



## **Better insulation helps deliver more solace—and silence—in your home**

Whether it's the neighbour's lawnmower, low-flying aircraft, heavy traffic or loud music blaring, noise pollution can hinder you from truly enjoying your home. Nowadays, seeking a quiet place to relax and chill out can be increasingly difficult to find. Yet, a smart investment in the right materials can let you achieve both solace and silence in your home.

According to online medical resource, MedScape, noise pollution can noticeably contribute to issues such as cognitive impairment, language development problems, learning disabilities, mood disorders as well as social and behavioral issues. While these conditions are more likely to occur in children, there is a chance that older residents can suffer due to noise pollution. Eliminating noise pollution can have a significant impact on motivation, education and overall mood.

Targeting the wrong kinds of noise pollution upgrades can often mean homeowners spend a lot more than necessary and get a lot less in return. Building experts suggest that homeowners are more likely to invest in soundproofing materials for their theatre or media rooms rather than tackle the issue of noise pollution holistically.

Investing in heavy soundproofing drapes and double-glazed windows are a good start to minimizing external, airborne noises. But what about flanking noises? That is, those noises rumbling from piping and the water system within your home. One versatile option that contributes to addressing both airborne and flanking noise pollution is spray foam insulation.

Spray foam insulation, like that available from Icynene, is ideal for targeting noise pollution while providing a range of other benefits. Conforming to any space when applied, spray foam insulation forms an insulating and air sealing barrier that helps to dampen noises from the outside world. It also helps to quieten the flanking noises from your home's pipes improving the quality of life and health of you and your family.

Installed by professionals, high performance spray foam insulation goes beyond just noise dampening. It fills the gaps within the home's walls and ceiling to stop air escaping as well as reduces the strain on your heating and cooling equipment meaning savings every month. Spray foam insulation both insulates and air seals the home to allow homeowners reduce their monthly heating and cooling bills.

As a long-term solution, spray foam insulation helps maintain a comfortable temperature year-round while helping to control monthly heating and cooling expenses and noise pollution. The buzzing of a lawnmower and the late night house party can be a thing of the past thanks to a well-insulated home. More information on how spray foam insulation can help you effectively minimize noise pollution is available online at [www.icynene.com](http://www.icynene.com).