



YOUR WORDS YOUR VOICE

Developed and presented by Izolda Trakhtenberg
February 15, 2017



WHY RECORD AUDIO?

Why are we recording our words?

What output will we need?

What level of vocal prowess?

Who is our audience?

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Turn your book into an audiobook.

[Go](#)

Your audiobook will be sold through these online retailers:



Learn about production costs, royalty rates, distribution options, and more. →

What you need to get started [i](#)



Are you an actor or producer?



Already have audio?



Have rights to over 100 titles?

ACX.com (Owned by amazon)

If you want to sell your audiobook on audible/amazon, you have to go through ACX.com.

ACX Audio Submission Requirements

Create top-quality audiobooks, and maximize your sales potential by providing the best overall listening experience.

Audiobooks uploaded to ACX must adhere to the following requirements. The ACX Quality Assurance team may reject titles that do not meet these standards, and their retail release may be delayed. The following requirements help ensure customers get a great listen.

Your submitted audiobook must:


- *be consistent in overall sound and formatting*
- *Include opening and closing credits*
- *be comprised of all mono or all stereo files*
- *Include a retail audio sample that is between one and five minutes long*

Each uploaded audio file must:

- *contain only one chapter/section per file, with the section header read aloud*
- *have a running time no longer than 120 minutes*
- *have room tone at the beginning and end and be free of extraneous sounds*
- *measure between -23dB and -18dB RMS and have -3dB peak values and a maximum -60dB noise floor*
- *be a 192kbps or higher MP3, Constant Bit Rate (CBR) at 44.1 kHz*


More information on how to meet these requirements can be found below and in our [Video Lessons & Resources](#), and many of the terms used here can be found in our [Audio Terminology Glossary](#).

Some of the submission requirements.

 **Each file must be 192kbps or higher 44.1kHz MP3, Constant Bit Rate (CBR).**

Before going on sale in the Audible store, titles are encoded in a [variety of formats](#) that customers have the option of downloading. 192kbps (or higher), Constant Bit Rate MP3 files are required so this encoding process works without error. You may upload 256kbps or 320kbps files if you'd like, but the difference in quality heard by listeners will be negligible. Please see [our tutorial for creating MP3s to our spec](#) if this work is unfamiliar to you.

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 **All files must be the same channel format (All mono or all stereo files).**

Submitted audiobooks may not contain both mono and stereo files. Stereo files must not be joint-stereo. *Mono files are strongly recommended.* Before being added to the Audible store, submitted audiobooks are encoded in a [variety of formats](#) that listeners have the option of downloading. Titles submitted with both stereo and mono files will cause errors during this encoding process and the title's retail release may be delayed. We recommend mono for all of your files as this may prove to be the smoothest path that also allows for audio consistency.

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Some ACX specifications



Each file must measure between -23dB and -18dB RMS.

Put simply, all files must fall within a specific volume range. By keeping all files within this range - not too loud and not too soft - listeners won't have to constantly adjust the volume of their playback device.

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Each file must have peak values no higher than -3dB.

By leaving this headroom you'll reduce the possibility of distortion, which can reduce the quality of the listening experience. This headroom is also needed to ensure files are successfully encoded.

