

Isi Bilimi ve Tekniği Dergisi, 34, 1, 53-61, 2014 J. of Thermal Science and Technology ©2014 TIBTD Printed in Turkey ISSN 1300-3615

ENERGY-SAVING RETROFITTING OF HOUSES IN COLD CLIMATES

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(Geliç Tarihi; 25.06.2011 Kabul Tarihi; 31.10.2012)

Abstract: Built environment is a problematic issue from an energy use perspective because an important part of total energy consumption in countries is usually caused by existing buildings. Current buildings stock constructed before 2000 in Turkey is mostly thermally poor and current standards related to energy efficiency in buildings are relatively not enough when compared with international examples. In this research, impacts of various energy effieient measures on heating for an existing detaehed two-storey house located in cold climate, Eskisehir-Turkey are analyzed to find possible energy saving rate by using DesignBuilder and EnergyPlus software. Firstly, energy consumption profile for base case is simulated then, effect of defined energy efficient measures on total heating energy consumption is investigated. Lastly, life cycle approach is applied to make an economic analysis and estimating payback period for energy efficient measures. As a result, the highest energy saving (37%) for heating was obtained by the application of thermal insulation on external wall, floor and ground fioor and replacement of current windows. In addition, the payback period of energy efficient measures are more than 10 years; thus, the government should support energy efficient retrofitting of existing buildings in Turkey.

Keywords: Heating, energy efficient retrofitting, life cycle cost analysis, residential building.

SOGUK ÍKLÍMLERDEKi KONUTLARIN ENERJÍ ETKIN YENÍLENMESÍ

ÖZET: Enerji kullanimi açisindan bakildiginda yapili çevre somnlu bir konudur cünkü ülkelerin topiam enerji tüketimlerinin önemli bir kismi mevcut binalarda tüketilen enerjiden kaynaklanmaktadir. Türkiye'de özellikle 2000 yılından önce inşa edilmiş binaların çoğu yapı fiziği açısından zayıf ve binalarda enerji verimliliği ile ilgili standartlar yeterince uygulanmayabilmektedir. Bu çaliçmada, 198O'li yillarda Eskiçehir'de inca edilmiç yalitimsiz iki katli konutun lsitma enerjisi tüketimindeki degiçim, çeçitli enerji etkin iyileçtirme önerileri dogrultusunda, DesignBuilder ve EnergyPlus simülasyon (benzetiçim) programlari kullanilarak hesaplanmiçtir. Öncelikle, konutun mevcut dummda m² başına tükettiği ısıtma enerjisi miktarı hesaplanmış, sonra enerji-etkin tasarım bağlamında önerilen yenileme önlemlerinin lsitma enerjisi tüketimine etkisi incelenmiçtir. Son olarak ise yaçam döngüsü yaklaçimi uygulanarak ekonomik analiz yapilmiç ve enerji etkin önlemlerin geri Ödeme süreleri bulunmuçtur. Söz konusu araçtirma sonucunda, isitma amaçlı en yüksek enerji tasarrufu (%37) diş duvarlara, giriş ve 1. kat zeminine isi yalıtımı uygulandigmda ve mevcut pencerelerin îsi kontrol (low-e) kaplamali camlara sahip pencerelerle degiçtirilmesi sonucu elde edilmiştir. Ayrıca uygulanan yaşam döngüsü analizi ile geri dönüşüm sürelerinin yaklaşık olarak 10 yıldan fazla oldugu görülmüctür. Bu nedenle yapi sahiplerini teçvik edici düzenlemeler (vergi indirimi, kredi kolayligi, vb.) oluşturulabilir.

Anahtar keiimeier: Isitma, enerji etkin yenileme, yaçam döngüsü analizi, konutlar.

INTRODUCTION

Nowadays, reduction of energy consumption and efficient use of energy is an important subject for most countries in the world. Building sector is one of the major fields where world total energy consumption takes place. As it is known, one of the objectives of the European Union is to reduce carbon dioxide emissions by 20% at least until 2020 (Saikku et. al., 2008). Therefore it is planned to reduce energy consumption rates in existing and newly constructed buildings with new regulations and by increasing interest in energy efficiency.

