

Insulation R-Value Chart



GREEN ATTICS
HEATING AND COOLING

Insulation Type	Material	R-Value Per Inch	Common Uses
Fiberglass	Batts and Rolls	R- 2.9 to R- 3.8	Attics, Walls, Floors
	Loose-Fill	R- 2.4 to R- 2.9	Attics, Walls
Spray Foam	Open - Cell	Approx. R- 3.5	Walls, Floors
	Closed - Cell	R- 6 - R-7	Attics, Walls, Basements
Cellulose	Loose-Fill	R- 3.1 to R- 3.7	Attics, Walls
Foam Board	Expanded Polystyrene (EPS)	R- 3.6 to R- 4.2	Walls, Floors, Ceilings
	Extruded Polystyrene (XPS)	R- 4.7 to R- 5.0	Basement Walls, Slabs
	Polyisocyanurate, Foil Faced	R- 5.6 to R- 8.0	Attic Rafters, Ductwork
Mineral Wool	Batts and Boards	R- 3.0 to R- 3.3	Walls, Attic, Floors
Natural Fibers	Cotton (Denim)	R- 3.0 to R- 3.7	Attics, Walls,
	Sheep's Wool	R- 3.5 to R- 3.8	Walls, Attics
Reflective Insulation	Bubble Foil, Foil Faced Kraft Paper	Varies*	Attics, Walls, Ceilings