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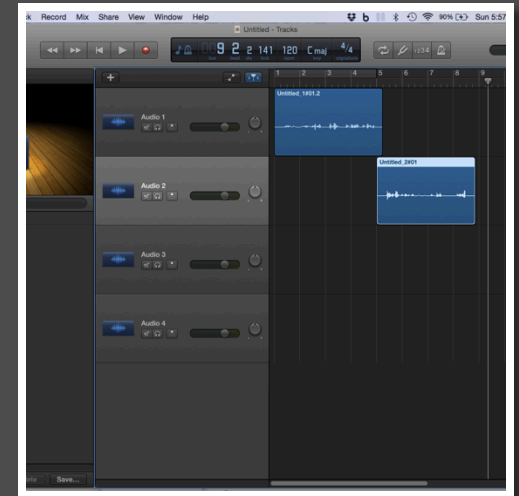
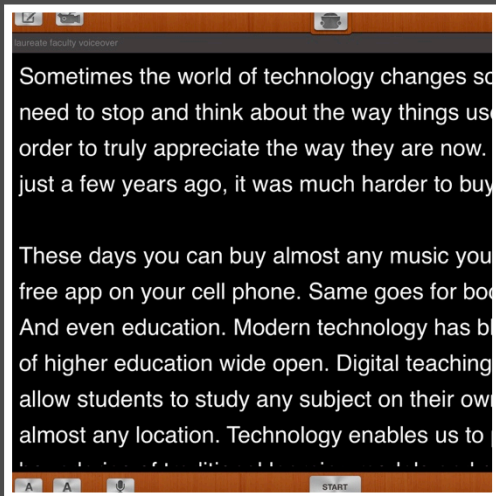


Each file must have a noise floor no higher than -60dB RMS.

Noisy files that contain background sounds and other distractions make it difficult for listeners to focus on the material.

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Some ACX specifications



THE SETUP

Your words and voice, the equipment, and the setup.

Warm-ups (Do these before you practice)

1. March in place (2 minutes) (Speaking uses muscles that must be warmed up in order to function at their peak)
2. Deep breathing (three-part breath) preparing lungs and maintaining a column of air
3. Yawning
4. Stretching:
 - a. Shoulder roll (five on each side)
 - b. Half neck roll (left side to front to right side and back)
 - c. Half neck roll to the back
 - d. Neck stretch (turn neck to the side and stretch and then for a deeper stretch turn chin down to the shoulder)
5. e. Arms above head stretch (lift both arms and stretch the right arm up lengthening your ribs and then follow with the left arm)
 - a. "C" stretch (lift arms above head clasp right hand with left. Curl your back while extending your arms. For an added stretch, turn in the direction of the arm clasping.)
 - b. Shake out hands
 - c. Face scrunch

Before you record, warm up.

- d. Face big
 - e. Yawn
 - f. Horse noise
 - g. Yawn with “Ah”
6. Jaw is loose and breathing is relaxed.
7. Sitting to speak (we will be sitting to record)
- a. Sit comfortably upright with your torso resting on your sit bones.
 - b. Sit in an uplifted way with your feet flat on the floor and your gaze at a comfortable level with your eyes and jaw relaxed.
 - c. Pretend someone has grabbed the hair at the very top of your head and is tugging it upward slightly.
8. Practice these tongue twisters while employing the appropriate breathing technique.
- a. Minimal Animal
 - b. Rubber Baby Buggy Bumper
 - c. Red Leather Yellow Leather
 - d. Unique New York
 - e. Kinky Cookie

Before you record, warm up.

iPad Apps



Teleprompter
Premium – Th...
Productivity

+ \$11.99 ▾

In-App Purchases



PromptSmart
Pro - The...
Photo & Video

+ \$14.99 ▾

In-App Purchases



PromptSmart
Pro & ESP...
2 Apps

\$19.99 ▾

In-App Purchases



Teleprompter
Lite – The Scri...
Productivity

+ Get ▾



Teleprompter
Pro Lite
Photo & Video

Get ▾



Video
Teleprompter...
Photo & Video

+ Get ▾



PromptSmart
Lite - The...
Productivity

+ Get ▾

In-App Purchases



Teleprompter
Pro - Scripts...
Photo & Video

\$6.99 ▾



Clapperboard &
Teleprompter...
2 Apps

\$9.99 ▾



Video
Teleprompter...
Photo & Video

+ \$14.99 ▾



Best Prompter
Pro - ...
Business

+ \$3.99 ▾



Voice
Teleprompter...
Utilities

Get ▾



Best Prompter -
teleprompter
Productivity

+ \$0.99 ▾



Promptster Pro™
- The...
Business

+ Download ▾



Quick
Teleprompter
Business

\$2.99 ▾



Promptster™ -
The...
Productivity

+ Get ▾



Parrot
Teleprompter
Photo & Video

+ Get ▾



Selvi -
Teleprompter...
Photo & Video

+ Get ▾

Your must be able to read your words. Paper or a teleprompter works great!
We are using the Promptster app.

