

Product Explainer

Loft Insulation



Loft Insulation

A simple upgrade that keeps your home warm.

What is loft insulation?

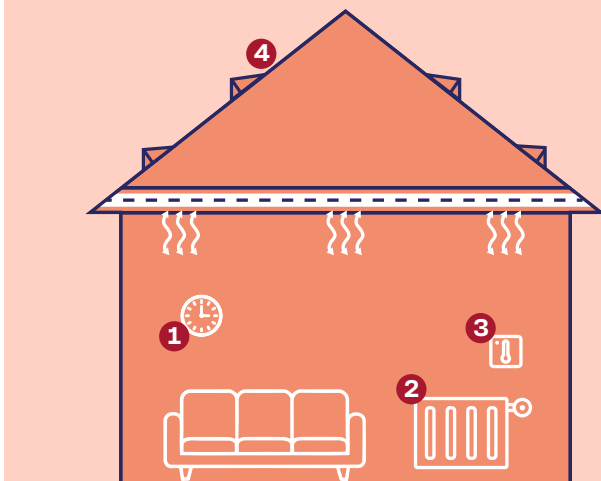
Loft insulation is a layer of protective material fitted in your roof space to reduce heat escaping through the top of your home.

In an uninsulated property, a large amount of warmth is lost straight through the ceilings. Loft insulation acts like a thermal blanket, keeping the heat inside your living spaces, where it belongs.

It's one of the most effective and cost-efficient ways to make your home warmer and reduce energy waste.



How does loft insulation work?



Because heat rises, warm air naturally moves upwards through your home.

Without enough insulation in the loft, that heat passes straight out through the roof.

Loft insulation slows this heat loss by creating a barrier between your home and the colder air outside.

This means:

- 1 your home stays warmer for longer
- 2 your heating system will not need to run as often
- 3 less energy is wasted
- 4 ventilation is essential when fitting loft insulation to prevent moisture buildup and ensure air circulation

Is loft insulation right for you and your home?

Loft insulation is suitable for many property types, particularly if:

- your home feels cold upstairs
- your heating costs are high
- your loft has little or no insulation already
- your insulation depth is below recommended levels

During a survey, the following will be checked:

- Inspect how much insulation is currently in place and whether it needs topping up or fully replaced
- Assess belongings stored in the loft, ensuring adequate ventilation to avoid moisture damage once installed

Building guidance typically recommends around **270mm** of insulation depth for good performance.

Loft insulation improves comfort, lowers heating costs, supports upgrades, and requires proper ventilation, loft access, and careful installation.

Key benefits of loft insulation

Loft insulation can make a noticeable difference, with benefits including:

A warmer, more comfortable home

Heat stays inside for longer, especially during colder months.

Lower heating bills

With less heat escaping, you may need to use less energy to stay warm.



One of the most cost-effective improvements

Loft insulation delivers strong results with minimal disruption.

Helps support other upgrades

A well-insulated home is the best foundation for technologies like heat pumps.

Keeps homes cooler in summer too

Insulation doesn't just keep heat in; it can also reduce overheating in warmer weather.

Long-lasting performance

Once installed correctly, loft insulation can last for decades.

What you should be aware of

Loft insulation is straightforward, but a few practical points are worth knowing:

Loft access is needed

Installers will need clear and safe access to your loft space.

Stored items may need moving

Insulation works best when it can sit undisturbed, so clutter may need to be cleared.

Ventilation is important

Good airflow helps prevent condensation, so ventilation measures may be included as part of the work.

Loft insulation is cross laid to reduce any gaps meaning joists are covered and raised boarding should be in place before belongings are returned to the loft, to avoid compression and damage to the new insulation.

What to expect during installation

Loft insulation is usually installed in just a few hours.

The process may involve:

- inspecting the existing insulation
- removing old or deteriorated material if necessary
- rolling new insulation across the loft floor
- Fitting it between joists and edges
- ensuring airflow is maintained to protect the roof structure

Installers will also leave the loft tidy and explain what has been done.

