

- *Insulation for your walls and ceilings* -

Is it cold between your sheets this winter? We aren't talking about your personal life but the insulation in your walls and ceilings!

Choosing the proper insulation for your home is not always an easy choice and can be a bit overwhelming but there are a few points to think about when starting to plan your new build or a renovation.

- What are the areas that you are insulating; floors, ceilings, cathedrals, walls OR all;
- What are the types of insulation; Batt insulation, loose insulation, spray foam insulation;
- Do you need a sound barrier

Batt Insulation:

Fiberglass Batt insulation: Fiberglass insulation is made from small chunks of recycled glass then mixed with sand. The Batts are designed to slide right into the wall cavities between wood frames. They're great for controlling temperatures, acoustics and lowering your energy costs. This product has been around for a long time as it is reliable and easy to install. After being installed a vapour barrier must be applied for building code as it is not moisture resistant.



Mineral Wool batt insulation: Mineral wool batts can be installed anywhere you use fiberglass batts including walls and ceilings. This product has the benefits of sound proofing so is a great option if needed for interior dividing walls. This product also requires a vapour barrier after installed to pass building code to prevent air leakage.



Loose-fill insulation:

Loose Fiberglass insulation: Above we talked about fiberglass Batt insulation, but it also comes as loose insulation. Loose Fiberglass insulation can fill and contour to unique spaces in your attic and when applied looks like a light and fluffy seamless blanket. This is a great product

Loose Fiberglass insulation can even be blown in on top of older batt insulation in an attic that does not meet today's Attic insulation R-Value. For this to be an option, there can be no water or pest damage to the older insulation before application.



BIBS - Blown in blanket system: Wood framed walls are applied with a mesh product then a loose fiberglass insulation is blown into the wall/ceiling cavities. This forms a seamless blanket of dense packed insulation that completely fills around pipes, wires and other objects inside the cavity to maximize thermal efficiency and eliminate voids or air gaps. This process helps provide you with the highest, full cavity efficient R-values attainable today. The BIB system when installed properly will never settled for the lifetime of the building. Upon filling the cavities, a vapour barrier is applied over the mesh.



Spray Foam:

Polyurethane Spray Foam: There are 2 types of polyurethane spray foam a closed cell and an open cell. Both products are applied to the cavities directly and can move around any wires, pipes and get into any tight spots upon expanding.

Closed cell foam does not require a vapour barrier and is hard to the touch.

Open cell foam does require a vapour barrier and is softer to the touch.

Spray foam comes at a higher financial investment, but it is a great product that can be used with other systems including BIBS or Batts and does not have to be used as the only insulation.



These are just a few of the most common types of insulation on the market today and are all great products. When building a new home or a large renovation talk to your contractor about what products they recommend in your home and why. Insulation is not something you want to skimp on to save money. Insulation products that are properly installed as well as using the right product in areas will lead to money in your pocket over time. A properly sealed building envelope will lead to savings on heating and cooling of your home as well as being comfortable. Keep an eye out on our blogs in the future as we will dive deep into the different types of insulation options including the more environmentally friendly options like Sheep's wool, Wood Cellulose and Hemp Batts.

Insulation isn't sexy it's Smart