And it fits easily into, say, a science lesson.

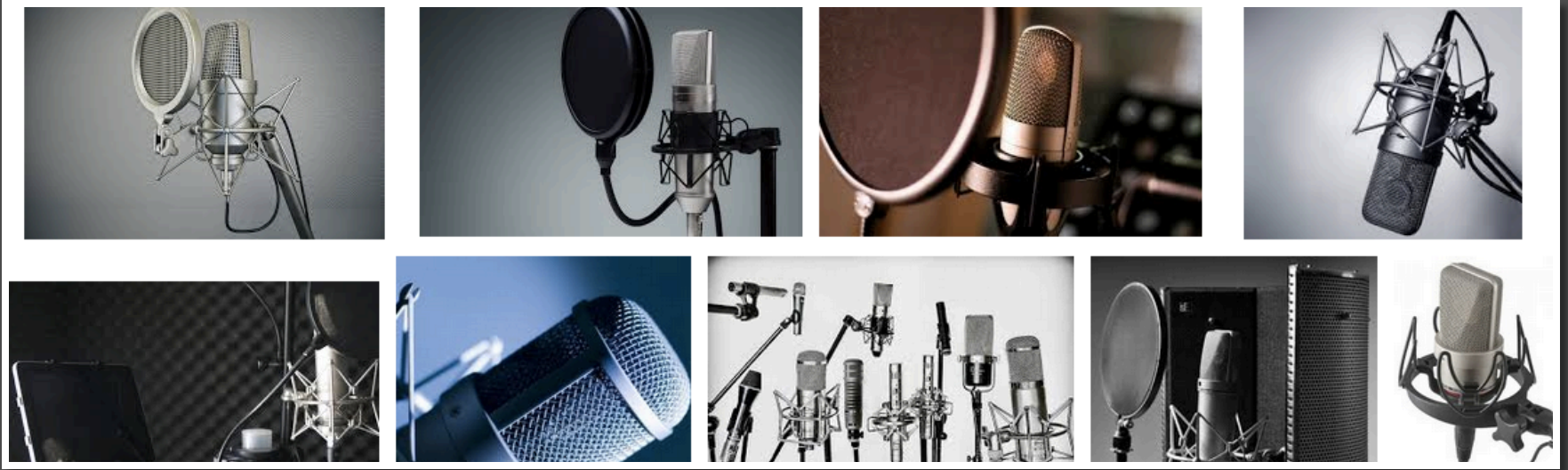
Perfect for teaching about alcohol's effect on the cerebellum.

Or the hypothalamus.

Students learn its function...and what happens when they drink.

From games during math...

A teleprompter works great if you are in a darkened studio like we will be.



Choose the right microphone to record your voice.

Not every mic sounds great for every voice. Think about where you will record. Will it be soundproof? If not, find a mic that will minimize external noise.

