

## U.S. Department of Energy - Energy Efficiency and Renewable Energy Energy Savers

### Types of Insulation

When insulating your home, you can choose from many types of insulation. To choose the best type of insulation, you should first determine the following:

- [Where you want or need to install/add insulation](#)
- [The recommended R-values for areas you want to insulate.](#)

The table below provides an overview of most of the available insulation forms, insulation materials, their installation methods, where they're applicable to install in a home, and their advantages.

**Table 1. Types of Insulation**

<b>Form</b>	<b>Insulation Materials</b>	<b>Where Applicable</b>	<b>Installation Method(s)</b>	<b>Advantages</b>
<b><u>Blanket: batts and rolls</u></b>	<a href="#">Fiberglass</a> <a href="#">Mineral (rock or slag) wool</a> <a href="#">Plastic fibers</a> <a href="#">Natural fibers</a>	Unfinished <a href="#">walls</a> , including <a href="#">foundation walls</a> , and <a href="#">floors and ceilings</a> .	Fitted between studs, joists, and beams.	Do-it-yourself. Suited for standard stud and joist spacing, which is relatively free from obstructions.
<b><u>Concrete block insulation</u></b>	Foam beads or liquid foam: <ul style="list-style-type: none"> <li>• <a href="#">Polystyrene</a></li> <li>• <a href="#">Polyisocyanurate or polyiso</a></li> <li>• <a href="#">Polyurethane</a></li> </ul> <a href="#">Vermiculite or perlite pellets</a>	Unfinished <a href="#">walls</a> , including <a href="#">foundation walls</a> , for new construction or major renovations.	Involves masonry skills.	Autoclaved aerated concrete and autoclaved cellular concrete masonry units have 10 times the insulating value of conventional concrete.
<b><u>Foam board or rigid foam</u></b>	<a href="#">Polystyrene</a> <a href="#">Polyisocyanurate or polyiso</a> <a href="#">Polyurethane</a>	Unfinished <a href="#">walls</a> , including <a href="#">foundation walls</a> ; <a href="#">floors and ceilings</a> ; unvented low-slope roofs.	Interior applications: must be covered with 1/2-inch gypsum board or other building-code approved material for fire safety.  Exterior applications: must be covered with weatherproof <a href="#">facing</a> .	High insulating value for relatively little thickness.  Can block thermal short circuits when installed continuously over frames or joists.
<b><u>Insulating concrete forms (ICFs)</u></b>	<a href="#">Foam boards</a> or foam blocks	Unfinished <a href="#">walls</a> , including <a href="#">foundation walls</a> , for new construction.	Installed as part of the building structure.	Insulation is literally built into the home's walls, creating high thermal resistance.
<b><u>Loose-fill</u></b>	<a href="#">Cellulose</a> <a href="#">Fiberglass</a> <a href="#">Mineral (rock or slag) wool</a>	Enclosed existing wall or open new <a href="#">wall cavities</a> ; unfinished <a href="#">attic</a> floors; hard-to-reach places.	Blown into place using special equipment; sometimes poured in.	Good for adding insulation to existing finished areas, irregularly shaped areas, and around obstructions.
<b><u>Reflective system</u></b>	Foil-faced kraft paper, plastic film, polyethylene bubbles, or cardboard	Unfinished <a href="#">walls</a> , ceilings, and floors.	Foils, films, or papers: fitted between wood-frame studs, joists, and beams	Do-it-yourself.  All suitable for framing at standard spacing. Bubble-form suitable if framing is irregular or if obstructions are present.  Most effective at preventing downward heat flow; however, effectiveness depends on spacing.

<b><u>Rigid fibrous or fiber insulation</u></b>	<u>Fiberglass</u> <u>Mineral (rock or slag) wool</u>	<u>Ducts</u> in unconditioned spaces and other places requiring insulation that can withstand high temperatures.	HVAC contractors fabricate the insulation into ducts either at their shops or at the job sites.	Can withstand high temperatures.
<b><u>Sprayed foam and foamed-in-place</u></b>	<u>Cementitious Phenolic</u> <u>Polyisocyanurate</u> <u>Polyurethane</u>	Enclosed existing wall or open new <u>wall cavities</u> ; unfinished <u>attic</u> floors.	Applied using small spray containers or in larger quantities as a pressure sprayed (foamed-in-place) product.	Good for adding insulation to existing finished areas, irregularly shaped areas, and around obstructions.
<b><u>Structural insulated panels (SIPs)</u></b>	<u>Foam board</u> or liquid foam insulation core <u>Straw core insulation</u>	Unfinished <u>walls</u> , <u>ceilings</u> , <u>floors</u> , and roofs for new construction.	Builders connect them together to construct a house.	SIP-built houses provide superior and uniform insulation compared to more traditional construction methods; they also take less time to build.

## Learn More

### Financing & Incentives

- [Insulation Incentives](#)  
North American Insulation Manufacturers Association
- [Find Federal Tax Credits for Energy Efficiency](#)  
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### Product Information

- [Frequently Asked Questions About Insulation](#)  
Insulation Contractors Association of America

### Professional Services

- [Contractor Locator](#)  
Insulation Contractors Association of America

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- [Insulation Materials: Environmental Comparisons](#)  
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