In Turkey, energy efficient measures are usually taken to prevent heat losses in buildings because of TS 825 Thermal Insulation Regulation in Buildings (TS-825) (2000) which is compulsory since 2000 but energy for

space heating is still almost twice as much as the sum of other domestic energy consumption (cooking, hot water, freezing) (Kaynakli, 2008). Energy efficiency in buildings has started to be evaluated with a holistic approach with BEP TR (Building Energy Performance) application since 2011. Additionally, there are lots of existing buildings constructed before 2000 in Turkey that they do not have enough measures to reduce energy consumption. Thus, energy performance of existing buildings should be improved. In other words, retrofitting of existing buildings is essential and urgent issue. Buildings-stock mostly consists of residential buildings in Turkey. For that reason, retrofitting studies should be started from residential buildings and they can lead to a considerable reduction in total energy consumption in Turkey.

This study focuses on various energy efficient measures which can potentially be applied in cold climates in Turkey. Analyses of reduce energy demand of existing houses for heating by energy-saving retrofitting measures are the purposes of this study. Properly applied retrofitting measures can significantly reduce energy consumption. In addition, life cycle cost analysis was performed to predict payback periods for energy efficient measures.

METHOD

In this study, frrstly an existing house is investigated from Eskisehir where heating season is longer than cooling season. Then geographical and climate features of Eskisehir are explained. Additionally, investigated house is introduced with termophysical features of building components. Indoor temperature and relative humidity are measured between 10 October 2010 and 3 March 2011 with HOBO data logger in three spaces of house. Then, they are shown with graphics. Furthermore, existing house is modeled by using DesignBuilder v2.04.002 program and assumptions are explained. Lastly, appropriate energy efficient measures are determined. Impact of them is calculated with DesignBuilder and life cycle cost analysis is made to estimate payback period of energy efficient measures.

Life Cycle Cost **Analysis**

The life-cycle cost analysis (LCCA) can be defined as follows: An economic assessment of alternative designs, construction or other investments, comparing the sum of all significant returns, initial costs, operating costs and maintenance costs over economic life of each alternative expressed in equivalent economic units.

Prior to beginning a LCCA, project alternatives need to be established. These alternatives should be distinctly different and viable solutions to the facility issue being addressed. The chosen alternative is the most reasonable and cost-effective solution to the project problem. A minimum of three different project alternatives should be incorporated into the LCCA. A brief description of each project alternative and the reason of this selection

should be included in the LCCA. The life-cycle cost of a project can be calculated using the formula:

$$
LCC = C + M + E + R - S \tag{1}
$$

- The capital cost (C) of a project includes the initial capital expense for equipment, the system design, engineering, and installation. This cost is generally considered as a single payment occurring in the initial year of the project, regardless of how the project is financed.
- Maintenance (M) is the sum of all yearly scheduled operation and maintenance (O&M) costs. Fuel or equipment replacement costs are not included. O&M costs include such items as an operator's salary, inspections, insurance, property tax and all scheduled maintenance.
- The energy cost (E) of a system is the sum of the yearly fuel cost. Energy cost is calculated separately from operation and maintenance costs, so that differential fuel inflation rates may be used.
- Replacement cost (R) is the sum of all repair and equipment replacement cost anticipated over the life of the system.
- The salvage value (S) of a system is its net worth in the final year of the life-cycle period.

Future costs must be discounted because of the time value of money. Real discount factor can be found by using the formula:

Real interest rate =
$$
(1 + \text{nominal interest rate}) / (1 + \text{inflation rate})
$$
 (2)

The formula for the future sum of Money (F) of a present worth (P) in a given year (n) at a real discount rate (i) is:

$$
F = P^*(1 + i)^n \tag{3}
$$

Geographical and Climate Features of **Eskisehir**

Eskisehir (30°32' East longitude, 39°46' North latitude) is located in the north-west of the Central Anatolia in Turkey. It has a harsh and dry continental climate. Thus winters are snowy and summers are hot and dry. At the same time, there is a significant difference in temperature between day and night. The average annual temperature is 10.8°C. While January with 0°C is the coldest month of the year, July with 2I.7°C is the hottest month of the year. The mean, lowest and highest recorded monthly air temperatures are shown in Figure 1 (Turkish State Meteorological Service, 2011). Other climate data belonging to Eskisehir are summarized in Table 1 (Kiliç and Öztürk, 1980; Devlet Meteoroloji Îçleri Genel Müdürlügü Bülteni, 1974).