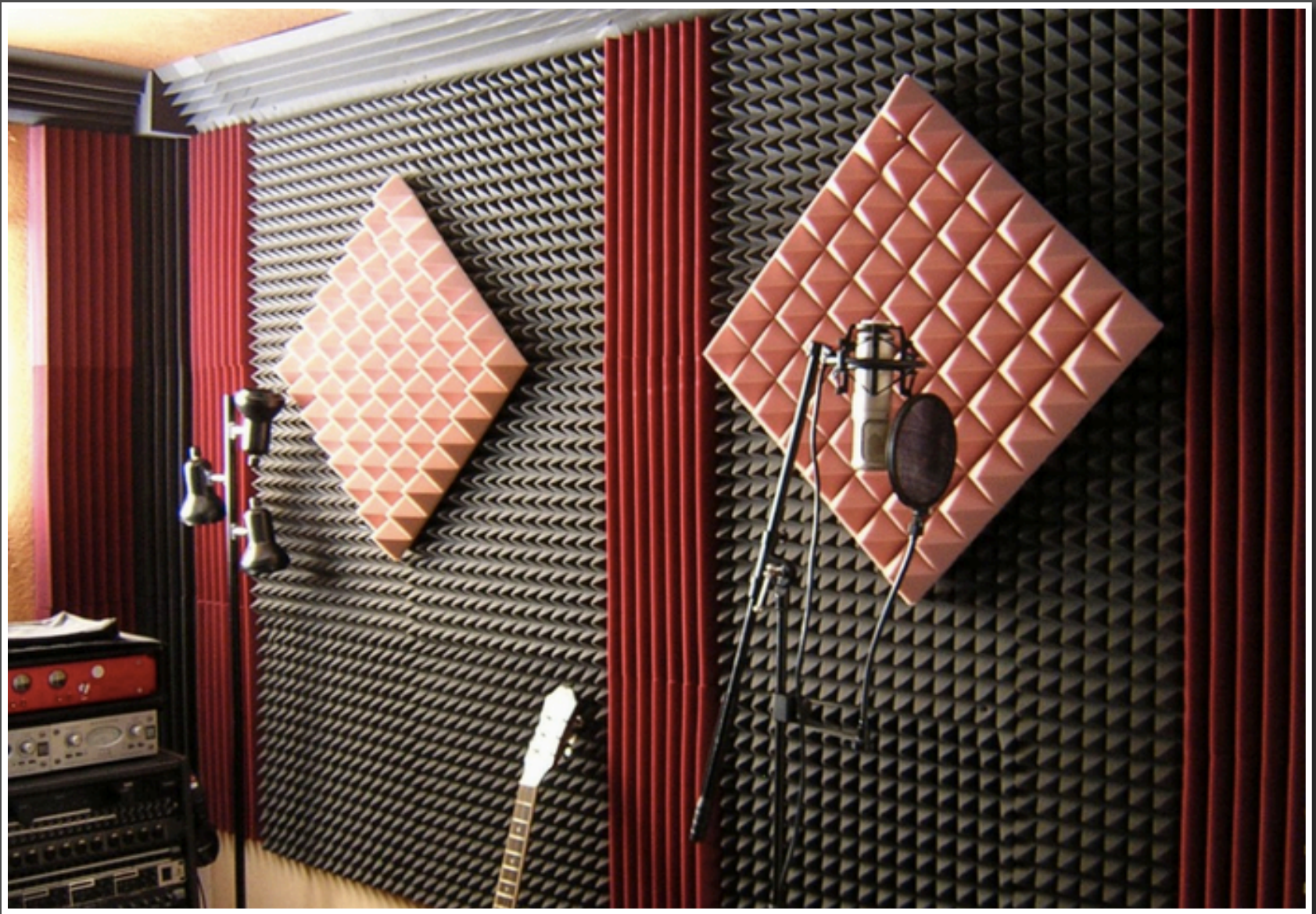
Your mic will need to pick up brightness, warmth, good overall sound. Look for a mic with a wide dynamic range.

Good starting mic: The Rode NT1-A
Vocal Condenser Microphone





Set up the microphone in its accompanying cradle and mount it on a microphone stand. You will need a way to connect the mic such as cables and a recording “box,” or you can use a USB microphone and connect it directly to your computer.



Soundproof your recording studio (even if it is a closet in the basement). You can spend money or mount a bunch of egg cartons.



QuickTime
Proprietary s...



GarageBand



Sound Forge
Proprietary s...



Adobe
Audition
Shareware



Ableton Live
Proprietary s...



Record
Proprietary s...



Audacity
GNU Gener...



WavePad
Audio Editor ...
Proprietary s...

