by: [cgp314-ga](#)

List Price: \$20.00

I am looking for information on how to reduce the nasal sound of a voice. For example, what kind of practices can one to diminish the nasal resonance in their voice. I am not looking for professional voice training services, just information that can be used by an individual on their own.

Thank you

Answer

Subject: Re: Reducing the nasal sound of a voice.

Answered By: [bobbie7-ga](#) on 02 Jul 2003 16:55 PDT

Rated: ★★★★★

Hello cgp314-ga,

Thank you for your question.

My search returned the following results for exercises tips or advice that will help you reduce the nasal sound of your voice.

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Reducing Excessive Nasality by Candice M. Coleman, Ph.D.

"There are three nasal consonants [m], [n] and [ng]. (...) The problem comes when they're produced with too much strain and tension. Think of the title character in The Nanny television program. There's nasality at it's worst"

(...)

"To reduce excessive nasality, you need to understand a little bit about how those sounds are made."

(...)

"The soft palate is a membrane from which the uvula hangs. When you breathe, the soft palate is lowered so that air from your nose can get into your lungs and back out again. When you speak most sounds, the soft palate lifts, closes off the nasal passage and air moves out through the mouth. However, when you make the three nasal sounds the soft palate lowers and the air comes out through the nose."

"Hum for a moment. (You're making the [m] sound.) Your mouth is closed so the air is being released through your nose. Now, pinch your nose closed. See how the sound immediately stops? If you had said [e] and closed your nose, it wouldn't have made any difference because the soft palate is lifted and the air is being released through your mouth."

There are two exercises you can try but for copyright reasons I can't paste them here.

Candice Coleman explains very clearly how to do these exercises. They are located at the following link to the Say It Well website.
http://www.sayitwell.com/article_06.html

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Here is an exercise that will take the shrillness and nasal quality out of any voice and lend it to a lovely mellowness.

"EXERCISE: Yawn. Hold your throat open and repeat the word 'mood' very distinctly three times, pitches as low as you can without growling or producing a false tone. Imagine that the 'oo' sound comes from your chest. This vowel opens your throat. Now with your throat in the position it took to say 'mood' repeat the word 'ice' three times. Again 'mood' three times ~ then with the throat in the 'oo' position say 'ice' three times. Do this ten times. Now say 'mood' three times; with the throat in the 'oo' position say 'early' ~ then substitute the words 'regular,' 'Mary,' 'pie,' 'fancy' and 'three.' Always say 'mood' first and be sure to pronounce distinctly. This exercise will take the shrillness and nasal quality out of any voice and give it a lovely mellowness. Do this regularly and whenever possible and as long as you can without tiring unused muscles. Practice using the principles of contrast in conversation."

Source: The Woman You Want to Be pp. 58-59
<http://www.missabigail.com/selection/selection118.html>

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Posted: 02 Jul 2003 14:19 PDT
Expires: 01 Aug 2003 14:19 PDT
Question ID: 224409

Lisa Popeil, MFA in Voice discusses voice nasality and explains how it is controlled.

"The controller for nasality is the soft palate, the soft, crescent-shaped appendage located in the roof of the mouth. When the soft palate hangs down, a gap is created between it and the back wall of your throat. In other words, air gets into your nose and resonates there. If you lift your soft palate and create a seal so no air gets into your nose, then you will have no nasality."

(..)

The yawning action lifts the soft palate.

"If you can create a gentle, beginning-of-a-yawn feeling, then your soft palate will lift, create a seal, and you should produce a nice, open, non-buzzy sound."

"Here's a simple experiment to try: let your soft palate hang and say with your most nasal voice (think Fran Drescher) "I'm being very nasal." You should sound stunningly nasal if you did it right. Now to compare, feel "yawny" and say "I'm not being nasal." Notice the difference? The yawny, non-nasal sound may strike you as pleasant, elegant and even lovely."

Singer Magazine

http://www.singermagazine.com/singer_university/articles/duck.html

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Professionally Speaking advice by Lucille Schutmaat Rubin, Ph.D.

Nasal: "This is a whining sound that makes you sound like a complainer. People are likely to think nothing ever pleases you! The voice leaks up into your nose when it should be using your mouth as the exit. The lazy muscle at the back of your throat (the soft palate) is the cause of nasality. The palate fails to close off the trap door leading to your nose. All speech sounds should flow out of your mouth, except for the three nasal consonants: mn, ng."

Tip:

"Lightly place your fingertips on the bridge of your nose and monitor for the absence of vibrations as you slowly speak this sentence: "Every little boy ate a bite of bread."