Building Description

Existing house is two floors and ground floor was constructed between 1956 and 1957. Then first floor was added in 1980. Ground floor is approximately 70 $m²$ and first floor is 100 m². House had not thermal insulation. External walls consist of plaster (3 cm), brick (19 cm) and plaster (2 cm) with U value of $2.015W/m²K$. Ground floor has a U value with 1.737 W/m^2K and roof has a U value with 4.129 W/m²K. Windows compose of wooden frame and single glazing $(6.121 \text{ W/m}^2\text{K})$. All U values for building components are not within the limits defined in TS-825, it was built before it became compulsory. The maximum U values shown in TS-825 for Eskisehir are 0.5 W/m²K for external wall, 0.3 W/m²K for roof, 0.45 W/m²K for ground floor and 2.4 $W/m²K$ for window.

The examined house was renovated in 2004 by insulating the external wall with 4 cm XPS (U: 0.598 $W/m²K$) and by insulating the roof with 10 cm glass wool (U: 0.365 W/m²K). Despite of these measures, U values are still not within limits specified in TS-825. Existing windows were replaced by double clear glazing. In addition, entrance and balcony of first floor was closed after 2004, which is named as buffer zone (Fig. 3). No change was made in the ground floor. Original and renovated floor plans of house are shown in Figure 2.

The house is heated with natural gas by using floor standing boiler and no device is used for cooling in summer. Natural gas consumption rate in 2010 is indicated in Figure 4. It is clear that maximum energy demand for heating takes place in January. Natural gas is only necessary for hot water in summer.

Ground floor after and before 2004

Flrat floor before 2004 First floor after 2004

Figure 2. Floor plans

Figure 3. Entrance and buffer zone (after 2004)

Figure 4. Monthly natural gas consumption in 2010

Evaluation of Indoor Temperature and Relative Humidity Measurements

Temperature and relative humidity were measured in entrance, living room, and buffer zone of first floor with HOBO RH/Temp/Light/External data logger during the five months $(10 \text{ October } 2010 - 3 \text{ March } 2011)$ at intervals of 10 minutes. The measuring accuracy of HOBO data logger is ± 0.7 °C for temperature and $\pm \frac{9}{65}$ for relative humidity.

Data loggers are placed on the walls at a height of 1.5 m from the ground. In addition, a data logger is used to measure outdoor temperature and relative humidity between 10 October 2010 and 2 January 2011. Thus, record times between indoor and outdoor measurements are the same. Living conditions in house during the measurement were not restricted to reflect real life situation. The measurements are shown in Figure 5 and 6.

Figure 5. Measured indoor temperatures

It is clear from Figure 6 that temperature is different at each location. Minimum temperature fluctuation took place in the living room and temperature varies between 17.4 and 23.2°C. Thus the standard deviation is minimum in this place compared to others. Furthermore, temperature is usually within the comfort range in the living room. Temperature is lower than the 20°C in other spaces except the south facing entrance. High standard deviation and temperature fluctuation mostly occurs in entrance. Temperature varies between 6.1 and 21.7°C in buffer zone, -4.7 and 32.2°C in entrance and - 4.5 and 24.4°C in outdoor. Average temperature is 20.7°C in living room, 13.3°C in buffer zone, 11°C in entrance and 7.7°C in outdoor. These results are also summarized in Table 2 by using statistical values.

Relative humidity values are also different according to the measurement points. They vary between 42.7 % and 78.9 % in living room, 45.3 % and 86.2 % in buffer zone, 45.3 % and 86.2 % in entrance and, 18.6 % and 95.5 % in outdoor. Average relative humidity is 61.7 % in living room, 66.1 % in buffer zone, 69.2 % in entrance and 78.3 % in outdoor.

