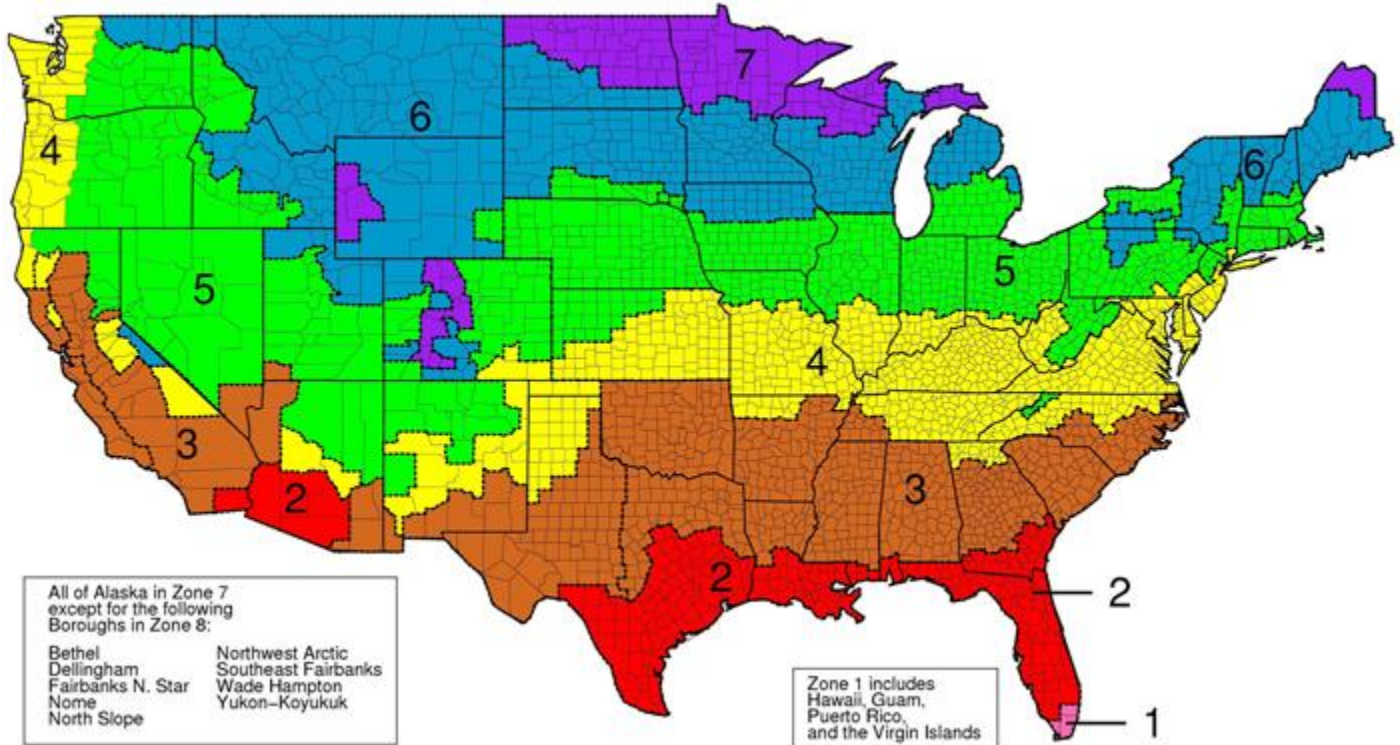


Recommended Insulation Levels for Retrofitting Existing Wood-Framed Buildings

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.



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 walls:

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

Source: Energy Star, US Department of Energy http://www.energystar.gov/index.cfm?c=home_sealing.hm_improvement_insulation_table

Insulation Materials Investigation Activity — US Recommended Insulation Levels Chart