



# Hints For Homeowners

## Life Is Loud—But You Can Still Enjoy A Quiet Home

(NAPSA)—Home life is changing, so sound dampening is more important than ever. Life is getting louder inside and around the home. Televisions, home theaters, computers and video games blare from almost every room. Family cell phones ring or buzz. Life gets loud.

So much so, in fact, that the National Institute on Deafness and Other Communication Disorders says as many as 26 million Americans have high-frequency hearing loss likely caused by exposure to excessive noise.

Excessive noise is also linked to tinnitus, sleep deprivation, cardiovascular disease and an increased risk of mental illness. A German study found that depression and anxiety increased as annoyance from noise increased.

Fortunately, there can be a way to protect yourself and your family. Your home's insulation can do more than keep you warm in the winter and cool in the summer. The right kind can help transform your home into a quiet retreat and sanctuary from the outside world.

The next time you have the opportunity to reinsulate your home, soundproofing insulation can be an excellent choice to help you escape everyday noise. Stone wool insulation is a top choice for professional recording studios since it's an excellent acoustic barrier that actually absorbs the sound. One, Rockwool Safe 'n' Sound stone wool insulation, is a performance-tested product that pro-



**Installing stone wool insulation on interior walls can control sound, delivering peace and quiet to your home.**

vides higher sound absorption against low-frequency (bass) ranges that other types of insulation struggle to block. In addition, it's:

- Easily cut
- Noncombustible, with a melting point of approximately 2,150° F
- Fire resistant
- Not likely to rot or promote the growth of fungi or mildew
- Water and moisture resistant.

For great soundproofing results, you can install the stone wool insulation in your home theater, basement, home office, laundry room, furnace room and even the washrooms. Its high-density and unique fiber structure reduces noise traveling from one room to another.

### Learn More

For further facts, visit [www.rockwool.com/products/safesound](http://www.rockwool.com/products/safesound).