

Sun heats shingles.

Shingles transfer energy to plywood (conduction).

Plywood radiates 82% of the energy (in the form of radiant energy to interior of attic).

The radiant energy encounters the (aluminum) metalized film - the film retransmits (emits) only 5% of the radiant energy (blocking 95% - hence the term "Radiant Barrier").

The attic surface temperatures are significantly lower due to the reduced radiant heat transfer blocked by the Radiant Barrier.