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Subject: Insulating question

Posted by [Gemmel](#) on Tue, 31 Jan 2017 18:19:44 GMT

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Quick question from a total noob: When you talk about insulating a room so that the noise you make inside it doesn't affect people outside, is it the same process as when you don't want noise from outside coming into the room?

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Subject: Re: Insulating question

Posted by [PianoGrrl](#) on Wed, 01 Feb 2017 16:16:39 GMT

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As another total newb after my problems setting up a practice room, from my experience it does stop the sound going both ways. Its a lot quieter in there since I went to work on the walls. I haven't worked out what to do about the ceiling yet, but thick rugs on the floor helped.

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