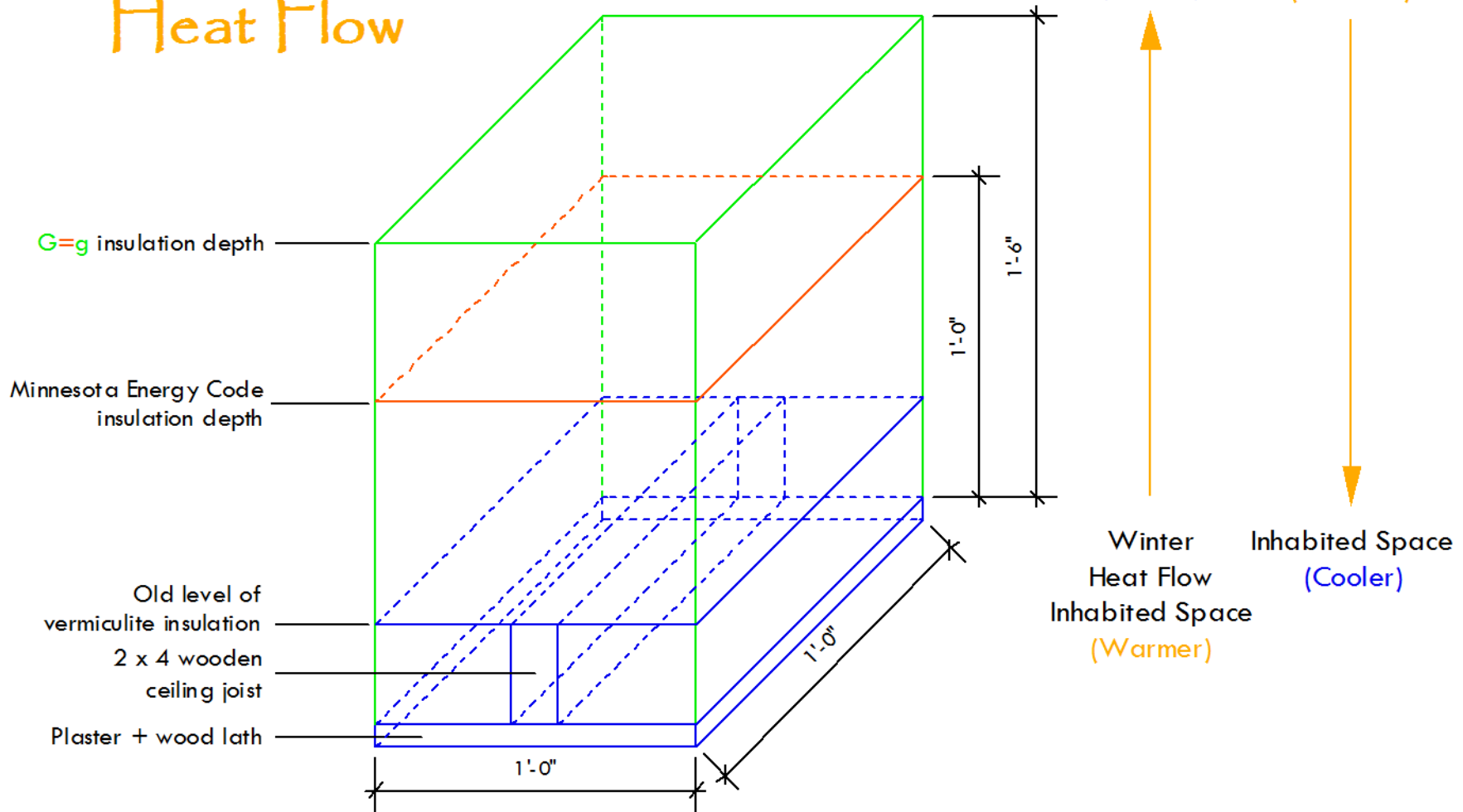


Insulation and Heat Flow



U = overall heat transfer coefficient (Btu / (h .ft² . degrees F))

$R = 1/U$ = resistance to heat flow

Higher the R value -- higher the resistance to heat flow