**Learn How To Control Your Breathing**

**Breathing is the process of taking air in and out while one is singing.**It involves inhaling, which is intake of air into the body and exhaling which is the release of air out of the body. For one to sing continuously, he or she must be in control of their breathing. This involves restricting breath for some time to sing the higher octaves and releasing one’s breath when singing the lower notes. Breathing while one is singing should be done at intervals depending on the rhythm of the music.

**Controlling one’s breath requires that one**[**start**](http://singinglessonsreviews.com/Learn-How-To-Control-Your-Breathing)**with low inhalation** where they intake bits of air as they sing, and then pause with every pause in the rhythm of the music. Some of the high notes require the singer to take in much breath as they go higher and then the singer exhales slowly as the notes lower again. When singing, most of the music with high notes is followed by a gradually decreasing rhythm of music or a stop, thus breathing is permitted after a high note. The extremely low and extremely high notes require restriction of breath and one must be ready to hold their breath for long.

One can detect if they are breathing correctly by the sound they produce while singing. If the sound is strong, then one is breathing well. If there are problems like going sharp or flat or short breaths while singing that require one to gulp for breath to keep on singing, then this is an indicator that the singer is not breathing correctly. When one is breathing well, they are not supposed to strain while singing even if it is the high notes. Singing is more enjoyable when one can sing the high notes without straining.

**Good breathing is when the singer starts with slow inhaling.**There are other internal body processes that take place, which include expansion of the diaphragm. The diaphragm expands on the sides as well as the front and back holding in the air that comes into the body. The opposite happens when one exhales as they sing a lower note. These body movements should be noted since they help in monitoring the breath.

There are breathing terms in singing for example, ‘giving the breath more support’ which is keeping the throat open and relaxed while producing the sound the music note requires at that position. This is usually a high note but it does not need stressing. It is important to start a music class with warm up exercises. They help in exercising the vocals and adjusting the diaphragm. Breathing in singing becomes better with practice.

**Breathing Exercises For Singers**

Breath control is one of the pillars of singing. People who know how to control their breathing often have few or no problems at all with their voices. One should be able to co-ordinate their abdominal muscles and diaphragm when breathing. An exercise that can help in this is where the singer lies flat on their backs and places their hands on their waist with their fingers pointing at their belly button. One should then focus on filling their stomach with air from its bottom to its top. One should feel the stomach rise and their hands rising gently outward until they feel their chest expanding. The expansion happens in the body’s front, sides and back. The singer should then slowly breathe out and count to five. They should then repeat the exercise ten times. One should practice daily before they get out of bed in the morning and before they go to bed for five to ten minutes daily, then progressively increase to three or four times daily. It is also advisable to do the exercise in other positions such as standing and sitting.

If one wants to increase their breath control, they should count on a breath and sing every number out loudly. When performing this exercise, one should use one breath at the pitch with which they feel comfortable. They should [start](http://singinglessonsreviews.com/Breathing-Exercises-For-Singers) with small numbers such as five to ten then slowly increase to twenty-five onwards without tensing, running out of breath or straining.