HOME ENERGY HUB NORFOLK

Product Explainer

Room-in-Roof Insulation

Room in Roof Insulation

An upgrade that keeps lofts warmer and efficient

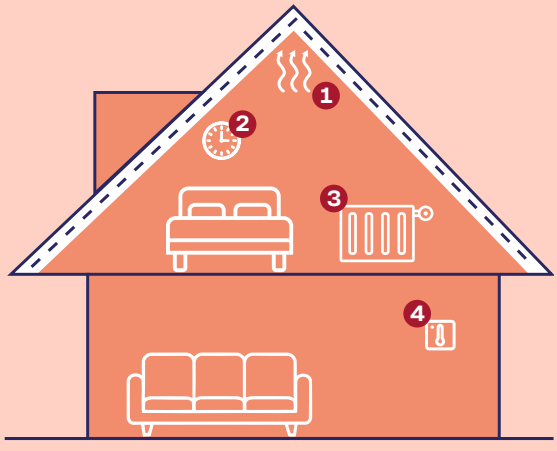
What is room in roof insulation?

Room in roof insulation refers to materials added to Dormer bungalows, loft rooms or attic conversions where the living space sits directly beneath the roof.

Unlike a standard loft, where insulation is laid across the floor, a room-in-roof space needs insulation fitted along the sloping roof surfaces and walls to prevent heat escaping through the structure.

Without proper insulation, these rooms can feel colder in winter, hotter in summer, and more expensive to heat. Room in roof insulation helps create a more comfortable and energy-efficient space all year round.

How does room in roof insulation work?



Because the roof is one of the largest external surfaces in a converted loft, it's also one of the main areas where heat can be lost.

Room in roof insulation works by adding extra barrier between the warm air inside the room and the cold air outside.

This means:

1. less heat escapes through the roof
2. rooms stay warmer for longer
3. your heating system will not need to run as often
4. energy is used more efficiently

Visit **homeenergyhubnorfolk.org.uk/roominroof** for more information.

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Is room in roof insulation right for you and your home?

Room in roof insulation may be suitable if:

- you have a loft conversion or attic bedroom
- the space feels draughty or difficult to keep warm
- the room overheats in summer
- your home has limited insulation in the roof structure
- you want to improve comfort before installing low-carbon heating

The survey will assess:

- how the loft room is constructed
- what insulation is already in place
- where heat is being lost
- what approach will work best with minimal disruption
- ventilation needs to prevent condensation

Every roof space is different, so the solution will be designed around your home.

Room-in-roof insulation improves comfort, reduces heating costs, balances temperatures, supports upgrades, and provides long-lasting performance.

Key benefits of room in roof insulation

Room in roof insulation can make a noticeable difference, with benefits including:

A warmer loft space

Converted attic rooms often become much more comfortable once insulated properly.

Lower energy use

With less heat escaping through the roof, you may need less energy to stay warm.

More consistent temperatures

Insulation helps reduce cold spots in winter and overheating in summer.

Improved comfort in upper floors

Rooms directly under the roof are often the hardest to heat — insulation helps balance this.

Supports other home upgrades

A well-insulated home is the best foundation for clean heating systems like heat pumps.

Long-lasting performance

Once installed correctly, insulation can last for decades with very little maintenance.

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Room-in-roof insulation is highly effective, but requires careful installation, proper ventilation, space management, and qualified contractors.

What you should be aware of

Room in roof insulation is highly effective, but a few practical points are worth knowing:

Access may be more complex

Unlike a standard loft, insulation is fitted within finished living spaces, so access can be tighter and belongings may need to be moved or protected.

Some disruption is possible

Installers may need to work behind internal walls or ceilings to fit the insulation, and heating systems or electrical fittings may need to be adjusted.

Space constraints

Insulation thickness may be limited by the existing roof structure.

Ventilation is essential

Because loft rooms are close to the roof surface, moisture control and airflow are especially important.

It's important to use fully qualified contractors who will explain what's involved before any work begins.

What to expect during installation

Room in roof insulation is typically installed over **a few days**, depending on the size of the space and the method used.

The process may involve:

- inspecting the roof space and existing insulation
- fitting insulation between rafters or behind internal linings
- ensuring airflow gaps are maintained to protect timbers
- installing vapour control layers where needed
- making good any finishes after the work is complete

Installers will aim to keep disruption as low as possible and will explain each step clearly.

What you need to know after installation

No maintenance is required unless damage such as leaks from the roof occurs.

To keep it performing well:

- ensure ventilation vents remain clear
- follow any guidance provided by the installer
- monitor for signs of condensation, especially in the first winter

You'll receive warranty information and confirmation of the work completed.

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Ventilation: an essential part of insulation upgrades

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

Proper ventilation is essential in insulated homes to reduce moisture, prevent mould, and maintain healthy indoor air.

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 is assessed 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?

Homes vary, 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

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.

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Frequently asked questions

How much difference will room in roof insulation make?

Loft rooms can lose heat quickly through sloping roof surfaces, so insulation can have a big impact on comfort.

Will I need to leave the house during installation?

Generally, leaving isn't required, though some disruption may occur. The resident and installer can decide the best option, especially if there are medical reasons or noise sensitivities.

Will my loft room become cooler in summer?

Yes. Insulation helps regulate temperature year-round, reducing overheating as well as heat loss.

Will ventilation be included?

Yes. Ventilation is essential in roof-level spaces to prevent condensation and protect the structure of your home.

Check your funding options

Room in roof insulation may be available with full grant funding, covering surveys and installation costs.

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

Room in roof insulation is often part of a whole-home approach, alongside:

- Loft Insulation
- Cavity Wall Insulation
- Ventilation Improvements

WE CAN HELP YOU GET THAT WARM FUZZY FEELING.

Ready to make your home warmer?

If you live in an older property and struggle with cold rooms or high heating costs, room in roof insulation could be a transformational next step.

Get in touch to explore your home's options.
Visit homeenergyhubnorfolk.org.uk