What you need to know after installation

Once installed, no maintenance is needed. The new insulation simply needs to remain undisturbed to function.

To keep it performing well:

- avoid storing heavy items directly on top
- don't compress or disturb the insulation layer
- check occasionally that airflow vents remain clear

Your installer will provide any warranties and guidance once the work is complete.

Unlike some other insulation measures, it is vital that the loft space is properly ventilated when carrying out any loft works. Good ventilation prevents the loft from “sweating,” which can lead to condensation and damage over time. Tile vents, felt lap vents or eaves vents are essential options to allow air flow and protect the roof structure and felt, and must be installed as standard.



Ventilation: an essential part of insulation upgrades

When a home is insulated, it becomes much better at holding onto warmth, which is exactly what's wanted.

But it also means that moisture created through everyday life can stay trapped indoors unless there is enough airflow.

That's why ventilation is included as part of any funded insulation installation.

Good ventilation helps:

- maintain healthy indoor air quality
- reduce condensation on windows and walls
- lower the risk of damp and mould
- protect your home's structure, timbers and insulation materials

Why is ventilation needed?

Daily activities such as cooking, showering, drying clothes and even breathing all release moisture into the air.

Without proper ventilation, that moisture can settle on cooler surfaces, leading to condensation and over time, this can cause mould or damp patches.

Insulation keeps heat in, but it's important that your home can still “breathe” properly.

As part of the survey, ventilation will be accessed to find what is required for your property.

Please note: funded works cannot go ahead unless ventilation standards are met, in line with the PAS2035:2023 retrofit framework.

What types of ventilation might be installed?

Every home is different, but common solutions include:

- **Background vents:** small wall vents that allow gentle airflow in key rooms
- **Trickle vents:** discreet vents fitted to window frames to improve day-to-day ventilation
- **Door undercuts:** a small gap beneath internal doors to allow air to move through the home
- **Extractor fans:** fitted in kitchens and bathrooms to remove moisture at source
- **Humidity-controlled fans:** which automatically activate when moisture levels rise

These measures are designed to be simple, effective, and as unobtrusive as possible.

Top tips for reducing moisture at home

There are also small everyday habits that can help:

- 1 Avoid drying clothes directly on radiators where possible
- 2 If drying indoors, keep a window slightly open and close the door
- 3 Use extractor fans when cooking or showering
- 4 Cover pans while cooking to reduce steam
- 5 Keep trickle vents open, especially during winter
- 6 Close kitchen and bathroom doors when those rooms are in use
- 7 Allow airflow around wardrobes and cupboards
- 8 Avoid pushing large furniture tightly against external walls

Ventilation is not about making your home colder, it's about keeping it warm, comfortable and healthy.



Frequently asked questions

How much difference will loft insulation make?

Many homes lose a significant amount of heat through the roof, so insulation can have a real impact on comfort and heating costs.

Will I need to leave the house during installation?

No in most cases, the work is completed from the loft space with minimal disruption.

How long does loft insulation last?

Loft insulation can last 40 years or more when installed properly.

Will ventilation be included?

Yes maintaining airflow is important to reduce condensation risk and protect roof timbers.

Homes benefit from unobtrusive ventilation, including vents, fans, and airflow measures, helping reduce condensation and maintain comfort, warmth, and health.



Check your funding options

Loft insulation may be available with **full grant funding**, covering surveys and installation costs, though availability and eligibility criteria differ per region, so check options for your area.

There's no catch and no obligation; you'll only proceed once you're happy with the plan for your home.

Other solutions that could work for you

Loft insulation is often the first step in a whole-home approach, alongside:

- Cavity Wall Insulation
- Air Source Heat Pumps
- Solar Panels



**WE CAN HELP YOU GET THAT
WARM FUZZY FEELING.**

Ready to make your home warmer?

If you're not sure what insulation your loft currently has or would like to explore what support is available, help is available.

**Contact us to check eligibility and next steps
Visit homeenergyhubnorfolk.org.uk**

