Subject: Re: New Addition
Posted by gofar99 on Sun, 16 Jun 2013 21:25:05 GMT
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Hi, I used double layers on the outside (sheathing over plywood) and had the seams offset. I used 4 inch fiberglass in the walls with a poly vapor barrier. The inside surface was 1/4 inch paneling. I dropped the ceiling and used 6.5 inch fiberglass between the 2X8 joists then installed a suspended drop ceiling of absorbent backed ceiling tiles. With a thick carpet and pad on the floor. Nice isolation and the interior panels are just lively enough to keep the room from being too dead.