

Your home insulation guide



Whether it's freezing cold or scorching hot outside, adequate insulation is essential for maintaining comfort inside your home while keeping energy bills to a minimum. Let's look at the impact of insulation, how you can insulate your home, and how it helps lower your energy expenditure.

The importance of good insulation

Insulation plays a crucial role in maintaining energy efficiency and keeping warmth inside your home by reducing the exchange of heat between the outside and inside of your home. Good insulation helps to keep your home at a consistent temperature, preventing it from becoming too hot in the summer or too cold in the winter.

It also has other benefits, such as soundproofing your home and reducing the amount of moisture in your home to prevent damp.

The impacts of poor insulation

Inadequate levels of insulation can have a hugely detrimental impact on your home, as it can lead to unwanted temperature exchange through your walls, flooring, and roofing. It can cause inconsistent temperatures throughout different areas of your home, making it difficult to keep your home at a desirable overall temperature.

Poor insulation can also contribute to the growth of mould and mildew through a build-up of moisture, which could pose potential health risks to you and your loved ones.

Different ways to insulate your home

Draught-proofing

Blocking unwanted gaps around windows, doors, and floors can help keep the cold air out and the warm air in. Placing draught excluders against your doors and using sealant or filler to remove any gaps in walls and windows are good ways of preventing cold draughts rushing through your home.

Roof and loft insulation

The cheapest and easiest way of insulating your home is by installing loft insulation, which acts as a barrier to reduce heat loss by trapping air within layers of high-quality material such as mineral wool.

According to the Energy Saving Trust, you could save between £260 and £475 a year by installing mineral wool insulation at a thickness of 270mm, depending on the type of property you live in.*

Underfloor insulation

Floor insulation forms a barrier that protects your home from the circulation of air beneath your property. This type of insulation is particularly effective in older homes that have suspended timber floors, compared to the concrete flooring commonly used in newer properties. Underfloor insulation can save you between £75 and £195 annually.*

Cavity wall insulation

The vast majority of homes built in the past 100 years have cavity walls, which are insulated by sealing the space between the inner and outer walls with cement. This type of insulation can save you somewhere between £145 and £520 per year.*

Impact on a home's energy rating

Good insulation can make a huge difference on your home's energy rating, as it acts as a thermal barrier to regulate heat transfer between the interior and the external environment, therefore reducing the demand for heating and cooling systems. By preventing draughts and keeping warm air inside your property, insulation helps to keep heating costs down in the cold winter months.

It is also useful for warmer climates, as it reduces the amount of energy needed to cool your home and keep it at a consistent temperature.


A home's energy rating and insulation will be taken into account when a surveyor calculates the value of your property. Therefore, if you're looking to sell your home, good insulation can help you achieve a higher sale price.

The Great British Insulation Scheme (GBIS)

Cavity wall, loft, and roof insulation are all available under the Great British Insulation Scheme (GBIS). To qualify for the scheme, your property must be in council tax categories A-D in England or A-E in Scotland and Wales and have an Energy Performance Certificate rating of D or lower.

Your local estate agent will be able to check your eligibility for the scheme and help you with your application.

Contact us today if you're looking to move to a more energy-efficient home

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