Can I Depend On R-Values When Comparing Insulations? Yes - and No.

R-values tell only part of the story. Unfortunately, they don't tell you how well the insulation will perform in your home. R-value is a laboratory measurement that measures only one heat transfer mechanism (conduction) and does not effectively measure all 3 methods of heat transfer that occur in your home: convection, conduction, and radiation.

"...conduction, radiation, and convection are the primary mechanisms [of heat transfer]." -U.S. Department of Energy

Problem #1: We can not base our choice of insulation on R-value alone.

Your Home Loses and Gains Heat in 3 Ways



R-value is a narrowly focused laboratory measurement. For a comfortable, energy efficient home, insist on insulation that effectively controls all 3 methods of heat transfer: convection, conduction, and radiation.

Will My Choice of Insulation Really Effect My Monthly Heating & Cooling Bills?



Different insulations are made from fundamentally different materials. Tests at Oak Ridge and Brookhaven National Laboratories and the University of Illinois reveal that insulations with the same laboratory R-values *do not* perform equally in real homes. Researchers found that the effective R-value of blown fiberglass plunges during cold weather, while the effective R-value of cellulose actually increases. The researchers also discovered that summer temperatures offer no relief for fiberglass, since its effective R-value withers then, too.



blocks air infiltration, and saves you money!

Test after test demonstrates that cellulose insulation significantly outperforms fiberglass.

Properly Insulating Saves You Money



Poor Insulation is a Common Problem

Improper insulation is a common problem across the country.

This chart shows the average amount of attic insulation found in homes across the country.



Amount of Insulation and R-Value

Don't take our

word for it:

R-38 is the standard attic insulation in most parts of the country.

Depending on the climate in your area, more insulation may be required.

You can refer to the map to determine the most recent guidelines for homes in your part of the country.

Source: US Department of Energy

How is insulation effectiveness measured?

One way is by the R-value, the measure of resistance to heat flow. As the R-value increases, so does the insulation effectiveness. You must have the appropriate amount of insulating material to receive the effective amount of insulation.

Recommended R-Values



What is your R-Value?

4

4

Type of Insulation	Number of	R-value per	Existing R-value
	Inches	inch	
Fiberglass batts		3.2	
Fiberglass loose-fill		2.5	
Cellulose loose-fill		3.5	
Rockwool		2.8	
Polystyrene beads		2.9	
Formaldehyde foam		4.5	
Insulation board		3.3	

Attic:	Square Feet:	R-Value:	# of Bags installed:
Walls:	Square Feet:	R-Value:	# of Bags installed:

Insulation has been installed in the home of:

Name: ______Address: ______ City, State, Zip Code: ______

Insulation has been installed by:

Name of Installer:	
Address of Installer:	
City, State, Zip Code:	
Date Installed:	
Signature:	