

# Best Practices for Creating an Audiobook

*This is an extra resource to go along with the original article:*

[Tips for Turning Your Novel into an Audiobook](#)

---

*What do you need to know and do to create an audiobook from scratch (with no outside help)?*

Here's a list of the equipment you'll need:

- A high-quality USB microphone
- A pop filter/pop shield
- A computer
- External hard drive (for saving and safeguarding your large audio files)
- Audio recorder software (such as [Audacity](#), [Garageband](#), [Pro Tools](#))

How to create an audio book

- Find a quiet room (there shouldn't be any distracting background noises, such as from cars, ambulances, chirping birds, airplanes, crying babies, air conditioner, UPS deliveries, *etc*)
- Be consistent with your voice, volume, and rhythm of speech
- Record the title of your audiobook, the author, the narrator
- Create a new audio file for each chapter
- No section should exceed 120 minutes
- When starting a new chapter or section, read its name aloud
- Don't use text to speech apps -- you must use a human voice to record your audiobook
- Don't change the narrator mid-way through your novel, unless the narrating character in your book changes
- Use either mono or stereo throughout (mono is preferable)
- Record at 192 kbps or higher MP3 at 44.1kHz
- Record with the microphone between 6" to 8" away from your face
- Record the closing credits to your novel
- Create an audio sample of your book (it should contain no profanity or otherwise explicit content, and no music)
- Choose the right volume (between -23dB and -18dB RMS)
- Never allow your recording to go louder than -3dB