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*What Eco Friendly Insulation Is the Best?*

Insulations such as fiberglass are usually put into houses. This insulation is bad for your health because it irritates your skin and it is harmful to breath. My study examined the temperature of 5 model houses with 5 different insulations. Fiberglass, Sheep's Wool, Recycled Denim, Cork, and Newspaper were put into cardboard houses to study the environmental friendliness and effectiveness of the different insulations when compared with fiberglass. First, 5 houses were made out of cardboard and then filled with the 5 different insulations. The houses were then placed outside for a total of 12 days and the temperature inside each house was recorded at 6:30 A.M. and 4:30 P.M. It was found that newspaper had the best results, and fiberglass, sheep's wool, and recycled denim performed about the same. Cork had the worst results compared to the other 4 insulation types. This study shows that there are many more options other than fiberglass to insulate one's house, and they will be just as effective as it. By conducting this experiment, one can conclude that newspaper, sheep's wool, and recycled denim are just as effective, yet more environmentally friendly than fiberglass.