Insulating your home

When it comes to making your home warm, you don't want the heat you generate to be lost due to poor insulation. Find out how to insulate your home and keep the heat in.

Why is insulation important?

It's not just about minimising heat loss and reducing your energy bills. Good insulation can also help minimise damp and condensation around your house.

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Did you know?
Up to 33%* of heat can be lost through external walls.

How to insulate your home

There are a few options for improving insulation around your home, depending on your budget. From something as simple as closing your curtains in the evening through to solid wall insulation, we can all find ways of keeping the heat in.

Quick and easy

Close your curtains in the evening to stop heat escaping during the cooler hours.

Reflective radiator panels: these little strips reflect heat from the radiator back into the room rather than letting it escape through an external wall.

Pop a jacket on a hot water tank: hot water tank jackets cost around £18 and come with instructions for you to install it. An 80mm British Standard jacket can save around £45 a year** compared to a 25mm jacket.

Investment required

These options do cost more, but they also help you save more on your energy bills and make your home more comfortable during cold spells, and cooler in summer too.

Draught-proofing
This is one of the more cost-effective ways to reduce heat loss. By draught-proofing around windows and doors, you can save around £45 a year**

Loft insulation
Up to 26% of heat is lost through the roof*, so it saves to properly insulate your loft. What you need will depend on your home and roof type, so make sure you research what's available. Just 270mm of loft insulation can save you £250 annually** compared to no insulation at all.

Wall insulation
By adding an extra layer on the inside, outside or in between your walls, you can keep even more heat inside your home. What options you have depends on whether you have cavity or solid walls. Installing cavity wall insulation can save you around £265 a year** on your energy bills – with solid wall insulation, you can save around £360 a year**.

Want to know more?

Read Energy Saving Trust's in-depth guide to home insulation: energysavingtrust.org.uk/home-insulation

Installing a heat pump? You should explore what type of insulation is best for you. See our **Green Heating Systems guide** for more information.

Get help with funding for insulation: the Great British Insulation Scheme is a government scheme to help households with the cost of installing new home insulation. Find out more on GOV.UK, from your local authority or participating energy suppliers.

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

** Savings are for a typical three-bedroom, gas-heated home in Great Britain, based on a gas price of 7p/kWh and electricity price of 27p/kWh. These saving statements and statistics are produced and owned by the Energy Saving Trust. They are correct as of October 2023. For more information visit **www.energysavingtrust.org.uk**

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