

SOVTE

What does SOVTE stand for?

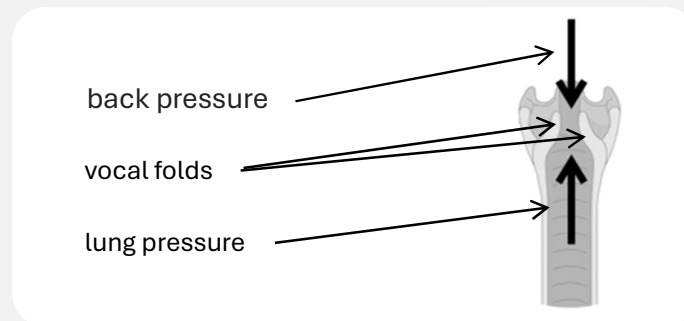
SOVTE stands for *Semi Occluded Vocal Tract Exercises*.

What do you mean by 'Semi Occluded Vocal Tract'?

This is a technical term that means the vocal tract (which consists of the larynx, the pharynx, the oral cavity, and the nasal cavity) is partially closed. This results in a build-up of air in the vocal tract and creates pressure back towards the vocal folds.

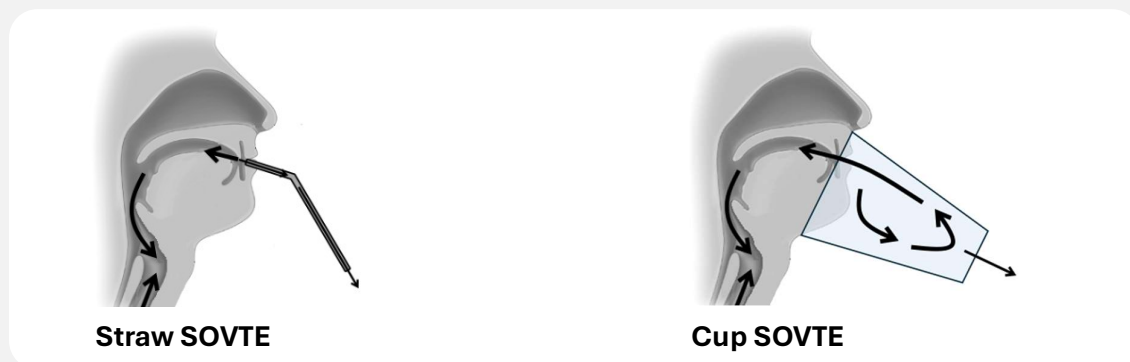
What is the benefit of SOVTE?

The pressure created by SOVTE counteracts the pressure from the lungs and helps the vocal folds vibrate with more ease and less effort. This assists with voice training and voice recovery.



How often should I do SOVTE?

Conducting SOVTE prior to, and after, any extended or effortful voice use is recommended. Extended voice use can include giving presentations, talking on the phone, and conversations at a social event. Effortful voice use can include vocal training, singing, and raising your voice. Your voice may benefit from as little as 5 minutes of SOVTE, or it may need longer. The general rule is the longer or more effort you'll use with your voice, the longer you should conduct SOVTE.





SOVTE

Below are examples of different SOVTE. Make sure there is back pressure and a noise when doing them. Do them for about 3 seconds at a time so they are not too short and not too long.

Nasal sounds	Produce an 'm', 'n', or 'ng' sound.
Fricative sounds	Produce a 'v' and 'z' sound.
Lip trill	Let your lips flap together while making a noise.
Tongue trill	Let your tongue flap against the front of the roof of your mouth while making a noise.
Straw (width 0.4cm or less)	Place your lips around one end of a straw and blow while making a noise. Ensure a good seal so that air only escapes through the straw.
Straw (width 0.5cm or more) in water	Place your lips around one end of a straw while the other end is submerged in water in a cup and blow bubbles while making a noise.
Cup	<p>Create a small hole in the bottom of a paper or Styrofoam cup. Place the cup around your mouth. Ensure a good seal around your mouth so that air only escapes through the hole in the bottom.</p> <p>You may need to adjust the hole to get the right amount of back pressure (not too much, not too little) so start off small and widen it as needed.</p>

Keep it interesting!

SOVTE can be boring if you do the same thing over and over. Consider changing it up with the below examples.

Monotone	Do an SOVTE at the same flat pitch.
Glide up	Do an SOVTE by gliding from your lowest to your highest pitch.
Glide down	Do an SOVTE by gliding from your highest to your lowest pitch.
Scale up	Do an SOVTE and step up (like stairs) from a low to higher pitch.
Scale down	Do an SOVTE and step down (like stairs) from a high to lower pitch.