

For Savings Annually, Insulate Your Home

As the summer rolls around, those that have well insulated homes are feeling the chill even when it is hot outside. Insulation keeps your home cooler without overworking your air conditioner; hence, saving you money on your energy costs every month. Cooling and Heating bills account for over half of your energy costs every year. Instead of walking around in the dark or washing your clothes and dishes once a week-why not just make sure that your home is well insulated?

Also, this material works as great soundproofing. Wherever the framing in a house is open, such as in the attic or under floors, insulation can be added. Also, there is no need to hire a contractor, since most people can install their own insulation.

Summertime heat can be brutal--especially if you do not have adequate insulation in your house. Heat in the attic can leak through the ceiling and spread throughout your house. Depending upon where you live, most cities require (by law) insulation with an R-value of 30 to R-49. Insulation can be improved greatly by adding batts made of fiberglass over whatever insulation you currently have in the attic. Another option is to do it yourself by buying loose fill insulation at your local hardware store and installing it in your attic.

Many of these companies will rent you an insulation blowing machine freely based on the amount of insulation material you purchase. In olden days most of the houses didn't have adequate insulation. Insulation is very much required in winter as well as summer as heat transfer mainly through floor. I have insulated many floors in my time. Even though it is difficult work, i can assure you that it is really worth in the long run in terms of cost saving and benefit to the homeowner.

Another reason why your house might not retain cool air in the summer time are air leaks. Air leaks can occur through fireplace flues, badly insulated windows and doors. No one wants to lose their nice, cool, air conditioning air, due to leaks. Something to consider is leaving winter storm windows on during the summer as a way to retain cool air. Or, you could install weather stripping which is easy to install and may save you lots of money in the long term. The best way to check for possible air leaks is on a windy day, light incense and watch for where the smoke blows in or out of the house.

While many people "winterize" their home before the cold hits, it is just as important to "summerize" your home before the heat hits. Ventilation is one of the most overlooked parts of preparing your home for summer. With the ventilation system, double check that foundation vents are open, check that the eave or soffit vents are clear and not clogged with debris. Finally, make sure the attic has adequate ventilation as a build-up of heat and moisture can lead to dry rot.

About the Author

Amy is a occasional journalist who writes occasional articles on DIY issues, whilst working on [Screwfix - eComparison](#) on behalf of eComparison.

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