

Type of Insulation Materials

Type	Made Of	Where Applicable	Installation Method	Advantages
Blanket (Batts and rolls)	Fiberglass Mineral (rock or slag) wool Plastic fibers Natural fibers	Unfinished walls, including foundation walls, and floors and ceilings.	Fitted between studs, joists, and beams.	Do-it-yourself. Suited for standard stud and joist spacing, which is relatively free from obstructions.
Foam board or rigid foam	Polystyrene Polyisocyanurate or polyisio Polyurethane	Unfinished walls, including foundation walls, floors and ceilings, 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 facing.	High insulating value for relatively little thickness. Can block thermal short circuits when installed continuously over frames or joists.
Loose-fill	Cellulose Fiberglass Mineral (rock or slag) wool	Enclosed existing wall or open new wall cavities, Unfinished attic 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.
Sprayed foam and foamed-in-place	Cementitious Phenolic Polysocyanurate Polyurethane	Enclosed existing wall or open new wall cavities, unfinished attic 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.