Table 2. Statistical values for temperature and relative humidity

Temperature	Outside	Entrance	Buffer zone	Living room	
Minimum	-4.5	-4.7	6	17.4	
Average	7.75	11	13.2	20.6	
Maximum	24.4	32.2	21.7	23.2	
Standard deviation	5.8	6.5	2.93	0.9	
Relative humidity	Outside	Entrance	Buffer zone	Living room	
Minimum	20.6	18.6	45.3	42.7	
Average	78.3	69	66	61.7	
Maximum	96.5	95.4	86	78.9	
Standard deviation	13	14	4.45	5.72	

Relative humidity fluctuation and standard deviation are the highest in entrance. According to ASHRAE Standard $55 - 2004$ (2004) relative humidity values should be between 30 % and 60 % to provide thermal comfort in spaces. However, they are outside of this range. In December, relative humidity is usually over 60 % in house.

Creation and Validation of Thermal Model

Thermal model of current house was prepared by using DesignBuilder v2.04. DesignBuilder (DesignBuilder documentation, 2006) is a comprehensive user interface of EnergyPlus program. EnergyPlus (LBNL, 2011) is validated and powerful software to calculate energy consumption for heating, cooling, ventilating, lighting and carbon dioxide emissions.

A thermal model generated with DesignBuilder consists of different level. They are site, building, block, zone and surface. This organization is very helpful for users. For example, if a material of external wall is set in building level. This will be the default materials of all external walls for all blocks in the building. In block level, 3D model of a building can also be created. Examined house was divided into some thermal zones to prepare model. Thermal zones were constituted based on the original space division because there is no space in house. Firstly, existing house (no insulation) was modeled, than thermal model was updated depending on determined energy efficient retrofitting options. Also, non-insulated situation of current house was investigated. After 3D model was completed, necessary data about building components, the number of people living in house, site features, heating and cooling equipment and lighting devices were collected. At the same time each space was physically investigated. Then all data was integrated into the Design Builder. In this study, only the heating system and working hours were taken into account, for there is no equipment for cooling in house. Thermostat temperature for the heating system

was set at 20°C and heating equipment works during all days in winter. Air infiltration rate was assumed as 1.5 air change rate per hour (ach) for first condition of house (no insulation). It was taken as 1 ach (air change rate) for thermal model of current house.

Building energy analysis programs are used for time dependent calculations. Therefore, they need hourly climate data. Climate data for Eskisehir was generated by using METEONORM (2011) program. It is a software providing hourly climate data for a location in the world.

Validation of thermal model is an essential and significant task to understand that results taken from simulation properly reflects current situation. In this research, indoor temperature of buffer zone is used for validation. Measured mean hourly indoor air temperature of a typical winter working day (3 January 2010) is compared with values taken DesignBuilder program (Fig. 7). It is clear that measured data is properly matching with simulated data. There is no considerable difference between them. Little difference should be considered as normal. It can be related to outdoor climate eonditions because measured hourly climate data for one year was not available for Eskisehir.

Determination of Energy Efficient Measures

Energy efficient measures were developed to reduce annual heating energy loads by applying energy efficient measures to building envelope of renovated house. The fallowing measures were constituted within two groups (individual and collective strategies);

Individual measures;

- Addition of 4 and 8 cm XPS on external wall.
- Addition of 6 cm XPS on ground floor.
- Addition of 4, 6 and 10 cm glass wool on roof.
- Addition of 6 cm XPS on floor exposed to outdoor conditions in first floor.
- Replacement of existing window with low-e (low emissivity) double glass-air (U; 1.772-SHGC (solar heat gain coefficient); 0.563) and low-e double glass-argon (U; 1,499-SHGC; 0.563).

Collective measures;

These were determined based on the results of individual measures. In other words, the individual measures were grouped to provide maximum benefit;

- Addition of 6 cm XPS on ground floor $+$ 6 cm XPS on floor exposed to outdoor conditions in first floor.
- Addition of 6 cm XPS on ground floor $+$ 6 cm XPS on floor exposed to outdoor conditions in first fioor + 8 cm XPS on external walls.
- Addition of 6 cm XPS on ground floor $+$ 6 cm XPS on fioor exposed to outdoor conditions in first floor + 8 cm XPS on external walls + replacement of existing window with low-e double glass-air.

