



Room-in-Roof Insulation

Homes with a room-in-the roof (RiR) can be very cold in winter, and can overheat in summer. Insulating will not only make the space more comfortable, but will save energy and reduce your fuel bills too.

When is RiR insulation the best option?

Has the loft been converted?

If your loft has been professionally converted to a room in the past 20 years or so, it should have a good level of insulation already. If it was converted before 2003 or the room feels colder than you would expect, it is worth getting a professional inspection to see if more insulation is needed.

Was your home built with a room in the roof?

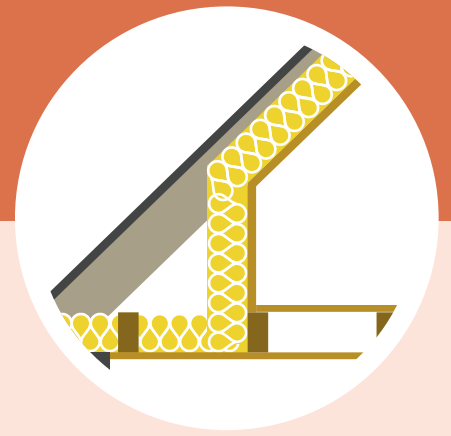
If you live in an older home which was built with a room in the roof, this may have never been insulated.

Is the property being re-roofed?

If you are replacing your roof covering you may be able to add insulation above the rafters at the same time. This is the most effective way to insulate the loft space and will save time, money and disruption.

What are the benefits of RiR insulation?

- Your roof room will be a more comfortable and usable space throughout the year
- Your home will use less energy, lowering your carbon footprint
- You will make savings on heating bills
- The insulation acts as a noise barrier to the outside
- A well insulated room-in-roof may increase the value of your property



Typical Costs and Savings...



620kgCO₂e
Annual Carbon Savings



£250
Annual Bill Savings



£930
Typical cost

Estimates based on a totally uninsulated loft (0mm) with 270mm of loft insulation.

Keep it natural

Although insulation can reduce the energy needed to heat your home, the materials used can have a significant environmental impact.

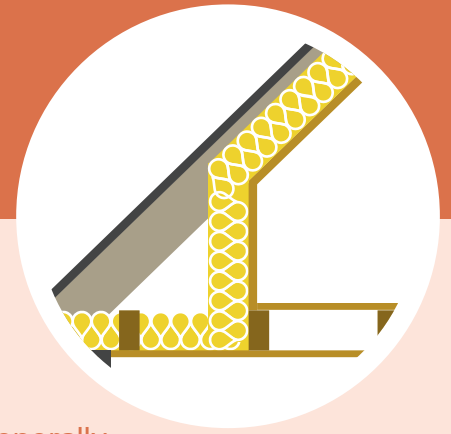
There are many low-carbon alternatives to synthetic insulation materials, such as sheep's wool, hemp or cellulose batts, which are better for your home, your health and the planet!



* Figures are taken from Energy Saving Trust and are based on fuel prices as of October 2023. Estimates are based on an insulated, three bed, semi-detached, gas-heated home. The average professional installation cost is unsubsidised, prices will vary.



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How is a room-in-roof insulated?

1. At the Apex

If there is a flat ceiling at the 'apex' (top) of the room-in-roof, insulation is generally added above ceiling level. A hatch may need to be installed to provide access.

2. At the sloping ceiling

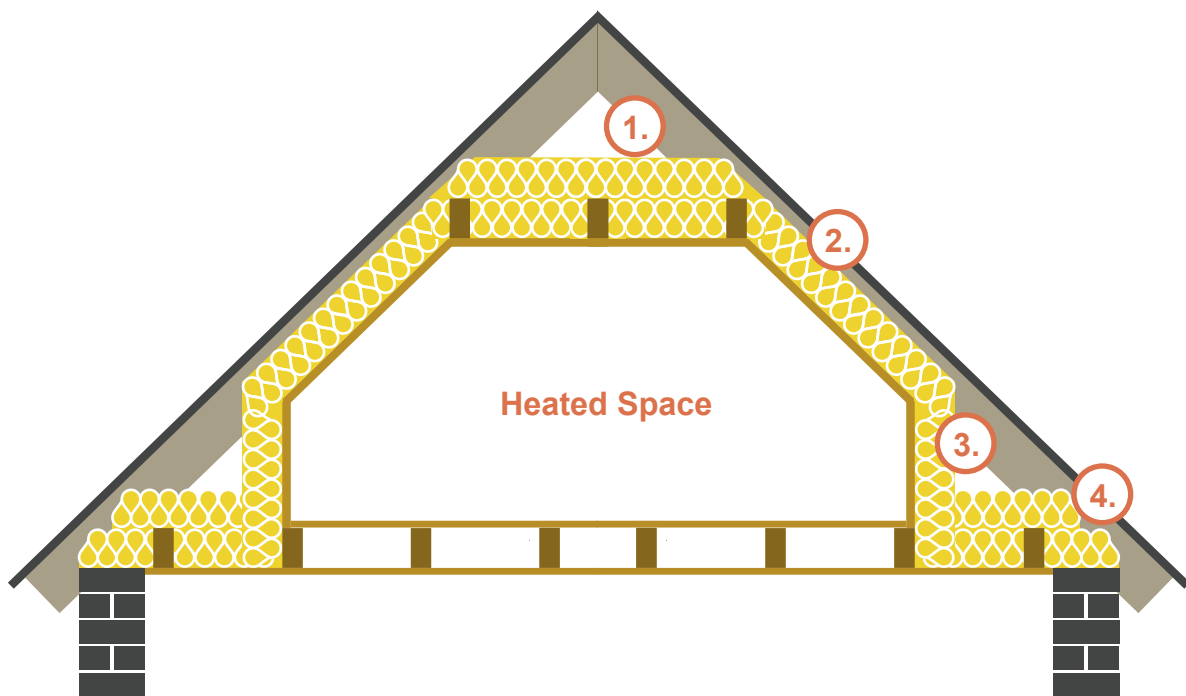
Insulation is generally added between the rafters of the sloping ceiling to avoid reducing the ceiling height in the room. Insulation boards can also be added over or under the rafters.

3. Behind the stud walls

Insulation is usually added to the reverse of any stud walls, which may require access via a hatch.

4. Into the eaves

The remaining space to the eaves also needs to be insulated, however it is important to make sure not to block any important air paths which ventilate the space.



Next steps...

If you are interested in Room in Roof Insulation, HEAT Hub are here to help! For advice or to arrange a free Home Energy Plan fill in a form at:

bit.ly/BookHomeEnergyPlan

or call 0115 985 9057