List of effects used to clean the tracks :

Note a : It might be easier to see noise artifacts using the dB view of the track

Note b : Most tools have the “Preview” option to help select the options

1. Noise reduction (reduces background noise)
2. Select area with just background noise
3. Noise reduction tool => Select as noise profile
4. Select all
5. Change Noise Reduction (dB) if necessary
6. OK
7. Low Pass filter (reduces high frequency sounds => cleaner tracks)
   1. Select all
   2. Low Pass Filter Tool => 2000 Hz, 6dB
   3. OK
8. Equalization (reduces de P pops)
   1. Select all
   2. Equalization Tool
   3. Select Curve => 100Hz Rumble
   4. OK

Note : Might be better to only apply this effect on audible P pops, but I can’t hear a difference on other sounds so… let’s gain some time and select all

1. Delete mouth noise et breathing
   1. Select the little peaks in-between words
   2. Silencing Tool (Ctrl+L)