AIMM: How To Hit Higher Notes As A Singer

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Atlanta Institute of Music and Media (AIMM), based in Duluth, GA, has published a new resource that aims to help singers hit higher notes without strain. AIMM is committed to helping the newest generation of artists and producers learn what it takes to survive in the modern music industry, and they make it a point to routinely publish information that can help students improve their skills. See their latest article here: How To Hit Higher Notes.

The article begins by acknowledging that it is common for singers to experience a break in their voice as they attempt to reach or sustain higher notes. The issue, however, is that such breaks can occur in highly inopportune moments. While it may not matter as much if a break happens during a rehearsal or while singing alone at home, it can significantly mar an otherwise great performance if it happens while the singer is performing for an audience. The more high-profile the performance, the greater the stakes, so it is best to reduce the chance of a break happening as much as possible.

"Vocal breaks like this are typical, especially on high notes," the article says. "And regrettably, they can occur at any time, whether in your home studio or on stage in front of a large audience. Nevertheless, anyone can learn to hit the high notes without straining. It requires practice and the appropriate singing methods. You'll be surprised at how much your vocal range can grow if you can learn to reach those high notes without strain."

AIMM says there are several exercises that singers can do to help themselves hit high notes without straining. To hit a higher note, the vocal cords have to stretch, so singers should practice vocal scales daily to improve their range. The Institute observes that audiences with no musical training can generally identify when a singer is straining outside of their comfortable range. AIMM says nearly every vocalist can hit high notes ? and producing these notes within pitch is where the challenge truly lies.

The article also comments on the fact that many people assume they have to push themselves to hit such notes. This is false, and the Institute says a person experiencing either strain or pain while attempting the

recommended vocal exercises should take this as a sign they are doing something wrong.

AIMM's tips to sing higher notes include warming up with a song. Singers, they say, tend to warm up their voices by humming or singing scales. This serves to prepare their vocal cords for when they will hit higher notes later on (during their performance), but this is not the only time such warm ups should be implemented. In fact, AIMM recommends a daily routine where the vocalist focuses on stretching their vocal muscles and vocal cords. Over time, the vocal cords will become accustomed to the stretching, making it easier for the vocalist to sing higher.

Regular exercise, however, should not be taken to mean that the vocalist has to overexert themselves. Instead, they should aim to relax their vocal cords since this will minimize how likely they are to hurt themselves. The article says, "Learn to relax your face and mouth before singing; this is a fantastic way to prevent injury. Put your thumbs on the fleshy area under your chin and both of your trigger fingers over your chin. To relax the muscles in this area, gently massage it. Do this several times. Huge yawns and deep breaths are excellent for expanding the face and jaw. Stretch your neck and shoulders thoroughly; you likely carry a lot of stress in these areas that could interfere with your singing."

AIMM's article has many more tips to share, and they invite all interested parties to give it a look. Putting these tips into practice can dramatically improve a singer's vocal range and overall capabilities. Anyone who wishes to learn more about singing or the music industry as a whole may look up the other articles published on their site. You may also consider pursuing a degree or certificate in music at the Atlanta Institute of Music and Media.

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