

Noise

Practical skills

Reducing noise between homes, and what actually works.

By effectiveness for airborne noise between dwellings.

Measure	Effect
Sealing gaps and holes	High — sound travels through air paths
Adding mass to the wall	High — heavy layers, resilient bars
Solid core doors	Moderate
Heavy curtains and carpets	Moderate for reverberation
Bookcases against the wall	Small
Acoustic foam	Minimal for neighbour noise

Acoustic foam treats echo inside a room. It does almost nothing to stop sound passing through a wall — a common and expensive confusion.