

### Step 3 Vibration Transference

As a crucial final step, strap all floor joists and wall studs with what is commonly referred to as RC channel or resilient channel. It's a very inexpensive product that is incredibly easy to install. The product absorbs sound vibration as it travels through drywall, helping to dissipate sound energy from travelling to and through the framing structure of the house. Be sure to follow manufacturer's instructions. Install at least a 1/2" thick drywall; if you are going for higher sound dampening 5/8" drywall would obviously be the better choice. Remember that most passage doors in your home will be hollow core. You may also consider installing a solid core door with a door sweep at the entry point between the basement and upper floor to minimize sound transmission between upper & lower levels. To get a better visual picture, there are some great YouTube videos on this process.



**RC channel is available  
at most contractor  
supply stores**

