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Subject: Sound proofing a room  
Posted by [DaBase](#) on Wed, 12 May 2010 23:18:56 GMT  
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How would I go about sound proofing a room in my house? I am installing a sound system into my family room which will be like a media room and I want to sound proof it so it doesn't disturb the rest of the house or neighbors. What should I use to sound proof the walls?

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Subject: Re: Sound proofing a room  
Posted by [candoon](#) on Thu, 13 May 2010 21:27:50 GMT  
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I have a similar issue going on, my biggest problem is that the area going into the dining that is fully open (no way to close it off). Oddly I have a door into my hallway, go figure.

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Subject: Re: Sound proofing a room  
Posted by [Dizzy](#) on Thu, 13 May 2010 21:32:17 GMT  
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Would a room that is sound proofed with the intention of not disturbing others also be sound proofed from sound coming into that room? Could you use this to make a quiet room?

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Subject: Re: Sound proofing a room  
Posted by [Wayne Parham](#) on Fri, 28 May 2010 02:55:49 GMT  
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Well, of course, the best treatments aren't cheap, and probably you wouldn't want to perform them unless you owned your home. But for something that is relatively inexpensive and provides real benefit, try using mover's blankets to absorb some of the sound.  
Blocking Sound Out of a Room

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Subject: Re: Sound proofing a room  
Posted by [Chuckles101](#) on Thu, 10 Jun 2010 21:13:35 GMT  
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I believe that completely sound proofing a room can be very expensive indeed. You would be better off moving to another room or turning down the volume. A good set of headphones may also do the trick.

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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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Subject: Re: Sound proofing a room  
Posted by [Adveser](#) on Sun, 25 Jul 2010 02:52:28 GMT  
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Good old fashioned Fiberglass with whatever linen covering you want to use.

Are you doing this to correct sound issues or do you want the room dead? What kind of compromises in aesthetics are you willing to make?

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Subject: Re: Sound proofing a room  
Posted by [BigMacAndCheese](#) on Thu, 05 Aug 2010 13:57:31 GMT  
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Good and useful thread for me. As I am currently living in my folks' converted garage apartment I haven't been able to do much musical for fear of upsetting the neighbors!

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Subject: Re: Sound proofing a room  
Posted by [Forceblack](#) on Wed, 22 Sep 2010 17:55:41 GMT  
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My best friend is a musician, and oddly enough he is also a carpet installer. He agrees that professional soundproofing is out of his budget, and hes always used carpet pad+carpet to soundproof his studio areas, and personally I think it works very well.

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Subject: Re: Sound proofing a room  
Posted by [Danny](#) on Mon, 27 Sep 2010 13:31:38 GMT  
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I don't see why not! That is a great idea, actually. It may not be all that pretty, but I am sure it is great for soundproofing.

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Subject: Re: Sound proofing a room  
Posted by [Wolfgang](#) on Sun, 24 Oct 2010 07:20:58 GMT  
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You might consider acoustical foam or Silent Board Acoustic Wall System if the walls have been placed. Another way is to furnish the room with rough surfaces as they absorb sound. But this does not mean the room itself will be sound-proof. It will only stop the sound from bouncing on and off walls and reverberate the sound to any other parts of the house.

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Subject: Re: Sound proofing a room  
Posted by [DJ Dave](#) on Wed, 27 Oct 2010 17:55:29 GMT  
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I don't think you can just soundproof a room using ordinary materials. It can be done, but it would be very, very costly.

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Subject: Re: Sound proofing a room  
Posted by [Jorel](#) on Fri, 19 Nov 2010 12:05:30 GMT  
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A friend of mine told me that drapes will help reduce the sound that is coming from the room. Then I read an article before that book shelves filled with books help absorb the noise.

I have curtains in my house but I don't know how much noise is reduce by it. I haven't tried the bookshelves method as I don't have many books.

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