**Derby Bach Choir- Vocal conditioning: Hydration** *(notes)*

**Initial points for consideration**:

Check sight and hearing are operating well, are spectacles or hearing aids required for good function?

Poor eyesight or hearing may lead to postural adaptation that may impact negatively on your health causing pain and fatigue.

**Why good hydration is required:**

Thirst drive reduces with age- we don’t feel thirsty as soon as we should, leading to a continual degree of dehydration, which leads negative effects on the body and voice.eg fatigue, nausea, dizziness, headaches.

***Water and good hydration are the oil of the body.***

**Positive benefits of good hydration:**

Improved circulation and lymphatic drainage

Improved cognitive and brain function, better memory and concentration.

Improves digestion and gut health, can alleviate or prevent constipation

Improved general resistance- reducing infections.

Improves joint lubrication, reducing pain, stiffness and shock impact, therefore helping to maintain and improve strength and stamina.

Promotes healthy skin.

Improves sleep quality and promotes feeling of good health and well being

**Positive effects of good hydration on the voice.**

Crucial in preventing the mucus covering the vocal folds becoming thick and sticky, keeping the mucus covering thin and slippery allowing the vocal folds to move and vibrate freely thus reducing friction and the risk of vocal stain.

**How much water, when and how**

Average adult requires 2.5 to 3litrs water per day.

Sipping small amounts regularly throughout the day provides a better absorption level

Water at room temperature is absorbed more efficiently that cold water.

Hot drinks also provide steam directly to the throat and larynx aiding local hydration.

Steaming over a bowl of hot water 5-10 mins 3 x per day can aid dryness during infection ie colds, flu or other respiratory infection.

Avoid drink with high sugar, caffeine or alcohol content as these have a diuretic effect, pulling fluid from the system and increasing the risk of dehydration.

**Drink, Rehydrate, feel Good and Sing well!**