



E-Conservation
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DIY: Sealing and Insulating Recessed Can Lighting

Safety Precautions: Attics are dusty, cramped, and can reach very high temperatures in the summer. Be sure to dress appropriately, watch where you step, and stay properly hydrated.

Difficulty:

Intermediate

Cost: <\$20 per light

Time: 1 hour

Materials:

- recessed light covers
- [expanding foam spray](#)
- utility knife

Safety Equipment:

Gloves
Knee pads
Mask

1. Locate canister/recessed lights in your house. They are built into the ceiling and can be accessed from the attic.
2. The recessed light cover sits so that it covers the top of the light in the attic. Cut out a narrow strip at the bottom of the light cover that is big enough to allow the wiring through.
3. Take the light cover into the attic and place it over the top of an exposed canister light. Ensure a good fit with minimal space between the light cover and attic floor.
4. Generously apply your expanding foam spray around the base of the light cover and around the wiring slit.
5. Allow the foam to dry and fill in the area around the light cover with insulation.



Additional Info

Many canister lights are not rated for insulation contact. Because of this, attic insulation will often be absent in the surrounding area. This, combined with holes that can be present in canister lights, results in a transfer of heat between the attic and the rest of the