

How much Insulation do I need?

The amount of insulation required for underfloor heating depends on your floor construction, property type, and the efficiency level you want to achieve.

Proper insulation is essential to prevent heat loss into the subfloor and ensure that warmth is directed upwards into the room where it's needed most. Without sufficient insulation, even the most advanced heating system will use more energy and take longer to reach the desired temperature.

In most installations, insulation boards between 6 mm and 20 mm thick are suitable for retrofit electric systems, depending on available floor height.

For new builds or water-based systems, thicker insulation layers are typically used to maximise performance and meet building regulation standards. The higher the insulation value (measured in R-value), the better the system will retain heat and reduce running costs.

Every project is unique, so it's always best to base insulation depth on your floor type, subfloor condition, and overall heat loss assessment.

Our team can provide tailored guidance to help you choose the right materials for optimal efficiency. To find the perfect setup for your home, explore our [Insulation Range](#) or request a free underfloor heating [quote](#).