



# Liverpool University Hospitals NHS Foundation Trust

Speech and Language Therapy

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# Yawn-Sigh (Voice Therapy)

## What is a Yawn-Sigh exercise?

This is an exercise that relaxes the muscles of the larynx (voice box).

## How does it help:

- It reduces constriction in your pharynx (throat).
- It encourages gentle vocal cord movement.

### How do I do it:

- 1. Sit in a relaxed upright position.
- 2. Relax your jaw and gradually open your mouth, slowly widen your mouth position.
- 3. Allow the air to flow into your mouth and gently feel the back of the mouth and throat widen and stretch as you continue to breathe in.

Do not make a noise while you are breathing in.

- 4. Hold the stretch for a moment.
- 5. Exhale with a sigh.

#### Remember

You don't need to take a deep breath before you start – just use a normal breath in.

# How often should I do these exercises?

It is recommended that you do each exercises 5 – 10 times, 10 times a day.

If you have any questions then please contact the Speech & Language Therapy department on 0151 529 4986.







# If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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Leaflet Name: Yawn-sign Leaflet Lead Name: Gail Bailey Date Leaflet Developed: October 2020 Date Leaflet Approved: 12/11/2020 Issue Date: November 2020 Review Date: November 2023 Page 1 of 1 Ref: 2058 Version No: 1