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Subject: Noise pollution at home  
Posted by [Tikki](#) on Mon, 18 Dec 2017 00:46:58 GMT  
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I just read an article about how to cut noise pollution at home and it got me thinking about what ways everyone here is using to stop that sound from seeping through the doors and windows. What is your strategy?

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Subject: Re: Noise pollution at home  
Posted by [Strum Drum](#) on Mon, 18 Dec 2017 06:28:51 GMT  
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Noise pollution as in trying to keep outside noise from seeping into your home, or trying to contain your own noise so you don't bother anyone else? I get annoyed at barking dogs when their owners let them bark all day, but I installed shutters that you close from outside and it helps some.

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Subject: Re: Noise pollution at home  
Posted by [Solitary](#) on Sat, 23 Dec 2017 08:28:02 GMT  
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Whether it's keeping my noise in or the outside noise out, I've never actually bothered with any of it. I guess it really hasn't been a problem for me. Some days I play my music loud but none of my neighbors have ever complained. Of course they also play loud music or have parties once in a while and I don't complain either.

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Subject: Re: Noise pollution at home  
Posted by [GoldenOldie](#) on Tue, 16 Jan 2018 00:08:15 GMT  
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I don't seem to have a problem with inside or outside sounds. Sometimes the neighbors down the street have a yelling match but I just shut the door and it gets muffled. We don't play our house music at deafening levels, however in the car is another story.

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Subject: Re: Noise pollution at home  
Posted by [Ziggy](#) on Tue, 16 Jan 2018 00:09:54 GMT  
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I live in an apartment complex and there are strict rules about your music not annoying others. Of course, that doesn't stop some people but you can get evicted if it happens enough.

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Subject: Re: Noise pollution at home  
Posted by [Acacia](#) on Sat, 25 Sep 2021 07:17:56 GMT  
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I don't have a solution for this, but I also find it necessary to minimize the noise in our home. Hearing different sounds from the TV and loud conversation add to my stress because it's intrusive and bothersome. It makes me feel restless, so I wear earphones without music.

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Subject: Re: Noise pollution at home  
Posted by [Kingfish](#) on Sun, 26 Sep 2021 05:45:52 GMT  
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My strategy is to stay where I'm at. I live in a small town/rural area where the only major sounds are those from the periodic road crews.

It's a good thing too because my house isn't very soundproofed.

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Subject: Re: Noise pollution at home  
Posted by [Phonetic Ear](#) on Sun, 26 Sep 2021 08:31:56 GMT  
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There are many people from where I'm staying, so there's a lot of noise. Closing the doors helps, which also applies when I'm staying in my room. It's the only choice I have, and I'm glad it works to an extent.

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Subject: Re: Noise pollution at home  
Posted by [gofar99](#) on Mon, 27 Sep 2021 02:52:29 GMT  
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Hi, I don't have a problem with it as the neighborhood is pretty quiet and the house is brick with well insulated (for thermal...but it helps with noise) walls. I added a room for listening but my wife took it over for TV (ugh...can't win on that one). I used double siding, a lot of thermal and sound insulation in the walls and ceiling. I raised the floor and double layered it as well. Thick carpet with thick padding and a bunch of furniture that can adsorb sounds. Other features such as calculated size, a sloped ceiling and dedicated AC power didn't make it quieter but did make it sound better. Attached are some really early photos right after it was finished but not fully set up.

### File Attachments

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- 1) [Front.jpg](#), downloaded 227 times
  - 2) [Room 1.jpg](#), downloaded 288 times
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