



Did you know that **90% of American homes are under-insulated\***? This means that 9 out of 10 U.S. homeowners are wasting money on their energy bills.

**Check the levels of insulation in your attic** to see what work can be done to **stop wasting energy, save money, increase your home's comfort, and reduce the pollution** that contributes to climate change.

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1. **Measure**

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**Go into your attic** and use a measuring tape or ruler to **measure the depth of the insulation** in inches. Looking across your attic, if the insulation is level with or below the attic floor joists, you probably need to **add more insulation**.

1. **Post**

**Post pictures and videos of your attic on Facebook, Twitter, or Pinterest** or email insulation@energystar.gov to get advice from EPA experts. Tag **@ENERGYSTAR** and use the hashtag **#RuleYourAttic**

1. **Take Action!**

Hire a contractor or do it yourself. Visit [energystar.gov/ruleyourattic](http://www.energystar.gov/index.cfm?c=new_homes.nh_showRuleYourAttic) to learn more about air sealing and insulation projects.

\*Compared to 2006 IECC standards, Source: Boston University and NAIMA