

# Heating, ventilation and insulation.

## The solution to a healthy home.

Modern homes have requirements for heating/cooling, ventilation and insulation. There is some confusion as to whether installing a heat pump will provide your home with sufficient ventilation. There is also the question of whether installing a ventilation system will heat your home sufficiently. The simple answer is no. Ventilation is not heating and a healthy home needs fresh air, with a minimum room temperature of 18°C recommended by the World Health Organisation.

For the most comfortable and healthy environment your home is likely to need both a heating device such as a heat pump and a mechanical ventilation system to ensure adequate fresh air is being circulated through your home. Neither system alone will do both to a high enough level to make them a one-stop solution. Installing insulation should also be taken into account as not only does it reduce heat loss but can also help to reduce mould growing on walls and ceilings, providing a healthy and safe environment to live in.



### Heating Provides:

- The World Health Organisation minimum temperature for healthy living of 18°C
- A warm house, meaning less illness
- A comfortable, inviting environment
- A higher expectation of comfort
- Better health for children, babies and elderly
- Assisted moisture removal with ventilation
- Less deterioration of chattels

### Ventilation Provides:

- A clean, fresh, healthy environment
- Help reducing condensation on windows
- A dry and fresh home
- Assisted moisture removal
- Added asset value
- Assistance with noise and security concerns
- Fresh air without draughts

### TOTAL HEALTHY HOME SOLUTION

### Insulation Provides:

- Minimised energy costs
- Practical home heating
- Natural warmth retention
- A higher expectation of comfort
- Protected investment and added asset value
- Improved occupant health and overall average temperatures
- Help reducing mould

At Mitsubishi Electric we recommend arranging for a qualified installer to view your home and work out the best solution for you, but in the meantime use the checklist below to see what the best primary solution for your home is:

Concern in your home	Mitsubishi Electric Heat Pump	Lossnay Ventilation	Insulation
My house is cold and I have no heating	 Looks like a heat pump will do the job and help to heat your home.	 A Lossnay ventilation system can help recover heat from the outgoing stale air but needs a primary heating source to work with.	 Installed insulation will help reduce heat loss.
My house is too hot in the summer	 A heat pump is the right product for you as they can offer cooling in the summer.	 A Lossnay ventilation system will offer some relief on those hot summer days by ensuring air is circulating within your home and fresh tempered air is being introduced constantly but will not directly cool your home.	 Installed insulation will only help reduce heat loss in this instance.
I have heating but my house feels so stuffy	 A heat pump offers a dry comfortable heat so wont contribute to any stuffiness in your home but will also not cure stuffiness issues.	 A Lossnay ventilation system will be constantly introducing fresh pre heated or cooled air into your home ensuring a fresh and unstuffy environment.	 Installed insulation will only help reduce heat loss in this instance.
Humidity and moisture is a big concern in my home, we also have a lot of condensation	 A heat pump can be operated in a dehumidifying mode to tackle moisture concerns but this can only be operated if the system is running in cooling not heating. This is a good solution but not the best solution. Keep in mind that the heat you get from a heat pump wont contribute to moisture problems your home has like some other heating sources can do.	 A Lossnay ventilation system is the best solution for your home. This system will work to circulate fresh air throughout your home while helping to control moisture levels.	 Installed insulation will not remove the moisture but may help in reducing mould growing on walls and ceilings.
I have heating in my main living area but my bedrooms are cold and damp and I want to transfer heat down to those rooms	 It sounds like the best solution for you is to add an additional heating source into your bedrooms to ensure they are adequately heated.	 Installing a Lossnay ventilation system is a good way to ensure air is circulated through the whole home and would assist in taking some chill off the bedrooms but should not be used as the primary heating source for those rooms.	 Installed insulation will help reduce heat loss in your bedrooms, which means you will not use as much energy to heat them.