

7 Benefits of Adding New Insulation to Your Home

Written by AZFoothills.com

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Insulating your home is a mundane upgrade that has more benefits than most people realize. While being in the desert here in Arizona means that you're unlikely to have too many snowy nights, even for the scorching hot days, insulation provides many benefits. One of the best ways to make your home more comfortable is by adding new insulation. This is something that most people don't think about, but it can have some surprising results.

Energy Efficiency

Want to create an energy-efficient home? Start with [insulation removal](#) and then update it. This is best done in rooms you are renovating, but it's important not to skimp on this valuable investment. In addition to making your home more comfortable and energy efficient, insulation also helps you save money by reducing your energy bills. A well-insulated home doesn't waste as much air conditioning on hot days. It can help your home stay colder using less energy. Some estimates show that good insulation can save you \$300+ on heating and cooling costs per year.

Helps Decrease Noise

If you have a lot of road noise outside your home, then you need good insulation. One of the benefits of insulation is its ability to [dampen noise](#). The first thing you'll notice when you add new insulation to your home is that it's quieter. It doesn't matter if the noise is coming from the outside or from the inside—the improvement in sound quality can be dramatic. In addition to reducing exterior noise, insulation helps block sound transfers between rooms in your house and makes it easier for you to hear the TV or radio at its peak volume.

Will Reduce Humidity

Homes with too much humidity are prone to mold. Adding insulation has the benefit of reducing the amount of moisture inside so that mold won't grow as easily. This can impact your health in numerous ways, as mold exposure has been linked to many different health problems. Additionally, the smell from mold can be off-putting in the home as well.

Reduced Need for Air Conditioning

Let's face it, summer is hot in Arizona, and using air conditioning is vital. But poor insulation can mean that your home has hot spots that never seem to feel comfortable, and your cooling bill is astronomical. If that's you, look to things like attic insulation, basement insulation, and even insulation around the windows. Also, things like curtains can improve your insulation factor as well to help you during the hottest months of the year.

Durability

Another great benefit is that insulation is durable. It's a worthwhile investment because it lasts a long time. If you're planning on staying in your home for a long time, investing in insulation is an excellent choice. It will be there when you need it, not only working to keep the cold out and the heat in but also protecting against moisture damage, rot, and mold.

If you're worried about allergies or asthma issues due to dust mites or other pests that live in insulation, save yourself the trouble and skip this step altogether—insulation isn't affected by these things. And if something happens to your house's current wall insulation? You can replace it with something new like spray foam insulation or another material.

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It's Safe

When you think about insulation, what comes to mind? Do you picture a fluffy material that is stuffed into walls and around pipes in order to keep heat inside your home? If so, then this article is for you! Insulation provides several benefits that can be important for homeowners. One of the top benefits of adding new insulation to your home is safe. Once it's closed up behind walls, it poses no danger to you or animals.

Some insulation is made of recycled materials and non-toxic materials. This means that it is safe for your family and the environment. Insulation is also a [sustainable product](#): It can last up to 50 years or more, which means you won't have to worry about replacing any part of it for quite some time.

Improves Breathing

Another major benefit of insulation is better ventilation and air quality. If you suffer from asthma or allergies, added insulation can help with these conditions by keeping dust particles, pollen, mold spores, and other irritants out of your home. With proper air sealing and insulating in place, you're also protecting your lungs from the effects of radon gas leaks that may be entering the home through cracks or poorly sealed windows or doors. The EPA has linked prolonged exposure to radon as a cause for lung cancer among smokers—but it can affect all people regardless of smoking status.