



FREE DOWNLOAD

# Podcast Audio Cleanup Checklist

The room and mic checks that save the cleanup, the recording settings that keep Enhance Speech honest, how to run it without a robotic voice, the 10-minute listen before you publish, and when to reach for a different tool.

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- |   |                                                   |                                     |
|---|---------------------------------------------------|-------------------------------------|
| 1 | <b>Before you record</b>                          | room, mic, levels, format           |
| 2 | <b>Cleaning up with Enhance Speech</b>            | free limits, strength, what to skip |
| 3 | <b>The 10-minute listen, and the alternatives</b> | before you publish                  |
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By Gaurav Tiwari. Companion to the Adobe Podcast review at gauravtiwari.org. Limits are Adobe's published ones on the day of writing; the plans page inside your account is the final word.

## STEP 1

# Before you record

Every minute here saves the cleanup later, because Enhance Speech rebuilds what the microphone missed and the less it has to rebuild, the more the result sounds like you.

### The room

2 minutes

- ☐ Soft surfaces around you: curtains, a rug, a sofa, a wardrobe with clothes. A bare room with a hard floor is what echo removal struggles with most.
- ☐ Fans, air conditioning, fridge and open windows off or closed. Steady hum is easy to remove; a hum that changes is not.
- ☐ Phone on silent and out of the room, notifications on the recording computer off.

### The mic, in Mic Check

30 seconds

- ☐ Run Mic Check and read all three results: gain, distance and echo. Fix the one it flags before you start.
- ☐ Distance: a hand's width from the mic, slightly off-axis, so plosives do not pop.
- ☐ Gain: peaks around -12 dB to -6 dB in your recorder, never touching 0. Too quiet is fixable; clipped is not.
- ☐ Same mic, same distance, same room for every episode, so the enhancement behaves the same every time.

### The recording

settings

- ☐ Record WAV, not MP3. Enhance Speech accepts both, but a compressed file gives the model less to work with and returns a WAV anyway.
- ☐ Each speaker on a separate track. Studio does this automatically; if you record elsewhere, use a tool that does.
- ☐ 10 seconds of silence at the start: room tone for any editor's noise reduction if you need it later.
- ☐ On the free plan, keep files under 30 minutes and 500 MB, or split before uploading. A 45-minute interview is 2 uploads.
- ☐ Keep the original file. Always. The enhanced version is a copy you may want to redo at a lower strength.

**Free-plan budget.** 1 hour of enhancement a day, files up to 30 minutes and 500 MB, audio only, 2 Studio downloads a day. A weekly 40-minute show fits inside it with 2 uploads; a daily show or anything with video does not, and that is the whole case for premium.

## STEPS 2 AND 3

# Clean it up, then listen before you publish

Enhance Speech is at its best on a mediocre recording and at its worst on a good one, because the default strength rebuilds everything. These checks keep it on the right side of that line.

### Running Enhance Speech

per file

- ☐ Upload only the speech tracks. Music beds and sound effects go in after cleanup, never through it.
- ☐ Listen to the preview against the original before downloading, on headphones, at 2 or 3 spots including a quiet passage.
- ☐ Premium: start the speech slider around 60% to 70% and raise it only if noise remains. Full strength is for rescues, not for clean recordings.
- ☐ Premium: if a music bed is baked into the file, use the music slider to lower it instead of removing it, then re-add clean music in the edit.
- ☐ Free plan: if the result sounds processed and you cannot lower the strength, try the original again with a light noise reduction in your editor instead.

### The 10-minute listen

before publishing

- ☐ First 10 seconds and last 10 seconds: the places where v2 has been reported to muffle. Trim or crossfade if it did.
- ☐ One quiet gap between sentences: any warble, ringing or invented texture in the silence means the strength was too high.
- ☐ Consonants: "s", "t" and "k" sounds should be crisp, not lisped or doubled.
- ☐ Laughter and overlapping speech: the model handles one voice at a time best; check any spot where 2 people talked at once.
- ☐ Loudness: enhancement is not mastering. Level the episode to your usual target in the editor or the host afterwards.
- ☐ Play 30 seconds on a phone speaker. If it sounds like a person, ship it.

## WHEN ANOTHER TOOL IS THE BETTER ANSWER

| IF YOU NEED                                                | REACH FOR             | WHY                                                                                             |
|------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------|
| To cut a whole episode with filler words removed and video | <b>Descript</b>       | A full text-based editor with its own cleanup; Adobe Podcast Studio is a first pass, not a mix. |
| Consistent loudness and leveling across episodes           | <b>Auphonic</b>       | Built for loudness targets and leveling; pair it after Enhance Speech.                          |
| Noise removal during a live call                           | <b>Krisp</b>          | Works in real time on the call itself; Adobe Podcast works on files afterwards.                 |
| Full manual control, offline, free                         | <b>Audacity</b>       | Noise reduction from a room-tone profile, EQ and compression, on your own machine.              |
| A publishing feed, directories and stats                   | <b>A podcast host</b> | Adobe Podcast does not publish anything; the host does.                                         |

**One rule.** Record as if the cleanup did not exist, then let it rescue what the room took anyway. Enhance Speech turns a bad recording into a good one; it turns a good recording into a processed one.