

Insulation: The invisible sound-proof investment

Benefits include reduced sound transfer between rooms and improved air quality



(Ottawa, ON, November 10, 2014) Choosing the right insulation product for your home can have a significant financial impact on your seasonal heating bill. Additionally, it also offers significant gains in occupant comfort and indoor air quality. By taking steps to ensure your building envelope is optimally insulated, you are creating an environment that offers lifestyle and health benefits for your family.

The sound-dampening properties of insulation are often overlooked. Filling the cavity with absorptive insulation is an ideal solution for minimizing sound travelling between rooms. Whether you are trying to reduce noise from your garage, entertainment area, bedroom, or a set of drums in your basement, insulation acts as an effective sound barrier.

According to the Insulation Institute, fibrous insulations have performed better in absorbing sound than closed cell insulations, such as spray foam. Moreover, since fibre glass and mineral wool insulation are naturally noncombustible, they can act as a fire-resistant layer.

Indoor air quality can also be improved by insulation and the appropriate use of sealing. The National Association of Home Builders (NAHB) Research Centre states that the use of fibre glass insulation, when combined with air sealing, can effectively reduce air infiltration, between the exterior and interior of your home, to near zero. Insulation also generally prevents outdoor pollutants from entering the home, and with appropriate ventilation, can contribute to a healthier environment for homeowners. In addition, insulation can act as a moisture barrier and prevent the growth of mould in basements and bathrooms.

“A well-planned insulation upgrade increases overall comfort for homeowners,” remarked Jay Nordenstrom, Executive Director of NAIMA Canada. “This is especially important at a time of year when many people are planning to spend increased time indoors.”

Whether you are trying to reduce your seasonal heating bills, stay warm during the winter, dampen sound from noisy rooms, or improve the safety of your home in the event of a fire, finding the right insulation for the job – such as fibre glass, rock wool, or slag wool – will deliver comfort and security to any homeowner.

For more information on high performing building envelopes and expert tips on how to increase your home comfort, visit naimacanada.ca.

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For more information or to schedule interviews, contact Tara McClinchey, NAIMA Canada: (613) 232-8093 or TMcClinchey@naimacanada.ca.

NAIMA Canada promotes energy efficiency and environmental preservation through the use of fibre glass, rock wool, and slag wool insulation, and encourages the safe production and use of these materials. NAIMA Canada members used more than 136 million kilograms of recycled material in the production of their mineral fibre products in 2013.