



Windows

Windows and doors are a much greater source of heat loss than most walls. Most building codes now require R-21 in the walls, whereas windows are usually not much more than an R-3. Caulking around any gaps between your window openings and the window frame is the first step. Indoor window treatments are the next best way to stop heat loss from your windows. The least expensive treatments are the "indoor plastic storm windows." These kits come with double-stick tape and pre-sized sheets of plastic. Once they are shrunk with a hair dryer, you will barely notice them.

For a permanent window treatment, there are lined curtains, roman shades and honeycomb shades. The honeycomb shades provide the greatest R value. Close these window treatments at night when the temperature difference is the greatest between the indoors and outdoors.

If you decide to replace any windows, look for windows with a low U value and low solar heat gain coefficient (SHGC). It is optimal to choose windows with these numbers at 0.30 or less.

