Tips for high-quality audio recordings

- **Sound treatment:** Even a few foam pads, dropping thick curtains over glass windows, and a nice rug on the floor can make a big difference.

- **Type of mic - dynamic or condenser?:** Condenser mics generally sound better in sound-treated rooms. Dynamic mics are best for rooms without sound treatment and helps reduce background noise.

- **Proximity to the mic:** The closer you are, the less room reverb.

- **Position of the mic:** Speaking to your mic at an angle can reduce popping sounds.

  - Note: A microphone pop shield is a great choice, too, and will stop plosives while protecting your mic.

- **High pass filter:** If your microphone has one of these, enabling it can reduce pops and some traffic/low rumble sounds, if those are present.

- **Headphones:** Use headphones to monitor audio. Make sure to get your guest on headphones as well to help prevent echo.

- **Guest microphones:** Buy your guest a microphone if you have a budget. It's better than using AirPods or a laptop mic! Cheaper options include the Samson Q2U or the Audio-Technica ATR2100X.

- **Post processing:** Post processing can also help. Riverside has a handy "Export to Premiere Pro" feature, allowing you to add audio effects. Just click the "Audio" workspace and add the following effects (to your own taste) in this order:

  - **DeNoise/DeReverb:** Only add these if you have background noise or echo in your tracks, otherwise these effects will decrease the quality of your recording slightly.

  - **Parameter Equalizer:** Start with the "Vocal Enhancer" preset - it's really great. Then increase the "H" dot (high frequencies) up for more clarity and crispness, and down to make a more natural sounding voice.

  - **Dynamics:** Add this effect and tick only the "Compressor" effect. I suggest increasing the only "Ratio" from 1 to between 2 or 3 (until you see a couple of red lights showing during speech). This will make the overall speech more consistent in volume, although a little quieter, so turn the gain up by adding 3-4 to the "MakeUp" setting, too.

  - The above effects (noise reduction, equalization, and compression) would be my 1, 2, 3 Golden Rule, but you can always add more.

- **Audio peaking:** A Hard Limiter on the "Mix" track also helps to stop audio peaking above a certain level. I'd suggest adding one and have the "Maximum Amplitude" set to -3dB. Also, make sure the "Input Boost" is set to 0, so no unnecessary further compression is introduced.

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Note: This is page 2 of this guide.

- **To excel your sound:** Adobe Audition is the way to make fine tweaks to any noise effects. I have presets available for both Premiere and Audition that can help your podcast sound great in just a few clicks!

- **Audio coaching:** I can help with one-on-one coaching for specific sound issues or with help setting up your audio gear for the best possible sound. Whether it's the optimum settings for a Rodecaster Pro and Riverside or help dialing in your analogue gear for a great sound, I'd love to help you sound great!

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