# Prevent Heat Loss & Insulate

Heating Hints · https://www.comfortheat.com.au/docs/prevent-heat-loss-insulate/

Insulation of the ceiling, walls and floors improves the way your home holds the heat.  The more heat you can keep in the living spaces the less energy you will need. Like any heating system, keeping the doors closed prevents heat loss and lowers your heating costs. Most heat is lost through windows. Blinds, curtains and double glazing can help lower this loss. Double glazing with wooden frames are very efficient – aluminium frames need to have a thermal break between the glazing and the frame.