Silence is **Golden** (or Silver or Platinum) with LEED v4

In the domain of Indoor Environmental Quality (IEQ) the capability to drastically reduce sound is becoming a core rather than an optional need. As multifamily housing continues to rise and construction is designed to accommodate more people in tighter quarters, acoustics has become an increasingly sensitive issue. Living, working, learning or rehabilitating in surroundings with reduced noise levels even has proven positive health effects.

And the recommended acoustical performance standards to meet certification have changed since LEED 2009, which primarily addresses schools and healthcare facilities. New LEED v4 (version 4) requires more stringent acoustical standards yet permits a degree of flexibility within the performance credit framework. Now new construction, data centers, hospitality areas and commercial interiors are all being considered. And the more you assess your acoustical project needs prior to the design process, the easier they will be to implement. Some of the considerations for credits include HVAC background noise, sound transmission/isolation, reverberation time, sound reinforcement and masking systems.

In addition, with LEED v4 the maximum allowable background noise has decreased from 45 dBA to 40 dBA. For spaces 20,000 cubic feet or larger, the referenced standard for reverberation time has also been reduced. The ANSI referenced standard has been updated, and an exterior noise requirement has been added to minimize exterior noise intrusion into classrooms and learning spaces.

To help reduce sound in your project designs and meet LEED requirements, you can count on National Gypsum’s **SoundBreak® XP®**. By adding this innovative sound-damping panel, your clients’ space will be so quiet they may actually hear the proverbial pin drop. Of course, this applies to schools, hospitals, healthcare facilities, offices and other areas that require noise-free zones. With SoundBreak XP, the reverberations of vertical construction really can be diminished.

According to Amy Hockett, AIA, CDT, LEED Green Associate and marketing specialist for National Gypsum, “SoundBreak XP is engineered to mitigate sound transmission between spaces and help project teams achieve the new credit guidelines for acoustical performance in Indoor Environmental Quality in LEED v4. Architects and designers have an option for increased acoustical performance using SoundBreak XP.”

For more details about SoundBreak XP and how it can benefit your projects, call or e-mail your construction design manager today. ☑️

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**About Noise**

- “Calling noise a nuisance is like calling smog an inconvenience. Noise must be considered a hazard to the health of people everywhere.” – William H. Stewart (former U.S. Surgeon General)
- In 1999, the U.S. Census Bureau revealed that people rated neighborhood noise as the biggest problem they face.
- Noise is not just annoying, but is also hazardous to our health. Its health hazards can be categorized into physiological (like hearing loss, hypertension and disturbance in sleep patterns) and psychological problems (such as annoyance, aggression and stress).
- Long-term exposure to noise levels over 85 dB can result in a range of health problems.

**SoundBreak XP**

- High-density, fire-resistant Type X gypsum core
- Mold and mildew resistant
- Constrained layer sound-damping viscoelastic polymer technology
- Encased in National Gypsum PURPLE® abuse-resistant paper
- GREENGUARD GOLD Certified
- Achieve 60 STC with steel-framed construction
- Thinner assemblies allow for increased usable floor space

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**Please stay in touch!**

Send any e-mail changes or additions to warrenb@nationalgypsum.com so you can continue to receive On Board e-newsletter.