Girls Twiddling Knobs

Make your Own Sound Absorption Panels

Inside this FREE guide, we'll be making 4 X sound absorption panels that can be hung wherever you like in your home recording space but you can make more or less, depending on your needs. Just increase or decrease the amounts of materials as needed.

We'll also be working off the premise that you may not be able to drill holes in your walls (or even leave a mark).

What You'll Need

All links are to Amazon.co.uk but you can source your materials elsewhere if you prefer. You will likely get the best total price by doing a little searching online.

1. **Acoustic Foam Panels >>**
2. **A1 Mount Board (5pk) >>**
3. **Metal Key Ring Hoops (12pk) >>**
4. **Superglue >>**
5. **Command Hooks (12pk) >>**

TOTAL COST = £113.11

Step 1

Create two small holes at the top L + R of your 4 x A1 mount board. This could be landscape or vertical, depending on how you're planning on hanging them in your space.

TIP: *Mark the middles of your mount board (either landscape or portrait) first so you can create your holes evenly + symmetrically*

Step 2

Thread one key ring hoop into each of the holes you made above.

Step 3

Super glue your six acoustic foam panels to each of your 4 x A1 mount boards.

TIP: *Mark the middles of your mount board both landscape + portrait first so you can position your foam panels evenly + symmetrically.*

Step 4

Fix your command hooks to your walls where you want your acoustic panels to hang.

TIP: *Hold the panel where you'd like it to hang and then make a mark with a pencil where the key ring hoops are touching the wall. This is where your command hooks need to be positioned.*

ANOTHER TIP: *Once you've fixed your command hooks to the walls, wait a few hours before you hang your panels (see manufacturer's instructions) so that they are completely fixed + ready for you to hang your panels.*

Step 5

Hang your acoustic panels to your walls!

TIP: *You can have command hooks on more than one location on your walls for each panel for more flexibility and control over your recording space's acoustics.*