

How to stop losing heat through your windows

At night and when it's cold outside, a lot of your indoor heat goes out windows. This means your home is either colder or you spend more money on heating it.



Fix

Try fix (or ask your landlord to fix) any gaps letting heat out

- Broken window panes
- Gaps or rot in window frames

DIY

Try DIY window insulation

- Start by cleaning your window and sills thoroughly
- To use bubblewrap, spray a little water on the glass and press the bubblewrap to the window. It should stay there for the winter



Buy

Buy a window insulation kit for wooden-framed windows

- Buy a window insulation kit for wooden-framed windows. These create an air pocket between the window pane and the plastic which acts just like insulation. Attach the plastic film to the window frames with double-sided tape, and then shrink it to fit using a hair dryer. You can buy these from:
 - Bunnings
 - Mitre 10
 - Online from Community Energy Action
 - Online from the Sustainability Trust

Curtains

Curtains are a form of insulation for windows. To keep the warmth in, they need to:

- Be wide enough to cover the windows without a gap.
- Go down to the floor if possible, or at least below the windowsill.
- Be made of thick material and be two layers if possible - two layers make a gap which helps to insulate the window.

You can use blankets as curtains if you have them, or Curtain Banks are a great place to get cheap or free curtains. Measure up your window and make sure you get a curtain big enough.

If you have a gap between your curtain rails and the wall, roll up an old towel and put it across the top of your curtain between the curtain rail and the wall to stop heat rising and escaping.

How you use your curtains is important

- Close curtains tightly together - don't leave a gap.
- In the winter, close your curtains in the late afternoon to keep the warmth inside, and open them in the morning to let the sun in.
- In the summer, close curtains to keep the sun out so your house isn't too hot.