"Any Woman Can"

<http://www.anywomancan.net/image/yourvoice.html>

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From Google Newsgroup:

"To bring your voice away from the nose, take a small bit of eraser (rubber) about 3/4 cm square and hold it between your teeth as you read aloud. Do this for around 15 mins per night. After a month or so you should notice a difference in you timbre/voice quality. Do a recording before and after for comparison sake. Having the teeth/mouth incapacitated means you have to use the voice box, throat, tongue and lips more, drawing the expelled air away from your nose to where it is needed."

http://groups.google.com/groups?hl=es&lr=&ie=UTF-8&oe=UTF-8&thread=Pine.OSF.4.10.10201191635300.23158-100000*40cassius.its.unimelb.edu.au&rnum=1&prev

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Instruction for aspiring singers by Mark Baxter:

Question:

"My voice is very nasally sounding. I can't seem to shake it. Do you have any exercises that will help me sing clearer and without this burden?"

Answer:

"Hold your nose when vocalizing. Sing so you don't feel your fingers buzzing. Nasality means you are using the nose as a catch-all for air pressure. Singing breathy is also a counter measure, but that may not be the vocal effect you're looking for. Reduce your volume as you experiment."

Get Signed: Mark Baxter

<http://web.archive.org/web/20010720005603/http://www.getsigned.com/rebax37.html>

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Nasality may result from a lazy way of talking. There could also be a physical weakness of the soft palate. A nasal or whiny voice sounds less authoritative and less professional.

"To correct a nasal voice, tape yourself. You must train your ear to hear it. Practice saying words with plosive sounds: p, b, k, g. This requires more energy and will help to tighten the muscles."

DiResta Communications

http://www.diresta.com/newsletter_january.htm

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Is Your Voice Nasal?

"The main cause of a weak, nasal, voice is tension in the muscles at the back of the tongue. "Talking through your nose" is usually caused by not opening your mouth wide enough when speaking. If your mouth is not opened wide enough when you speak sound will be forced to come through your nose. Train the muscles at the back of your tongue to relax. Test this by holding your hand in front of your mouth and nose then feel the air as you blow it alternately through your mouth, then your nose. When speaking, the air should be coming through your mouth in order for it to be clear and crisp."

Oleda

http://www.oleda.com/oleda_tips/index.cfm?ID=17

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Can I change my voice so that it sounds less nasal?

"If your voice sounds nasal, it is likely that you use limited jaw movement when you speak. That is, you probably open your mouth rather limitedly as you talk. When you speak or sing, the sound waves coming from your voice box are influenced by the spaces of your throat, mouth, and nose (think of the spaces as auditoriums). If you speak or sing with limited mouth opening, you diminish the pleasing effect which your mouth space can have on the sound waves, and, in turn, you emphasize the effect your nasal passages are having on the sound waves. You can lose the nasal quality and achieve a brighter, fuller voice as you learn to move your jaw generously as you speak (or sing)."

When Your Voice Means Business

<http://www.voicemeansbiz.com/vxfaq.html>

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The book "Set Your Voice Free" by Roger Love may interest you.

From Google Newsgroups:

"Voice-coach-to-the-stars Roger Love wrote a bit about overly nasal tone in his book "Set Your Voice Free". He says it can be changed:

Once your voice becomes nasal, for whatever reason, it may get stuck in that nasal place. Why? One prominent reason is "sound memory." Your brain remembers what you sound like every day, and it's constantly reassessing what the qualities of "you" are. It hears the sounds you make and tries to duplicate them the next time you speak."

(..)

"Fortunately, you can use the same sound memory to help lead you out of the problem. Practicing new ways of making sounds not only teaches you how to do it--it also tells the brain, repeatedly, this is how I sound. This is the voice I want, and when I get off track, this is the way to get back."

"The book is pretty interesting, and includes a CD with demonstrations and exercises."

Source: Google Newsgroup

<http://groups.google.com/groups?q=exercises++nasal+voice&hl=es&lr=&ie=UTF-8&oe=UTF-8&selm=7xr8f88vnx.fsf#40ruckus.brouhaha.com&rnum=8>

"Set Your Voice Free" by Roger Love is available at Amazon.

<http://www.amazon.com/exec/obidos/tg/detail/-/0316441791/002-9077758-4716852?vi=glance>

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Search Criteria:

Reducing Nasality
Exercises for a nasal voice
Exercises for Reducing Nasality
Decrease voice nasality
How to reduce nasality
Tips "voice nasality"
Exercises OR tips to reduce nasal voice
Advice for a nasal voice

I hope this helps.

Best Regards,
Bobbie7-ga

cgp314-ga rated this answer:★★★★★

Comments

Subject: **Re: Reducing the nasal sound of a voice.**

From: [kriswrite-ga](#) on 02 Jul 2003 19:54 PDT

As a vocal coach, I can tell you the #1 reason for a nasal sound is relying too heavily on breathing through the nose. That may sound weird, but as has been mentioned here already, breathing through your nose places your soft palate in such a position that you're likely to make nasally noises. We all breathe naturally through our noses and our mouths, but those with nasally voices almost always over-rely on breathing through the nose.

So you can make a concerted effort to breathe more frequently through your mouth. You can also practice talking while holding your nose, making note of where you feel vibrations and other sensations in your head when you do so. (For the healthiest speaking, you should feel vibrations near your teeth, on your teeth, on your lips, and even in your cheekbones.) Then try to replicate those sensations without holding your nose.

kriswrite

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