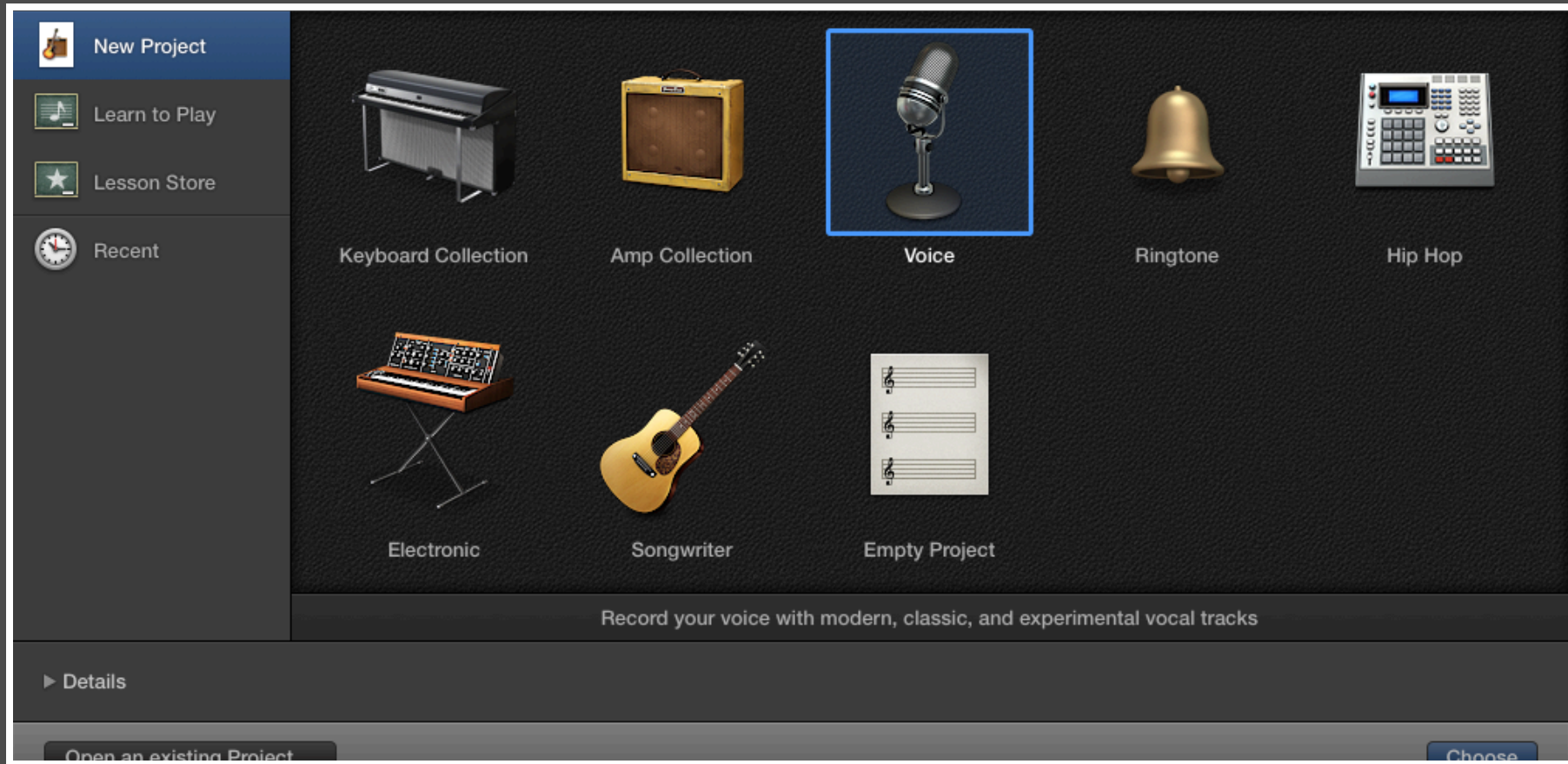


Magix Music
Maker
Proprietary s...



Pro Tools
Commercial ...

The software: Garageband, Audacity, Pro Tools, NCH, et. al.
We will be using Garageband.



Open Garageband.
Choose Voice.



The possible choices for vocal recording specs come up.



Delete all but the **Narration Vocal**.



Select Track and click “New Track With Duplicate Settings” to add three more tracks.



Now we are ready to record.