

# HOW TO Soundproof YOUR HOME

LOOKING TO SOUNDPROOF TO YOUR HOME? A BUILDING SCIENCE EXPERT LIKE HOME ENERGY MEDICS UNDERSTANDS EXACTLY HOW TO HELP YOU ACHIEVE GREATER PEACE AND QUIET. HERE ARE A FEW KEY STEPS THAT HELP REDUCE INDOOR NOISE



## Impact vs. Acoustic Noise

PROPER SOUNDPROOFING STARTS WITH UNDERSTANDING WHICH TYPES OF NOISES AFFECT YOUR HOME.



### Impact Noise

Noise created by physical impact against building materials

**Examples:** footsteps, closing doors



### Acoustic Noise

Ambient noise that travels through walls and floors

**Examples:** car horns, music, talking

## Noise Reduction Techniques

### Check Windows & Doors



Poorly installed windows and doors let acoustic noise into your home. Have a window and door expert ensure yours are installed properly.

### Seal Air Leaks



Many homes have tiny air leaks throughout which allow impact and acoustic noise to travel. Air sealing eliminates these air leaks.

### Install Insulation



Many types of insulation provide soundproofing. A building science expert can pinpoint which areas to insulate for optimum noise reduction.

Want to reduce noise pollution inside your home?

**TALK TO A BUILDING SCIENCE EXPERT.**

Learn more about soundproofing your home.

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