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Subject: Re: Sound proofing a room

Posted by [JiminyCricket](#) on Mon, 12 Jul 2010 02:58:50 GMT

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Firstly, kudos to the OP for thinking about this issue. Noise disturbances are an easy way to alienate neighbors (or get into trouble with noise pollution regs).

I can add styrofoam to the cheap end DIY options. Ask around for people buying white goods to save you all that good (free) white stuff.

I guess this may be a better tip for future projects as it will take time to collect enough, unless there is a way to buy it directly from a supplier.

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