Attic, wall & floor insulation

A comfortable home starts with proper insulation.

A leading cause of energy waste in most homes is poor insulation and air leakage. With heating and cooling making up about 45% of your home's total energy use, improving insulation is one of the most beneficial upgrades you can make.

FAQs

Better home energy efficiency means a lower energy bill, increased indoor air quality and comfort, and a reduced carbon footprint. Here's what you need to know about insulation upgrades:

What does insulation do?

Insulation protects the conditioned areas in your home from the unconditioned areas. Translation: It prevents outdoor temps from disturbing the temperature you're enjoying inside as well as keeping the unpleasant temps of, say, a hot and humid attic or a chill and damp basement, from crossing the thermal boundary into your living space.

What is an R-value?

Insulation levels are rated by R-values which measure insulation's ability to resist heat flow. The higher the R-value, the better the thermal performance of the insulation.

Why is attic insulation important?

Attic insulation helps your home conserve energy by slowing down heat loss and heat gain, and reduces the size of heating and cooling equipment needed.

How much attic insulation should I add?

The recommended insulation level for most attics is around R-38, or about 10 to 14 inches, depending on insulation type.

Why is wall insulation important?

Wall insulation, like attic or floor insulation, is used to keep your indoor climate in and the outdoor climate out. If you've been in an old house, then you know how drafty they can feel, or even the opposite, how stale the air can feel. One of the reasons for that is poor or nonexistent wall insulation. But you don't have to live in an older home to feel the effects of ineffective wall insulation. Maybe you want to turn an unfinished space, like a basement or garage, into a bonus room or small apartment. In that case, you'll definitely want to add additional wall insulation to make the space comfortable and energy efficient.

How much exterior wall insulation should I add?

The amount of wall insulation you need is based on the size of your walls and the type of insulation that you and your contractor decide to install. Generally, exterior walls should be insulated to at least R-13.

Why is floor insulation important?

The first floor of your home makes up a huge part of your home's thermal envelope. Proper floor insulation reduces the temperature variation inside by blocking the transfer of heat through the floor, meaning heat doesn't escape in the winter.

How much floor insulation should I add?

The U.S. Department of Energy recommends that floors in warm climate zones be insulated with an R-11 value, or insulation that is 3 ½-inches thick.

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April 2024