ZENFLOW HOME SERVICES · HOME ENERGY GUIDE

Attic Insulation & Air Sealing Homeowner Guide

Seal it, then insulate it — in the right order.

1. Seal first, then insulate

Insulation slows heat moving through the attic floor, but air leaking through gaps carries heat and dust right past it. Sealing gaps around lights, fans, pipes, wires and the attic hatch first makes new insulation work better. Check the U.S. Department of Energy or ENERGY STAR recommended attic R-value for your climate zone, then compare it to what you have.

2. Insulation types compared

Type	Where it is used	Notes
Fiberglass batts	Open attic floors, walls	Must fit snugly with no gaps or compression.
Blown fiberglass	Attic floors	Covers irregular spaces evenly.
Blown cellulose	Attic floors, dense-pack walls	Made largely from recycled paper; also fills gaps well.
Open-cell spray foam	Rooflines, walls	Air-seals and insulates; professional install.
Closed-cell spray foam	Rooflines, rim joists	Higher R-value per inch; professional install.
Rigid foam board	Attic hatches, walls, rim joists	Seal the edges for best results.
Radiant barrier	Under roof decking	Reflects radiant heat; it is not a substitute for insulation R-value.

3. R-value worksheet

Area	Insulation type	Depth (in)	Estimated R-value	Target R-value	Notes

4. Leak spots to seal

- [ ] Attic hatch or pull-down stairs
- [ ] Top plates of interior walls
- [ ] Recessed lights (use IC-rated, airtight fixtures or approved covers)
- [ ] Bath and kitchen fans
- [ ] Plumbing vent stacks and pipe penetrations
- [ ] Wire penetrations
- [ ] Chimney and flue chases (use fire-rated materials and required clearances)
- [ ] Duct boots and duct joints

5. Safety checks

- [ ] Knob-and-tube wiring present? Have an electrician evaluate it before insulating
- [ ] Vermiculite insulation present? Do not disturb it; have it tested for asbestos
- [ ] Gas furnace or water heater in the attic? Keep clearances and combustion air
- [ ] Soffit vents kept open with baffles
- [ ] Wear a respirator, eye protection and long sleeves
- [ ] Walk only on joists or boards

6. Quote comparison worksheet

Item	Quote A	Quote B	Quote C
Company			
Insulation type			
Target R-value / depth			
Air sealing included? Which spots?			
Hatch insulation & weatherstripping			
Baffles included?			
Old insulation removal			
Area covered (sq ft)			
Warranty			
Total price			

ZenFlow Home Services · zenflowhomeservices.com. This document is general homeowner guidance for planning purposes only. It is not an inspection, engineering, legal, tax or insurance advice, and it does not replace advice from a qualified professional. It does not promise any specific energy savings. Always follow manufacturer instructions and local codes, and hire qualified professionals for electrical, roofing, structural, plumbing, HVAC and gas work.