

Heat Pump Myths & Facts

HEAT PUMP BENEFITS

Highly efficient:

- Heating
- Air conditioning
- Dehumidification

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Tens of thousands of heat pumps have been installed in Maine homes and businesses.

They are the most popular heating system across all of Efficiency Maine's rebates because they offer **highly efficient heating, air conditioning, and dehumidification.**



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MYTHS & FACTS

1 MYTH: Heat pumps need backup in the cold.

FACT: Though they lose heating capacity as the outdoor temperature drops, even at temperatures well below zero degrees Fahrenheit, rebate-eligible heat pumps can produce heat. Some can produce more than 100% of their rated capacity at temperatures as low as negative 13 degrees Fahrenheit. It is increasingly common for new houses to be heated and cooled exclusively with heat pumps. Older homes are also converting exclusively to heat pumps. As long as the home has the right number of indoor units and they are properly sized for the space they're intended to heat, there is no need for backup.

2 MYTH: Heat pumps aren't efficient in the cold.

FACT: Though they lose efficiency as the outdoor temperature drops, even at temperatures near zero degrees Fahrenheit, rebate-eligible heat pumps can be nearly 200% efficient. At their worst, rebate-eligible heat pumps can still be twice as efficient as a boiler or furnace.

3 MYTH: Heat pumps are noisy.

FACT: The loudest noise you'll hear indoors is the indoor unit fan, which is similar to the sound of a refrigerator. There are a variety of mounting options for outdoor units that can be used to minimize or eliminate their sound.

4 MYTH: Heat pumps only work in superinsulated homes.

FACT: Properly sized heat pumps can be used to heat virtually any indoor residential space.

5 MYTH: Heat pumps only work in open-concept homes.

FACT: While open-concept homes lend themselves well to heat pumps, other houses can also benefit. For instance, wall-mounted indoor units can serve large spaces and properly designed and installed ducted indoor units can address the needs of small individual rooms.

6 MYTH: Heat pumps are ugly.

FACT: Heat pump indoor units come in a variety of different shapes and sizes to suit personal preferences. A ducted indoor unit is hardly visible at all. Outdoor units, meanwhile, can be installed in an inconspicuous spot, including locations far removed from the house.

7 MYTH: Multi-zone systems cost less than multiple single-zone units.

FACT: Multi-zone systems often cost more to operate, and with the higher rebates available for single-zone systems, multi-zone systems can also cost more to install.

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