

# How to insulate your home for winter

With doom and gloom abounding, when it comes to [energy prices](#), now is the time when we're all seeking ways to save. Of course, one of the best ways to save on your heating bills is by upgrading your boiler. You will find that a new gas boiler is much more efficient and can bring you some significant savings.

At WarmZilla, we know heating systems, but we also know that there is more to saving money, and keeping your house warm, than the likes of a new combi boiler. Here's a look at some of the ways that you can insulate your home, and make it that much cosier for winter.

## Why does insulation matter?

Having the right insulation for your home is just as important as having the right boiler. You will find that insulation achieves two things. Firstly, during the winter, it will allow the warmth, generated by your heating system, to circulate around your home. It will keep your home cosy as it reduces the amount of heat that escapes, and is wasted.

Secondly, insulation will also bring you benefits in the summer. It sees the heat being pushed out, all while your home remains well ventilated.

## When's the best time to have works carried out?

We're about to run through a range of options that can insulate your home and keep it warmer in the winter. It may not be the biggest surprise to know that the best time to have any works carried out is during the summer months. This gives any workman longer daylight hours, as well as better weather. It also means that come winter, you'll be ready to reap the rewards. Let's move on and start to look at the options.

## Roof/loft insulation

Given that a quarter of the heat that escapes from our homes goes via the roof, it makes sense to ensure that this is insulated. This can be done with insulation material that is at least 27mm thick. If you pay for someone to carry out the work, the average cost is around £350. You can buy the insulation yourself and opt for a DIY approach to reduce the cost. Here's a look at the pros and cons of loft insulation:

### Pros

- Big savings on heating bills
- Low upfront costs
- Pays for itself numerous times over

### Cons

- Makes it difficult to use your loft as storage space
- Can lead to low temperatures in the loft itself so pipes will also need insulating

## Insulating your walls

Around half of the heat that escapes your home does so via the walls, To keep your heating costs down, and to get the most from your gas boiler, you need to make sure that these are properly insulated. This could mean cavity wall insulation (for newer homes), or solid wall insulation (usually for homes pre-dating 1920).

In terms of costs, cavity wall insulation is the cheaper option and will see you being charged around £200 for each two-storey wall. Solid wall insulation can become quite expensive in comparison ranging from £4,000 up to £20,000.

### Pros

- Significant savings on heating costs
- Cavity wall insulation is easy to carry out and non-disruptive
- External wall insulation also helps with weatherproofing your home

### Cons

- Both solid wall and cavity insulation can lead to issues with damp
- Potential for large upfront costs

## Floor insulation

This could be as simple as laying thicker carpets to keep your heat in your home. It may also be the case of filling gaps in floorboards and skirting to prevent you losing valuable heat. When it comes to costs here, you have a real degree of control when choosing a carpet to lay. If you are seeking more then you can explore having insulation actually laid under your floorboards. This can cost anywhere from £2,000 upwards.

### Pros

- New carpets can bring an added sense of comfort and style
- Underfloor insulation will have a big impact on reducing draughts
- Warmer floor to walk on

### Cons

- Potentially expensive
- Degree of disruption if floorboards are lifted
- Potential complications with electrical wiring underneath the floor

## The impact of your windows

Although they may not be overly common these days, there are still some homes that have single glazed windows. These can lead to considerable heat loss and see your heating system working overtime. A switch to double glazing can bring instant benefits, and the advent of triple glazing means that you can benefit even more. For double glazed windows, you can expect to pay around £150 each. Triple glazed windows can cost £500 each and up.

## Pros

- Great way of retaining heat
- Helps with noise reduction
- More secure so [keeps your home safer](#)

## Cons

- Upfront expense
- Possible need for planning permission if a listed building or if you're in a conservation area

## The benefits of thermal blinds and curtains

If you want to look at quicker fixes, that don't cost as much as the other options, thermal blinds and curtains are well worth exploring. These can add an extra barrier between your home and your windows and help to keep more heat inside. You can pick these up from around the £20 mark but, if you choose to, you can see yourself spending more.

## Pros

- A budget-friendly method of insulation
- Can help prevent heat loss by as much as 25%
- Look great and can compliment your decor

## Cons

- If your home has a low [EPC](#) rating, you will probably need to explore other options alongside blinds and curtains

## Exploring your heating options

Of course, insulation is a must to get the most out of your heating system and to keep the warmth where it is supposed to be. However, to get the very best out of your insulation, you need an effective boiler too. Whether you are looking at a regular boiler, combi boiler, or a system boiler, new models are much more efficient and help you to save money on your heating bills.

At WarmZilla, we certainly know a thing or two about boilers. [Get in touch today](#) and let us help to make your home cosy for winter.