



To see the **Spectrogram** (display frequencies by colour)
Go to > **Options > Peaks display mode > Normal peaks + spectrogram**

KEYBOARD SHORTCUTS USED IN THE VIDEO

	Split audio at play head	S
	Split selected audio	Shift + S
	Select area	Ctrl + right-click drag
	Group items	G
	Zoom out to full project	Ctrl + Pg Dn

To edit and create custom keyboard shortcuts: [see this video](#)

EDITING WORKFLOW

Trim start & end

- hover over the end and drag to remove silence

Fix plosives (P-pops)

- zoom in with the mouse wheel and select the relevant section (Ctrl + right-drag)
- right-click > Spectral edits > Add spectral edit to item
- resize the box to cover the relevant frequencies
- reduce the gain by around -6 dB

Remove gaps

- Select Razor tool → mark the unwanted section
- Enable Ripple editing → delete

Reduce noisy breaths

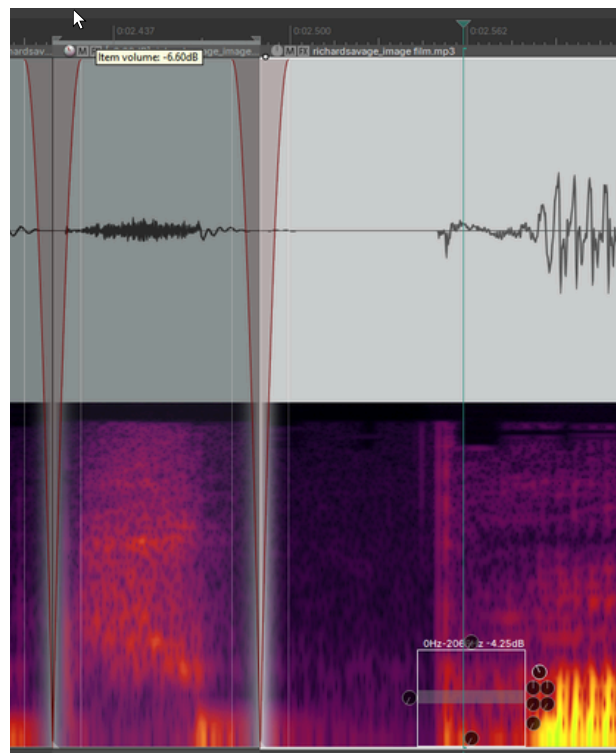
- Select the breath with Ctrl + right-drag
- Shift + S → Split section
- Adjust the item volume knob (-3 dB for lighter breaths; -6 dB for heavier breaths)

Group items

- Select all (click the first item, hit Shift, click the last item)
- Right-click > Group > Group items (keyboard shortcut G)

Create regions

- Select group → keyboard shortcut R
 - (custom action: [see this video](#))
- Name the region ready for rendering



DON'T FIX IT IN POST. FIX IT IN PRE!

"A good set up, good gain staging, and a good performance will almost completely negate the need for editing."

Richard Savage, 2025