

## BioAcoustic Health – Recording Your Vocal Print

**Download Audacity, the free voice recording software:** <https://www.audacityteam.org/download/>

- Always plug in your USB Samson Go Mic before launching the software
  - The dot on the front of the microphone will turn green
- Launch Audacity – set the quality and audio settings
  - We will go over required Audacity settings in our first Zoom training call
- Double check the project rate (bottom left) is 32000 HZ
- Double check the recording device is the Samson Go Mic under Audio Setup
- Double check the microphone's button on the side is in the Up position
- Create a WAV folder on your desktop to save your recordings

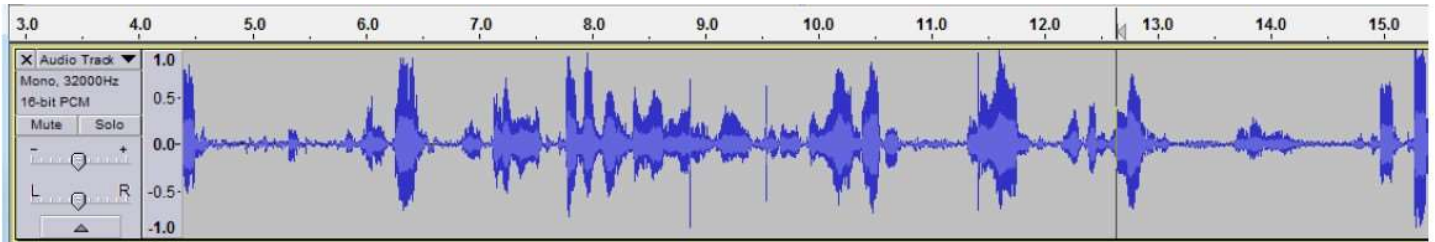
### Test for Background Interference

- Press the red circle/record button
- Record a short segment with silence – you want a straight line with little to no sound waves
- If the line is not straight, determine the source of the interference (examples on next page)
  - Air conditioning, lights above you, fans, TV, etc.
  - Make sure the microphone cord is not touching other cables
  - Record again
  - If there is still interference, you can lower the volume slightly
  - If you are having problems, take a screenshot of your recording and email it to us

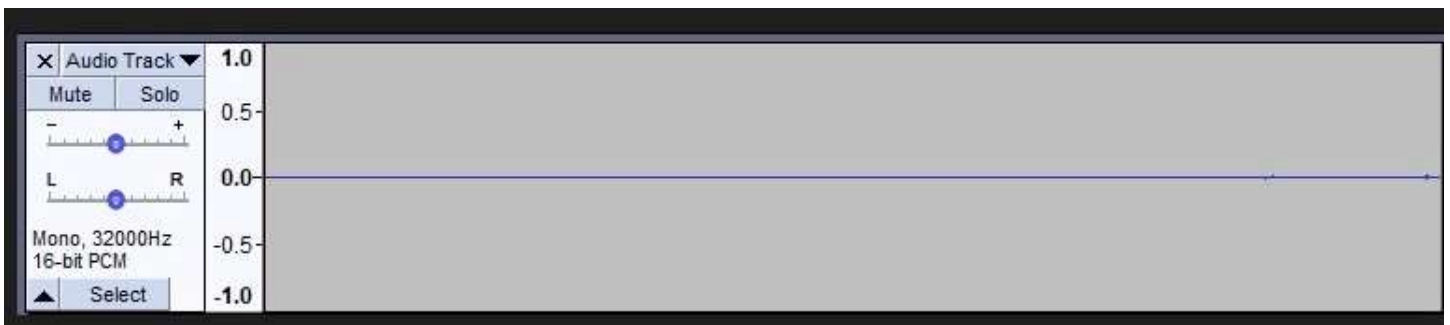
### Take a Vocal Print

- Edit/Undo the background interference for a fresh recording
- Place the microphone on a tissue box or something elevated so it is about 4 to 6 inches from your mouth
- Do not touch the microphone while recording
- Please use your normal speaking voice. Do not read, count, recite or sing. What you say should be spontaneous
- If you are nervous, you can always re-record. It becomes more normal over time
- The first vocal print can be talking about anything
- The second vocal print we like to capture some emotion. Preferably speak about your health issues. But if you don't want to do that, speak about something exciting, something you love, something you are frustrated with, etc.
- Record two vocal prints for about 35 seconds – red circle starts recording; the square stops it
- You can pause it and resume, if needed by clicking the pause button, just under File
- Make sure the recording volume is high enough; examples are on the next page
- We are always willing to get on a zoom call to assist you
- After your first recording, export the file as a WAV (File/Export/Export as a WAV) and select your WAV desktop folder for saving. Use your name and date for the file name
- Email us both vocal prints

Example of a Vocal Recording with best volume level



Example of a Silent Vocal Recording with NO interference – aim for this straight line



Example of a Silent Vocal Recording that HAS interference – find the source and turn it off  
It is subtle but it makes a difference

