

Room acoustics quick guide

Talissa Decor - honest sound guide 2026

Know the basics

1 Echo vs soundproofing

Echo is inside one room; soundproofing blocks sound between rooms.

2 Check the NRC

0 reflects all sound, 1 absorbs all; decorative tiles are usually low.

3 Decorative first

Most decorative ceiling panels are a style choice, with a small bonus.

Quiet a room in order

1 Add a rug and pad

The biggest affordable win in a hard-floored room.

2 Hang heavy curtains

Cut reflections off glass, one of the hardest surfaces.

3 Bring in soft furniture

Upholstery, cushions, and bookshelves absorb reflections.

4 Treat reflection points

Rated acoustic wall panels at ear level do the heavy lifting.

5 Finish with the ceiling

Add a textured or rated ceiling once the room is furnished.

Questions? Visit talissadecor.com to get in touch.