



R Value / U Value Conversion Chart

R Value	U Value
1	1.0000
2	0.5000
3	0.3333
4	0.2500
5	0.2000
6	0.1667
7	0.1429
8	0.1250
9	0.1111
10	0.1000
11	0.0909
12	0.0833
13	0.0769
14	0.0714
15	0.0667
16	0.0625
17	0.0588
18	0.0556
19	0.0526
20	0.0500
21	0.0476
22	0.0455
23	0.0435
24	0.0417
25	0.0400
26	0.0385
27	0.0370
28	0.0357
29	0.0345
30	0.0333

R values rate how much heat loss the material resists from passing through it.

U-values rate how much heat the component allows to pass through it.

(R value = 1 / U value and U value = 1 / R value)