
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.