DISCUSSIONS AND RESULTS

Improvement of Thermai Insulation

As a result of simulations, it is seen that there are key differences between non-insulated and current situation of house in terms of annual heating energy loads. In current situation, annual heating load is less than 50% compared to non-insulated condition. At the same time, there are differences in annual heating loads consumed in ground and first floor. Approximately 10% more heating is needed on the ground floor.

Armual heating load can be reduced 8% in current house by adding 4cm XPS on external walls (Fig. 8). If 8cm XPS is added on external walls, annual heating loads may be less than 11% in house. The most important reason of this reduction is to decrease heat transfer from indoor to outdoor in winter with improvement of thermal insulation.

Figure 8. Impacts of insulation on external walls on annual heating load

It is clear that there is no considerable impact of increasing roof insulation on annual heating loads (Fig. 9). It may be concluded that existing insulation thickness is enough for roof. In other words, 10 cm glass wool is optimum thickness to prevent heat losses in buildings for Eskisehir in winter.

There is no insulation on ground fioor. Thus, insulation thickness providing minimum limit shown in TS-825 was determined and its influence on annual heating load was calculated. The annual heating load decreased 25% compared to current situation by adding 6 cm XPS on

ground fioor (Fig. 10). In addition, it is seen that insulation in ground fioor also decreased 2.5% annual heating load in first fioor. It can be stated, that insulation on ground fioor can affect heating energy loads in other fioors. Especially in locations which have a long heating season, energy conservation is very important. Therefore, heat losses from building envelope should be minimized. 6 cm XPS was added on first fioor exposed to outside. As a result of this, annual heating load reduced 15% in first fioor. It also decreased 1.3% annual heating load on ground fioor (Fig. 11).

Figure 9. Impacts of insulation on roof on annual heating load

Figure 10. Impacts of insulation on ground floor on annual heating load

Figure 11. Impacts of insulation in first floor which is open to outside on annual heating load

Replacement of Existing Windows

Annual heating loads can be reduced by changing windows with energy efficient ones. Double clear window is used in current house. Annual heating load can be 3% less with replacement of windows with low-e double glass-air (Fig. 12). If argon gas is used instead of air in window annual heating load can be 4% less. For that reason, energy efficient windows should be preferred in buildings which especially have high window to wall ratio.

Grouping of Individual Measures

Individual measures mentioned above are grouped in three different ways. Firstly, 6 cm XPS was applied on ground fioor and open parts of first fioor to outside. Consequently, annual heating loads decreased *29. Wo* in ground floor and 23% in first fioor. Secondly, in addition to first measurements, 4 cm XPS was implemented on external walls. Annual heating loads decreased 39.1% in ground fioor and 31% in first fioor thanks to extra improvements. Lastly, in addition to previous measurements, windows were replaced with low-e double glass-air and annual heating loads decreased 41% in ground floor and 34% in first floor (Fig. 13). It is possible to generate lots of different energy efficient groups, but in this study individual measures which are easy to implement and mostly affects energy consumption were grouped.

Figure 13. Impacts of collective measures on annual heating load

Life Cycle Costs for Energy Efficient Measures

Various scenarios are provided in this economic evaluation that use a life cycle cost (LCC) analysis to compare energy efficient measures. The analyzed energy efficient measures are non-insulated (case 1), current situation (case 2), 6cm XPS on ground floor and first floor (case 3), 6cm XPS on ground floor and first floor $+4$ cm XPS on external walls (case 4), 6cm XPS on ground floor and first floor $+4$ cm XPS on external walls $+$ low-e double glass (air) (case 5). The main objective of this economic assessment is to investigate which case is economically feasible. In order to, identify the least cost feasible option for the alternatives a lifecycle costing analysis is carried out.

The input data and assumptions used for the economic analysis are tabulated in Table 3. Also, the analysis period is for 20 years, operation and maintenance costs, replacement costs and salvage value are assumed to be zero for all alternatives.

To compare alternatives, the net present value of 20 year life-cycle costs, life-cycle savings, and cumulative life-cycle savings were computed for each alternative, as shown in Table 4 and 5. Case 3 was found to have highest net present value of life-cycle saving, and lowest pay-back period. Case 3, 4, 5 have very similar life-cycle savings to each other. Payback period is 7 years, 8 years, and 8 years for Cases 3, 4 and 5 respectively. As a result we can say that Case 3 is the economically best alternative.

