



# Quiet Living™



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The changes in our lifestyle and living habits over the past decade have meant that today more than ever, noise is intruding in our daily lives.

Houses are being built closer together, and two storey homes are becoming more common than ever before. More of us are working from home. There is more traffic on the roads. The kids are staying home longer. There has been an explosion in home cinema and digital home entertainment.

Sometimes the noise that greets you at home is just as annoying as the noise you're escaping from the outside world. Noise in and around your home can affect the way you live.

**Noise control in your home is no longer an option. It's a must.  
It is as essential as insulation against heat and cold.**



## Unwanted noises you may want to control

Barking dogs. Loud music. The rumble from the latest blockbuster movie. The big match on TV. Rowdy kids. Late night loos. Any one of these noises can be just as annoying from your neighbour as it is within the family home.

Now you can protect your peace and privacy with Boral Quiet Living™ .

By including Boral Quiet Living™ systems in your home, every member of your family can have the freedom to be themselves. No longer do you have to worry about noise from other family members annoying you or for that matter your own noise affecting them. Whether it's simply reading a magazine in peace, or playing the latest digital game on the new X-Box, or even playing with the family pet upstairs.



## Digital home entertainment

If thinking about a room dedicated to home cinema or the latest in digital entertainment then you may want to consider one of the CinemaZone® noise reduction systems.

There are also certain rooms that produce noise from the activities of everyday life that the whole family, or for that matter guests, may not want to hear e.g. from the laundry, bathroom/ensuite, toilets flushing.

The Boral Quiet Living™ system lets you and your family live in peace and harmony in your home.

# Building a Quiet Living™ home

When determining the layout of the home or extension, it is important to be aware of the location of potentially noisy rooms. Proximity of living and entertainment areas, pipes, service ducts, toilet cisterns and domestic appliances will determine the areas that require a Quiet Living™ system and how 'quiet' the room should be.

Any wall or floor/ceiling system that separates a living area (like a kitchen or dining room) from a rest area (such as a bedroom) should be designed and constructed to provide a sufficient level of insulation against airborne and structureborne transfer of noise.

Typical airborne noises passing through your partition include voices, TV, home theatre, musical instruments.

In a two-storey home, footsteps from above to the room below are a typical structureborne noise. Bare floors such as tiled or polished timber floors are especially prone to structureborne noise transfer.

## Cut the noise in any situation

Designed to suit the needs of the modern home occupant, Boral's Quiet Living™ utilises the latest noise isolation technology to reduce noise in selected areas of the home, extension or renovation.

Systems work by reducing airborne or structure borne sound from passing through the wall or ceiling.

This is achieved by:

- Utilising high density SoundSTOP® plasterboard and incorporating insulation in the cavity. (It is important to note that insulation alone will not provide sufficient sound control).
- Sealing all gaps where noise can pass through by using a flexible sealant around wall perimeters.
- By using resilient mounts on ceilings.

Solid core doors with appropriate seals and acoustic rated windows should be considered to achieve optimum noise control.

## Boral SoundSTOP® - The plasterboard for peace and harmony.

Developed particularly for acoustically sensitive applications Boral SoundSTOP® Plasterboard has excellent sound insulating properties compared with standard plasterboard due to a specially modified high-density gypsum core.

Educational

# Main Bedroom

Now you can have your private sanctuary

If there is one room in the home that needs a Boral Quiet Living™ system against the intrusion of noise it is the main bedroom. No longer will the activities of other family members, be it your partner or the kids, disturb you.

They can now watch that block buster movie on the home theatre or the sports game on TV or play the latest digital game on X-Box in the lounge room, without you pleading with them to "TURN IT DOWN!"



# Kids Bedroom

Now you can give them the freedom to be themselves

These days the kids bedroom can be a haven for noise. It is not uncommon they have a TV set or even a small home theatre system, a stereo system, or the latest X-Box. A Boral Quiet Living™ system around their bedroom will ensure your peace and quiet is not compromised when you need it most. It gives them the freedom to be themselves all the while maintaining harmony within the home.

But let's not forget that kids also need peace and quiet from intruding noise into their bedroom that you may be creating when they need to study or sleep.



# Living Room

Now you can crank up the volume

With the arrival of modern home entertainment technology, many a living room have effectively become the home theatre.

Because volume is vital in a home theatre system (action movies in particular get more exciting as the sound levels go up) it could restrict your viewing pleasure to when the whole family is involved.

It is recommended that adjacent rooms to the living room be treated with a Boral Quiet Living™ system, otherwise the sound permeating into these rooms may disturb the occupants, be it the kids, your partner, or even the baby!





Indicates  
Noise  
Direction

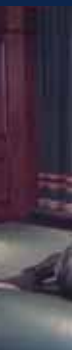
# Quiet Living™ Home



KITCHEN

HOME THEATRE

STUDY





## Nursery

Now you can be assured that they will “sleep like a baby”

Babies often need to sleep while the rest of the household is active. Cocoon their room with a Boral Quiet Living™ system and you won't have to worry about disturbing their sleep again.



