
Subject: Blocking Sound Out of a Room

Posted by [CountryFried](#) on Wed, 05 May 2010 18:08:40 GMT

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I work from home as a customer service agent. My job requires that I have no background noise. What material would be good to put over the inside of the window right by my desk to help block outside noise from coming in?

Subject: Re: Blocking Sound Out of a Room

Posted by [Wayne Parham](#) on Wed, 05 May 2010 18:33:10 GMT

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You could use foam wedges or a foam pad, perhaps cut to fit in the window sill. Another approach is to use a padded movers blanket, which could possibly be hung like drapes. Using Moving Blankets For Soundproofing
Audiomute Sound Absorption Sheets

Subject: Re: Blocking Sound Out of a Room

Posted by [Mavare](#) on Sat, 29 May 2010 02:43:09 GMT

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You could also try the foam insulation sheets. You could use it while you are on the job and then take it down so you could see out of the window. A sheet of it doesn't cost much at a DIY store and you should be able to cut it to fit the window.

Subject: Re: Blocking Sound Out of a Room

Posted by [DaBase](#) on Wed, 02 Jun 2010 22:05:07 GMT

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You could probably check with a music store to see if they sell sound proofing panels for your walls. If they do they you can buy those and place them over your windows and walls.

Subject: Re: Blocking Sound Out of a Room

Posted by [musiclover](#) on Tue, 08 Jun 2010 09:19:15 GMT

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Sounds proofing panels are probably the best and most affordable way to make sure that noise does not enter from outside through your windows. I advise you go to a music or even furniture store and ask if they have these available.

Subject: Re: Blocking Sound Out of a Room
Posted by [JiminyCricket](#) on Wed, 28 Jul 2010 05:26:19 GMT
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Whether you go for sound proofing panels or foam of some kind think about how you will get enough (healthy) natural light to compensate for blocking it all out during work periods.

Subject: Re: Blocking Sound Out of a Room
Posted by [candoon](#) on Wed, 28 Jul 2010 17:42:19 GMT
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I was thinking about this more for a bedroom use since it seems sometimes with teens you get loud blaring music (that I do not want to hear really). Is there a large price difference?
