

**Figure 5: R-Values of common Insulation Materials**

<b>Insulation Type</b>	<b>R-Value per inch of thickness</b>
Fiberglass blanket or batt	2.9 to 3.8 (avg. 3.2)
High performance fiber glass blanket or batt	3.7 to 4.3 (avg. 3.8)
Loose-fill fiber glass	2.3 to 2.7 (avg. 2.5)
Loose-fill rock wool	2.7 to 3.0 (avg. 2.8)
Loose-fill cellulose	3.4 to 3.7 (avg. 3.5)
Perlite or vermiculite	2.4 to 3.7 (avg. 2.7)
Expanded polystyrene board	3.6 to 4 (avg. 3.8)
Extruded polystyrene board	4.5 to 5 (avg. 4.8)
Polyisocyanurate board, unfaced	5.6 to 6.3 (avg. 5.8)
Polyisocyanurate board, foil-faced	7
Spray polyurethane foam	5.6 to 6.3 (avg. 5.9)

*Source: U.S. Department of Energy/Oak Ridge National Laboratory, July 2007*