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Subject: Re: What material is the best for soundproofing?

Posted by [Clint](#) on Wed, 29 Jul 2026 06:29:46 GMT

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With my experience fixing noisy rooms, the best material that I would say has done the job for me quite alright is the mass loaded vinyl. I understand that others might have a different opinion in terms of which material works best, but I've never gone wrong using MLV to fix issues with noisy rooms.

I recently used in a new studio that my mentee started last two months and the result was excellent. All I did was use it in dozens of walls and ceilings... the outcome was fantastic!

So, I will always recommend using MLV instead of other materials like foam panels or thick curtains that won't be able to block sound from moving through the walls. I bet you won't you don't want to have such an experience. I will always advise that you pair the MLV with proper installation and you will figure out the difference straight away. I have used this method in many rooms and assisted my friends in doing same and it has neve failed.

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