

Record a Clear Source

I'd spend the first few minutes improving the room and microphone position. Cleanup can reduce distractions, but a clear original gives you more choices.

Before You Record

- ☐ Reduce avoidable noise and echo. Close a noisy window and use soft furnishings where practical.
- ☐ Make a 30-second test recording. Adjust the distance and input level, then listen back on headphones.
- ☐ Check for clipping, plosives, hum and room echo. Change one thing at a time and record again.
- ☐ Keep microphone position and recording settings consistent within the session.
- ☐ Record separate speakers to separate tracks when your recording setup supports it.
- ☐ Save an untouched original before applying enhancement.

Your Recording Plan

Room and noise to address

Microphone, position and input level

Where the original and backup will be stored

Choose the Right Workflow

Use Enhance Speech for an existing recording, or Studio when you want to record and edit a project in the browser. Their free limits apply separately.

Option	What to Plan Around
Enhance Speech Free	Audio files up to 30 minutes and 500 MB; up to 1 hour of enhancement per day.
Studio Free	Projects up to 30 minutes; 2 project downloads per day. Original recording downloads require Premium.
Enhance Speech Premium	Files up to 2 hours and 1 GB; up to 4 hours of enhancement per day, with speech, background and music controls, stem downloads and video support.
Studio Premium	Projects up to 2 hours, unlimited project downloads and access to original recordings.

A 40-Minute Recording

You can split an existing 40-minute audio file into eligible uploads for Enhance Speech, subject to file-size and daily limits. That does not allow a single 40-minute Studio project on the free plan.

Keep the Editing Options You Need

Studio supports transcript-based editing and independent audio-track editing. Check whether its available controls meet your project; use a dedicated editor when you need more detailed processing or mixing.

Plans can change. Check Adobe Podcast plans for the features attached to your account.

Compare, Then Publish

I would listen to the processed version beside the original before replacing any audio. There is no strength setting that suits every voice and room.

- ☐ Compare speech at several points, including quiet phrases and louder passages.
- ☐ Listen for changed consonants, missing words, unnatural texture and distracting changes in ambience.
- ☐ Check laughter, overlapping speakers, music and transitions separately.
- ☐ If strength controls are available, adjust them while comparing with the original.
- ☐ Check levels across the full edit. Listen on headphones and an ordinary speaker.
- ☐ Keep the original when enhancement makes the result less natural or loses useful detail.
- ☐ Export the required format and review the finished episode before uploading it to your host.

Choose Another Tool for a Specific Job

Need	What to Compare
Detailed audio editing	An audio editor such as Audacity or a DAW.
Loudness and leveling	Auphonic or the loudness controls in your editor.
Live-call noise handling	A real-time call tool such as Krisp.
Distribution and analytics	A podcast hosting service with the feed and reporting you need.

Changes I need before publishing
