

# HOME INSULATION



Home insulation plays a key role in keeping your home warm, dry and cosy. Not only does it reduce heat loss, it can make your home less prone to damp and condensation too.

Here's what you need to know:

## Loft insulation

There is a wide choice of insulation methods to suit different property styles and roof types; ask Home Energy Scotland for impartial advice about the best option for your home.

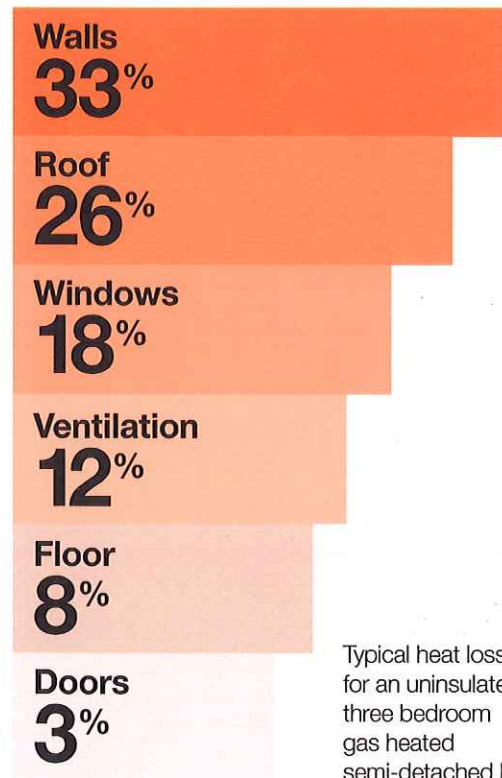
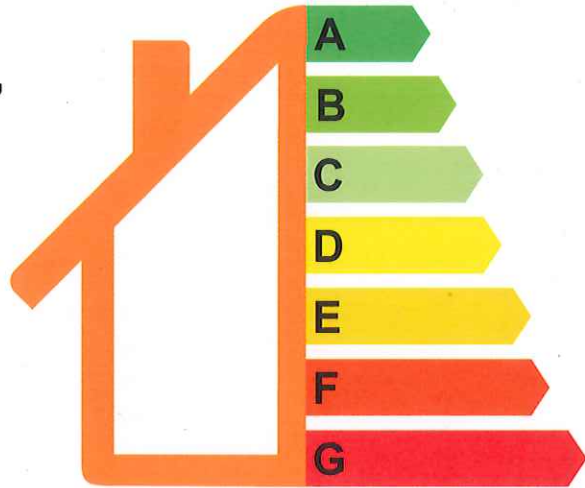
## Loft storage

You can still use your loft for storage once it's been insulated – you will need to raise the height of the floor to sit above the insulation, rather than squashing the material and reducing its efficiency.

## Room in roof

If your loft is converted, you can still tackle heat loss by insulating the underside of the roof itself, rather than the loft floor.

This usually involves fixing rigid insulation boards between the rafters and covering with plasterboard.



Typical heat loss for an uninsulated three bedroom gas heated semi-detached home.

Find out more at [energysavingtrust.org.uk/home-insulation](http://energysavingtrust.org.uk/home-insulation)



## Loft insulation

- Installing 270mm of loft insulation could **save up to £135 a year**.

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a year



## Draught proofing

Your home needs ventilation to reduce the risk of condensation and damp, but unwanted ventilation from draughts wastes heat and makes your home feel less comfortable. It's worth tackling those draughts – **you'll even chop £22 a year off your energy bills.**

Check windows, doors and floors for draughts – and don't forget your letterbox and keyhole!

## Wall insulation

Different walls need different insulation, but wall insulation is well worth doing if your home feels cold.

- Installing cavity wall insulation can **save around £150 a year**.
- Solid wall insulation **saves around £260 a year**.

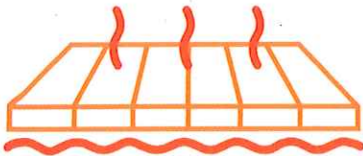


Save around  
**£260**  
a year



## Quick wins:

- Close your curtains at dusk to keep the heat in.
- Insulate exposed hot water pipes (and your hot water tank if you have one) to heat water more efficiently.
- Prevent heat loss through unused fireplaces by installing a chimney balloon draught excluder.



## Floor insulation

Insulating under floorboards on the ground floor (or above a cold space like a garage) could **save around £40 a year**.

Solid floors in newer homes can be insulated, but it's a bit more complicated, so contact us for further information and guidance.

Save around  
**£40**  
a year

## HERE TO HELP

Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to provide free, impartial energy advice.

For more energy saving tips and help with heating your home, call Home Energy Scotland on **0808 808 2282** or visit [homeenergyscotland.org](http://homeenergyscotland.org)

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HAPPY TO TRANSLATE

\*Savings based on a typical three-bedroom semi-detached gas heated house, with an 85% efficient gas boiler and average gas tariff of 3.74p/kWh and electricity tariff of 15.75p/kWh. Correct as of May 2019. This information is available in large print, braille, or other languages on request. Energy Saving Trust Limited. Registered in England and Wales No.02622374.