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Wall Insulation for You by [Julia Roger](#)

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insulation is really important for any building, be it office or residential. It's divided into different types but thermal insulation is the most important one as it helps in saving energy, rather improving energy efficiency. It helps in preventing heat loss and gives a pleasant temperature for a long time. Usually materials like rock wool, wood fiber, glass wool, urethane foam etc are used to create it.

The first advantage of wall insulation is that it helps reduce heating and cooling cost. It differs according to the home; it is also different for new home construction and for the existing homes. Usually in the new houses the insulation is already built into the walls. Thus you need not add anything extra as the builders would have done it keeping everything in mind. When it comes to adding it to the old houses you can seek help of the energy auditor who will help you determine the type through energy assessment.

There are different types of wall insulation available. The first one is the blanket which is made out of different types of fibers, it is best used in unfinished walls ceilings, floors etc. Then there are foam board made up of Polystyrene and polyurethane. Then comes loose fill made up of fiberglass and mineral wool this one is something that is best suited for existing walls. Then there is the reflective system which is suitable for existing walls. Structural insulated panels made up of foam board or straw core. It can be used to the new as well as the old houses.

When it comes to getting the wall insulated it's not just about the right material but it's also about fixing it the correctly. For that you should contact a professional builder who can do it for you. The price depends upon the material and area covered.

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