



Principle of using the thermal mass of a concrete floor

To increase the direct benefits concrete slab floors offer, insulate under the slab and have insulated windows (IGUs) down to the floor so that winter sun falls on the slab surface. Do not have insulating finishes such as carpet or cork over the floor area providing thermal mass – typically the area of slab exposed to direct sunlight. Use ceramic tiles, thin vinyl sheet or polished concrete over this area.