



Speech and Language Therapy

Breathing for Speech Exercises

What are “Breathing for Speech” Exercises?

You have been provided with breathing for speech exercises as you have been assessed as having reduced breath to support the voice. This may mean that you have a quiet, breathy, rushed or harsh voice. This does not necessarily mean that you have a lung condition; it may mean that your body has learned to use less breath to support speaking.

Before starting the following exercises, ensure that you are comfortable, either lying down or sitting up.

If you are sitting up, push your feet backwards and under the chair. Remember not to slouch. Place your hand on your lower tummy and the other hand on your rib cage. Blow all of the air out of your lungs slowly.

Exercise 1

- Breathe in for a silent count of 3
- Hold for a count of 3
- Breathe out for a count of 3
- Aim to make the movements as smooth as you can.

Tip - Remember to feel relaxed and in control

Exercise 2

- Breathe in for a silent count of 3
- Breathe out over 4 counts
- Gradually work up to breathing in for 3 counts and out for 10 counts

Exercise 3

This time, breathe in for a count of 3 seconds, hold for a count of 3 seconds and then breathe out making the sounds (holding the sound for as long as you can on one breath). Ensure the sounds are controlled and smooth:

- Ssssssssss
- Shhhhhhhh
- Ffffffffffffffff
- Zzzzzzzzzzz

Contact Numbers:

Your speech and language therapist is: _____.

Please ring the Speech and Language Therapy department on 01305 255165 for assistance.

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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