Table 3. The input data and assumptions

Table 4 . Energy costs and life-cycle costs of all scenarios

Table 5. Enc-cycle savings and cumulative me-cycle savings of an seculatios (LCS. LHe-cycle savings, CLCS. Cumulative me-cycle savings										
Year	$LCS(1-2)$	$LCS(1-3)$	$LCS(1-4)$	$LCS(1-5)$	$CLCS(1-2)$	$CLCS(1-3)$	$CLCS(1-4)$	$CLCS(1-5)$		
	-8265.15	-12017.30	-15722.20	-16994.90	-8265.15	-12017.30	-15722.2	-16994.90		
$\overline{2}$	1329.28	1748.24	1885.69	1932.07	-6935.87	-10269.10	-13836.5	-15062.80		
3	1372.26	1804.76	1946.65	1994.53	-5563.61	-8464.33	-11889.9	-13068.30		
4	1416.62	1863.11	2009.58	2059.01	-4146.99	-6601.22	-9880.27	-11009.20		
5	1462.42	1923.34	2074.55	2125.58	-2684.57	-4677.88	-7805.72	-8883.66		
6	1509.70	1985.53	2141.63	2194.30	-1174.88	-2692.35	-5664.09	-6689.36		
	1558.51	2049.72	2210.86	2265.24	383.63	-642.63	-3453.23	-4424.12		
8	1608.90	2115.98	2282.34	2338.48	1992.528	1473.35	-1170.89	-2085.64		
9	1660.91	2184.39	2356.13	2414.08	3653.44	3657.75	1185.239	328.44		
10	1714.61	2255.02	2432.30	2492.13	5368.05	5912.76	3617.541	2820.58		
11	1770.04	2327.92	2510.94	2572.70	7138.09	8240.68	6128.48	5393.28		
12	1827.27	2403.18	2592.12	2655.88	8965.35	10643.86	8720.597	8049.15		
13	1886.34	2480.88	2675.92	2741.74	10851.70	13124.74	11396.52	10790.89		
14	1947.33	2561.08	2762.43	2830.38	12799.02	15685.82	14158.95	13621.27		
15	2010.28	2643.88	2851.74	2921.89	14809.31	18329.71	17010.69	16543.16		
16	2075.28	2729.36	2943.94	3016.35	16884.58	21059.07	19954.63	19559.51		
17	2142.37	2817.60	3039.12	3113.87	19026.95	23876.67	22993.75	22673.38		
18	2211.63	2908.69	3137.37	3214.54	21238.59	26785.36	26131.12	25887.92		
19	2283.14	3002.73	3238.80	3318.47	23521.72	29788.09	29369.92	29206.39		
20	2356.95	3099.81	3343.51	3425.75	25878.67	32887.90	32713.43	32632.15		

Table 5. Life-cycle savings and cumulative life-cycle savings of all scenarios (LCS: Life-cycle savings, CLCS: Cumulative life-cycle savings)

CONCLUSIONS

In this study, impacts of various energy efficient measures for a detached two-storey house located in Eskisehir were investigated. General results can be summarized as follows but it is noted that they are mostly valid in cold climates:

- Prevention of heat losses from building envelope is important to reduce energy consumption for heating.
- Increasing of insulation thickness cannot reduce so much energy consumption for heating and it should not be forgotten while determining insulation thickness.
- Increasing of insulation after a certain thickness on extemal wall or roof can not so much reduce annual heating load.
- Insulation on ground compared to insulation on extemal wall has a great effect on annual heating loads in ground floor.
- Windows are one of the important parameters for affecting heating loads in buildings.
- Buffer zones at suitable places can be used to an energy efficient measure.
- In Turkey, there are lots of existing buildings which were not constmcted according to TS-825. Thus, retrofitting of these buildings based on minimum conditions defined in TS-825 can lead to approximately 50 % reduction in annual heating loads in cold climates.
- Payback periods of energy efficient measures can be more than 10 years. Thus people should be supported to reduce payback periods by government.

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