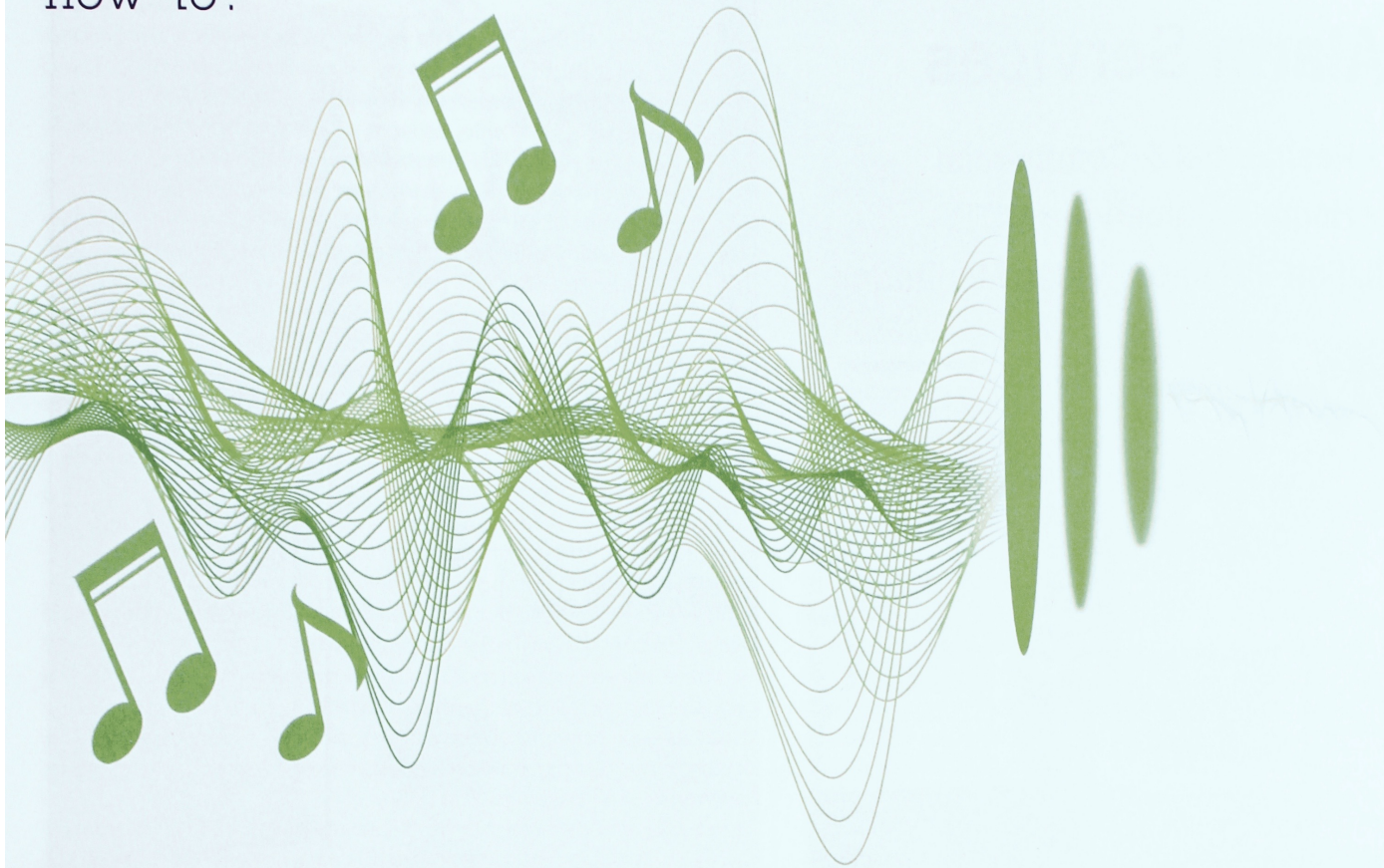


how to:



3 Basic Steps to Sound Proofing

Being realistic, “absolute” sound proofing will be very difficult to achieve, so instead let’s set expectations for excellent sound suppression, with the ultimate goal being a much quieter space.

If you’re planning a basement development project where part of the goal is to create that long overdue “Man Cave”, a home theater, or a simple quiet room for the kids to play, consider sound proofing at the insulation stage; it’s relatively inexpensive and certainly a manageable DIY project. Sound travels as energy through openings, as well as vibrations through the framing structure itself. Keeping this in mind, here are three easy steps to sound proofing, with the added benefit of better temperature controlled rooms.