

## My Voice Sounds Too Nasal

### **Objectives:**

In some cases, nasality results from a physical problem, such as a hearing impairment (that prevents effective monitoring of voice quality) or a cleft palate. It can also be due to tension or to influence of a local dialect. Most speakers can reduce their nasality by directing their voices differently. If you are nasal, you need to give your voice an exit route through your mouth, not your nose. These tips will help you reroute your voice energy and sound more pleasant.

### **To Reduce Nasality:**

1. Say the syllables *hi*, *hay*, and *how* gently. Put a hand in front of your mouth to feel the breath coming out orally.

2. Purposely tense up and say the same syllables nasally. You will feel more air coming out of your nose and less through your mouth. Notice the contrast with the gentle oral pronunciation. Repeat the sequence of 1 and 2 five times.

3. When you can deliberately control the difference between nasal and oral sounds, you are ready to use your most pleasant voice in real-life situations. For starters, use a relaxed oral sound when you say these words in everyday life: hello, how, who, why, bye, please, thanks, so.

4. Use this practice phrase to find your comfortable oral tone each morning: I like the sound of a pleasant open voice.

*Note* : The sounds *m*, *n*, and *ng* are supposed to be nasal, so don't try to make them through your mouth!