

# Soundproofing vs. Sound Treatment: What is the Difference?

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In order to treat any room for a noise 'problem' we need to first identify the [problem](#) and then work to rectify it in a way that is appropriate and that isn't a waste of time and money.

If your sound issue is mainly with loud sounds coming into or leaving a room that you don't want to hear then you are dealing with a Soundproofing issue. However; if your sound issue is with speech intelligibility or an echo effect or even a very loud ambient environment then you are likely dealing with an Acoustical Treatment issue.

Imagine it's the middle of the night and someone next door has decided to play The Macarena very loudly or practice their drum solos and it feels as if they are playing right next to your head. At that point you are wishing that your builder had spent more money Soundproofing the walls in your home.

Now imagine that you are at a new local restaurant with your friends, and you are having a hard time understanding what the others are saying because of all the excessive noise caused by the sounds that are bouncing off the hard reflective surfaces in the space. At this point we are all wishing that Acoustic Treatment had been installed to help cut down on the extra sound reflections and lower the noise level.

To deal with these two different sound issues you need [similar but different products and treatments](#).

In our Macarena/drummer problem we are wanting to [interrupt the sounds](#) coming into and out of our room using sound blocking products which are usually heavier, denser and more rigid than normal building products. [They have been created with sound blocking in mind](#) and are very effective at their jobs. Soundproofing will often involve rebuilding walls or whole rooms, adding extra layers or more efficient sound blocking drywall and filling wall cavities with sound absorbing insulation. For this reason, Soundproofing can be a very expensive project to undertake.

At the restaurant, we are looking to [reduce the level of sound](#) and decrease the sound waves that are being reflected around the room using products that absorb sound waves like high density glass wool, which are [designed to dissipate sound within the fibers and thus soften the sound of the room](#). Sound Absorption products are usually easy to find, fairly light-weight and can be installed relatively easily. Be sure to you check your local fire regulation codes as there may be some restrictions on the use of certain materials in public spaces.