

## HOW TO IMPROVE THE HEALTH OF YOUR HOME IN AUTUMN + WINTER FOR UNDER \$100



Healthy homes are hugely important to the health of our nation. Whether winter is coming, or has already arrived we all need to work towards having a warm, dry and comfortable home, and these three products won't break the bank in helping you achieve that.

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### 1. Temperature Controlled Programmable Timer

This device allows you to monitor room temperature from between 5°C - 35°C. It can conserve energy usage by turning on/off home appliances automatically.

#### Why is this important?

Maintaining a consistent internal air temperature between 18°C - 25°C will not only keep your home comfortable, but maintaining a consistent temperature will also help reduce the cost of your monthly power bill while reducing the risk of condensation! How so? By maintaining this comfortable and consistent temperature you aren't forcing your heating device (heat pump, heater etc) to work harder heating the room from a cold temperature to a warm temperature so quickly. This may seem counter-intuitive, but it's how your fridge works. If you maintain consistent heating between 18°C - 25°C your mechanical heating will only need to increase the temperature by a couple of degrees which will reduce the large spikes in electricity bills.

### 2. Painter's Mate 24mm x 55m Green Painter's Tape

This tape is UV-resistant and can be used on interior, exterior, curved or uneven surfaces. As a sealing tape it can be used to seal gaps to mitigate drafts, air flow or anywhere there is energy loss.

#### Why is this important?

Reducing energy leakage is key to maintaining the constant internal temperature inside your home. This tape will help increase the air-tightness of the enclosure and ensure that air (and the heat it carries) isn't escaping through gaps or holes - reducing the draftiness of the home. While air (and therefore energy) leakage occurs through the smallest of holes such as power points in your walls, focus on the bigger picture such as gaps around windows and doors.

### 3. 3M Window Insulator Kit - 2 Windows

For those homes that don't have double glazed windows (most typical Kiwi homes), this insulator kit will help reduce condensation, energy loss and will last all season long. The product can be used for indoor or outdoor window sizes & is really easy to apply as it is just a plastic film that gets taped to the joinery.

#### Why is this important?

Installing brand new double glazed thermally broken windows comes at a cost. This kit will add another layer in front of the existing window glass, essentially trapping a pocket of air between the glass and the film, which acts as a temporary double-glazed option. Double glazing reduces the amount of energy loss and will also help improve comfort and reduce condensation as warm internal air temperature isn't hitting as much of a cold surface of a single glazed option.

For more information please contact

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