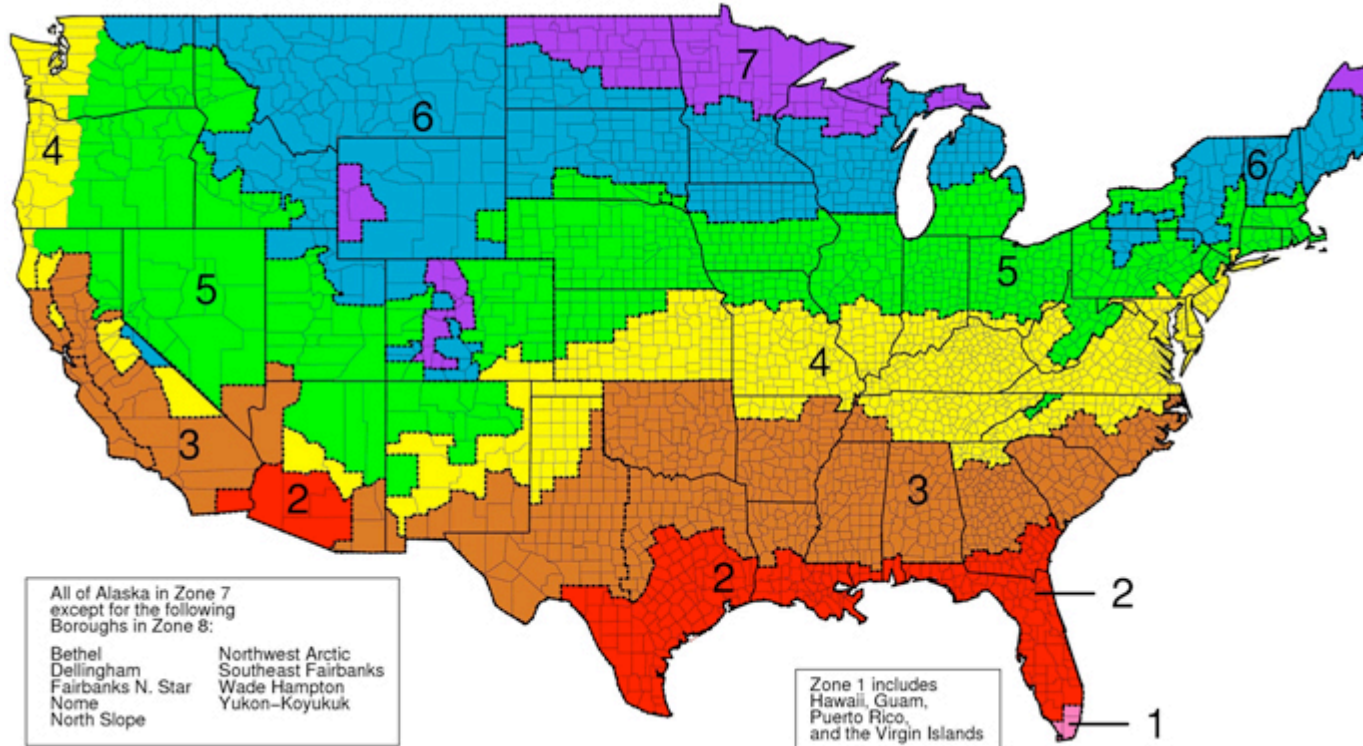


# Recommended Levels of Insulation

Insulation levels 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
<b>5 to 8</b>	<b>R49 to R60</b>	<b>R38 to R49</b>	<b>R25 to R30</b>

Department of Energy- Insulation Fact Sheet ([www.ornl.gov/sci/roofs+walls/insulation](http://www.ornl.gov/sci/roofs+walls/insulation))