
WHAT IS THE LARYNX?

SINGERS MUST KNOW WHAT THE LARYNX IS!

The larynx, commonly known as the voice box, is a hollow tube in the middle of your neck that sits above the windpipe (trachea). It serves as a vital switch for breathing, eating, and speaking.

The bump at the front of your neck, known as the "Adam's apple," is the outer part of the thyroid cartilage that protects the larynx.

Your larynx serves three primary functions:

- **Producing Sound:** It houses the vocal cords (vocal folds). When you breathe, they remain open, but when you speak or sing, air passes through and vibrates them to create the sound of your voice.
- **Protecting Your Airway:** The larynx contains a small flap of tissue called the epiglottis. When you swallow, it folds over your larynx like a lid, preventing food and liquids from entering your windpipe and lungs.
- **Controlling Airflow:** It manages the volume and rate of air entering and leaving your lungs, helping you breathe, cough, and hold your breath.



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