## Study

Where undisturbed concentration is paramount

As more and more people work from home and the study doubles as a home office it is paramount to insulate yourself from the distraction of noise being made by other family members or neighbours.

A Boral Quiet Living™ system around the study will see an end to the frustrations of broken concentration due to noise being created by the activities of others.



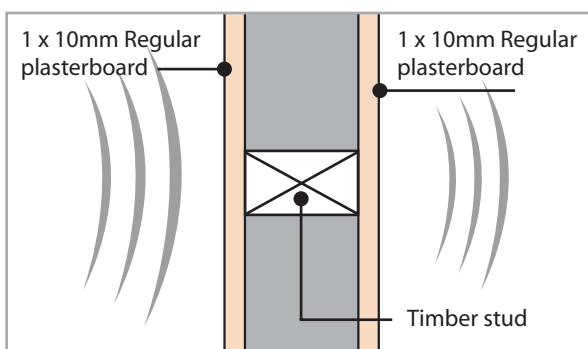
## Home Cinema

Where greater volume means greater enjoyment

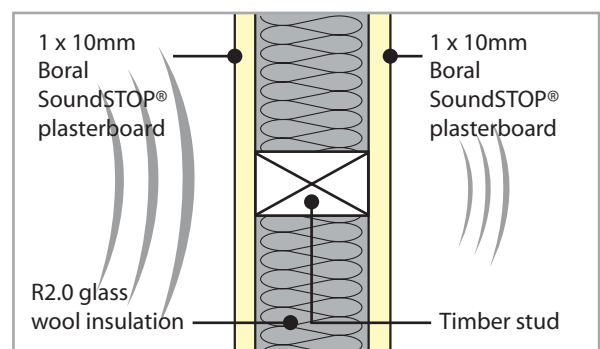
For a dedicated home theatre room, one of the Boral Cinemazone® systems - Gold, Silver or Bronze, should be considered to contain the sound from audio visual systems that can produce high, undistorted volumes, especially from the sub woofer.

# Will I notice the difference with a Boral Quiet Living™ system?

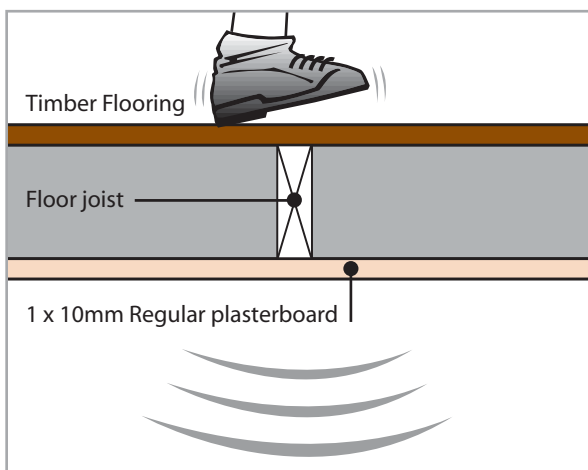
**Boral Quiet Living™** systems have been developed to ensure the reduction in noise through the wall or ceiling will provide a noticeable difference. The diagrams below are visual examples of the level of noise reduction you can expect from a Quiet Living™ system.



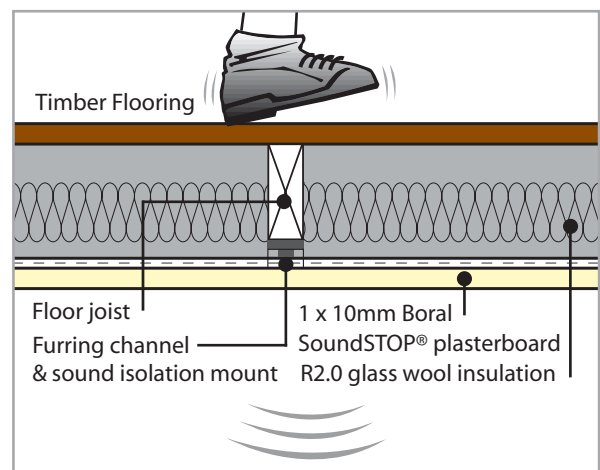
**Standard Internal Wall**



**Quiet Living™ Wall System**



**Standard Internal Ceiling in Two-Storey Home**



**Quiet Living™ Ceiling System**

Note: For more sensitive rooms it is recommended that an additional layer of 10mm **SoundSTOP®** plasterboard is installed on walls and ceilings.

Note: **Quiet Living™** systems will reduce noise but will not completely eliminate it.

If you would like to have a **Quiet Living™** home, please take this brochure to your Builder.  
For more information and detailed installation instructions contact Boral TecASSIST on **1800 811 222** or visit [www.boral.com.au/quietliving](http://www.boral.com.au/quietliving)

