

Insulated Garden Office / Studio

Insulation is the primary way of reducing heating bills, using less energy. An insulated Garden Office keeps you warm and dry. This is a brief article to help you start to think about insulated Garden Offices and what's involved in insulating an Office effectively.

Think about it; the dormouse builds its nest in thick bushes during the summer to raise it's young – a nest that's well insulated and air-conditioned. In winter dormice often nest at ground level, using thick layers of leaf litter to insulate them against the cold. You need to do the same, but possibly not using leaves.

How much insulation should you use?

The simple answer is **as much as possible !!**

1. 50mm of insulation will give you some protection from the cold, but you will use a noticeable amount of electricity keeping the Garden Office **warm** in Winter and **cool** in Summer.
2. 100mm of good quality insulation in floors wall and roof, combined with double glazing and a heavy, well fitting door will help provide a well insulated Garden Office, as long as the Windows aren't **too big**. Lots of heat is lost through Windows in the Winter and lots of heat comes in through the same windows in the summer.
3. 200mm will give you a tremendously well insulated Garden Office and you will see the fuel bills drop.
4. Since Heat Rises, it is more important to increase the Thickness in the Roof. Similarly, 'balancing' the Wall Thickness and Window Area can help 'balance the budget'.

One of the basics that you need to know is that some types of insulation insulate better than others. This is known as thermal conductivity or U value. See our Guide to Materials / U Value.

What type of insulation?

This depends upon how eco-friendly you want to be, and how much you want to design & build your own Garden Office. If you choose to use readily available Materials of Suppliers, you should choose Structural Insulated Panels (SIPs), remembering to ensure adequate Ventilation

Use a professional insulation installer

When insulating a Garden Office is it vital to use a building professional who understands how different types of insulation work and how to install them, so that they improve your comfort rather than cause problems. Badly installed insulation can create damp problems and cause timber to rot. There is more to a well insulated garden office than meets the eye !!

Check Installation Methods

If you have no experience in construction or find technical matters daunting, find a trusted professional to help you.

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