What is claimed is:

1. A method for making a plaster board having a first surface and an opposed second surface, the plaster board comprising

a body of hardened plaster material extending from the first surface of the plaster board to the second surface of the plaster board, and

one or more continuous layers of material disposed within the body, each continuous layer of material having a first side and an opposed second side, the first side and second side of each continuous layer of material being substantially covered by the hardened plaster material, each continuous layer being a damping sheet having a damping loss factor that is greater than a damping loss factor of the hardened plaster material,

the method comprising:

providing a wet plaster board precursor having a first surface and an opposed second surface, the wet plaster board precursor comprising:

a body of wet plaster material extending from the first surface of the wet plaster board precursor to the second surface of the wet plaster board precursor; and

one or more continuous layers of material or precursors therefor disposed within the body of wet plaster material, each continuous layer of material or precursor therefor having a first side and an opposed second side, the first side and the second side of each continuous layer of material or precursor therefor being substantially covered by the wet plaster material; and

drying the wet plaster board precursor such that the wet plaster material hardens into the body of hardened plaster material, and such that the continuous layer of material or precursor therefor forms the continuous layer of material within the body of hardened plaster material.

2. The method of claim 1, wherein the plaster material comprises a base material that is a gypsum material.

3. The method of claim 1 or claim 2, wherein each continuous layer of material is a damping sheet comprising a carrier sheet having a damping polymer disposed thereon, each damping sheet having a damping loss factor that is greater than a damping loss factor of the hardened plaster material.

4. The method of claim 3, wherein a damping precursor sheet is provided in the wet plaster board precursor, and wherein the drying of the wet plaster board precursor converts the damping precursor sheet to the damping sheet, and wherein the damping precursor sheet comprises the carrier sheet having the polymer precursor disposed thereon.

5. The method of claim 3 or claim 4, wherein hardening of the wet plaster material into the body of hardened plaster generates sufficient heat to soften the polymer precursor.

6. The method of claim 5, wherein the softening of the polymer precursor causes it to form a substantially continuous and uniform layer within each of the one or more damping sheets.

7. The method of any one of claims 3-6, wherein the polymer precursor is a thermally-curable formulation that is curable to form the damping polymer, and wherein hardening of the wet plaster material into the body of hardened plaster generates sufficient heat to cure the thermally-curable formulation to provide the damping polymer.

8. The method of any one of claims 1-7, wherein each continuous layer of material is a damping sheet that is a sheet of damping polymer.

9. The method of any one of claims 3-8, wherein the damping polymer is a polyvinyl butyral, a silicone or an acrylic material.

10. The method of any one of claims 1-9, wherein the damping polymer has a shear modulus in the range of 10 kPa to 100 MPa.

11. The method of any one of claims 1-10, wherein the damping loss factor for each damping sheet is at least 5%.

12. The method of any one of claims 1-11, wherein the one or more continuous layers of material are a single continuous layer of material.

13. The method of any of claims 1-12, wherein the one or more continuous layers of material are a plurality of continuous layers of material, comprising at least

a first continuous layer of material that is elongated in parallel with a first axis of the plaster board, and

a second continuous layer of material that is elongated in parallel with the first axis of the plaster board.

14. The method of any of claims 1-13, wherein a first portion of the body of hardened plaster material on the first side of the one or more continuous layers of material is substantially equal in thickness to a second portion of the body of hardened plaster material on the second side of the one or more continuous layers of material.

15. A plaster board having a first surface and an opposed second surface, the plaster board comprising

a body of hardened plaster material extending from the first surface of the plaster board to the second surface of the plaster board, and

one or more continuous layers of material disposed within the body, each continuous layer of material having a first side and an opposed second side, the first side and second side of each continuous layer of material being substantially covered by the hardened plaster material, each continuous layer being a damping sheet having a damping loss factor that is greater than a damping loss factor of the hardened plaster material.

16. The plaster board of claim 15, wherein the damping sheet has a damping loss factor of at least 5%.

17. The plaster board of claim 15 or claim 16, wherein each continuous layer of material is a damping sheet comprising a carrier sheet having a damping polymer disposed thereon, each damping sheet having a damping loss factor that is greater than a damping loss factor of the hardened plaster material.

18. The plaster board of claim 17, wherein the carrier sheet comprises a fiberglass mat, a fiberglass fabric, a sheet of foamed polymer, a paper sheet or a woven or non-woven fabric.

19. The plaster board of claim 15 or claim 16, wherein the continuous layer of material is a damping sheet that is a sheet of damping polymer.

20. The plaster board of any of claims 15-19, wherein the damping polymer is a polyvinyl butyral, a silicone or an acrylic material.

21. The plaster board of any of claims 15-20, wherein the one or more continuous layers of material are a single continuous layer of material.

22. The plaster board of any of claims 15-21, wherein the one or more continuous layers of material are a plurality of continuous layers of material.

23. The plaster board of any of claims 15-21, wherein the one or more continuous layers of material are a plurality of continuous layers of material, comprising at least

a first continuous layer of material that is elongated in parallel with a first axis of the plaster board, and

a second continuous layer of material that is elongated in parallel with the first axis of the plaster board.

24. The plaster board of claim 23,

wherein the first continuous layer of material has a first centerline that is substantially parallel to the first axis,

wherein the second continuous layer of material has a second centerline that is substantially parallel to the first axis, and

wherein a distance separating the first centerline from the second centerline along a second axis of the plaster board that is substantially perpendicular to the first axis is substantially equal to 16 inches.

25. The plaster board of claim 23,

wherein the first continuous layer of material has a first centerline that is substantially parallel to the first axis,

wherein the second continuous layer of material has a second centerline that is substantially parallel to the first axis, and

wherein a distance separating the first centerline from the second centerline along a second axis of the plaster board that is substantially perpendicular to the first axis is substantially equal to 24 inches.

26. The plaster board of any of claims 15-25, wherein the one or more continuous layers of material extend substantially to two opposed edges of the plaster board.

27. The plaster board of claim 26, wherein the one or more continuous layers of material do not extend substantially to two other opposed edges of the plaster board.

28. The plaster board of claim 27, wherein the one or more continuous layers of material extend to no less than one inch from the two other opposed edges of the plaster board.