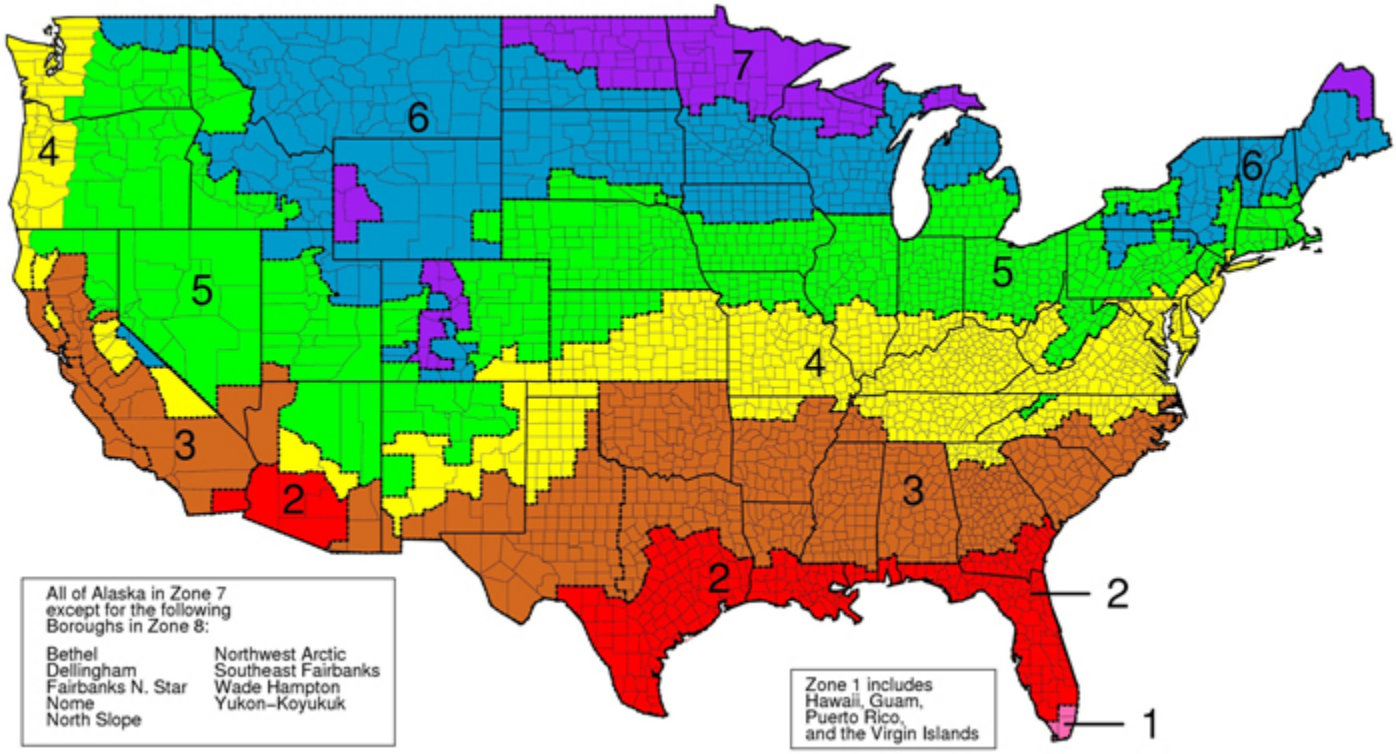
Recommended Levels of Insulation

Insulation level are specified by R-Value. R-Value is a measure of insulation's ability to resist heat traveling through it. The higher the R-Value the better the thermal performance of the insulation. The table below shows what levels of insulation are cost-effective for different climates and locations in the home.

Recommended insulation levels for retrofitting existing wood-framed buildings



Zone	Add Insulation to Attic		Floor
	Uninsulated Attic	Existing 3–4 Inches of Insulation	
1	R30 to R49	R25 to R30	R13
2	R30 to R60	R25 to R38	R13 to R19
3	R30 to R60	R25 to R38	R19 to R25
4	R38 to R60	R38	R25 to R30
5 to 8	R49 to R60	R38 to R49	R25 to R30
Wall Insulation: ***Whenever exterior siding is removed*** on an			

***Uninsulated* wood-frame wall:**

Drill holes in the sheathing and blow insulation into the empty wall cavity before installing the new siding, and

Zones 3–4: Add R5 insulative wall sheathing beneath the new siding

Zones 5–8: Add R5 to R6 insulative wall sheathing beneath the new siding.

***Insulated* wood-frame wall:**

For Zones 4 to 8: Add R5 insulative sheathing before installing the new siding.