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Finding Optimal Speaking Pitch Range (OSPR)

	NOTE ON PIANO	FREQUENCY (Hz)	OSPR
MIDDLE C	C	261.63	CHILDREN (and higher)
	B	246.94	
	A#	233.08	FEMALE
	A	220.00	AVERAGE FEMALE
My Experience: Most Common OSP	G#	207.65	AVERAGE FEMALE
	G	196.00	FEMALE
	F#	185.00	(female)
	F	174.61	(female)
	E	164.81	
	D#	155.56	
	D	146.83	
	C#	138.59	
OCTAVE BELOW MIDDLE C	C	130.81	MALE
	B	123.47	MALE
My Experience: Most Common OSP	A#	116.54	AVERAGE MALE
	A	110.00	AVERAGE MALE
	G#	103.83	MALE
	G	98.00	

Other Findings:

- 1) Male speaking voice averages about 125 Hz, Female voice averages about 210 Hz (Georgia State Univ. Dept of Physics and Astronomy)
- 2) Male age 51 = 110 Hz, age 21 = 130 Hz; Female age 51 = 174 Hz, age 21 = 196 Hz (Greater Baltimore Medical Center Milton J. Dance, Jr. Head & Neck Rehab. Center)
- 3) Male 110-130 Hz, Female 200-230 Hz (Wake Forest University Center for Voice Disorders 2001 Online Opinion Poll)
- 4) Male 110 Hz, Female 220 Hz (Wikipedia)

NOTE: Habitual Speaking Pitch is not necessarily the same as Optimal Speaking Pitch.

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