

Apartment Soundproof Starter

A quick-start checklist for reducing echo and background noise in apartments and other small rooms.

Quick-start checklist

- ? Put a rug under the desk if the floor is hard.
- ? Move the mic to within 4 to 6 inches of your mouth.
- ? Angle the mic slightly off-axis to cut plosives and keyboard blast.
- ? Add one soft or irregular surface behind you: curtain, bookshelf, or padded chair.
- ? Put something soft on the most reflective desk edge if the mic sits low.
- ? Turn off or redirect the loudest repeatable noise source before takes.

Buy last, not first

- ? Random cheap foam tiles
- ? New plugins
- ? Bigger interface upgrades

Fix position and reflections first. Better setup beats more gear surprisingly often.

Pair with

- ? Podcast Setup for a Small Room
- ? Room-Tone Rescue for Echoey Apartments
- ? Best Mic for a Noisy Apartment?
- ? Best Microphones for Noisy Home Offices (2026)