

U.S. Department of Energy - Energy Efficiency and Renewable Energy Energy Savers

Insulation and Air Sealing

You can reduce your home's heating and cooling costs through proper insulation and air sealing techniques. These techniques will also make your home more comfortable.

Any air sealing efforts will complement your insulation efforts, and vice versa. Proper moisture control and ventilation strategies will improve the effectiveness of air sealing and insulation, and vice versa.

Therefore, a home's energy efficiency depends on a balance between all of these elements:

- [Air sealing](#)
- [Insulation](#)
- [Moisture control](#)
- [Ventilation](#).

A proper balance between all of these elements will also result in a more comfortable, healthier home environment.

Learn More

Financing & Incentives

- [DOE Weatherization Assistance Program](#)
Office of Energy Efficiency and Renewable Energy
- [Find Federal Tax Credits for Energy Efficiency](#)
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