

# *at a glance*

## BEST INSULATIONS FOR BASEMENT CEILINGS

### BATT INSULATION

- Not the best thermal insulator
- Needs paired with an air-seal in the basement band boards

### SOUNDPROOFING MATERIALS

- Best for those sensitive to sound
- Not technically an insulation

### OPEN CELL SPRAY FOAM

- An effective insulator and sound control method
- Significantly more expensive

### CLOSED CELL SPRAY FOAM

- Premium insulating power
- Less sound control than open cell

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INSULATION