



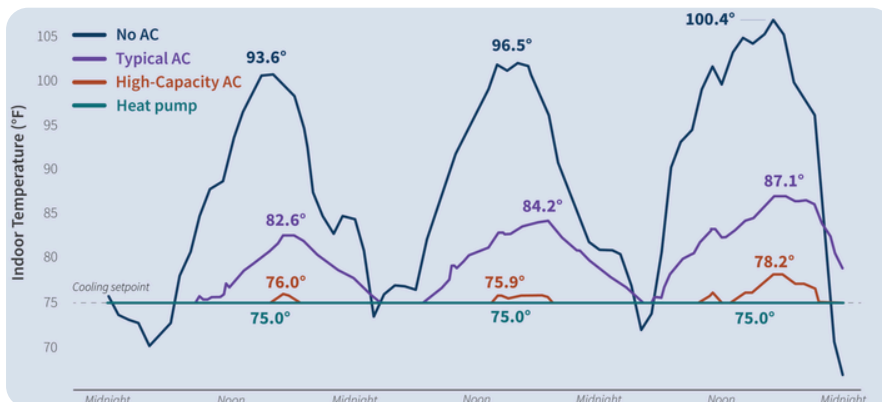
Myth Busting: Heat Pumps

MYTH: Heat pumps only provide heating to homes.

FACT: Despite the sometimes-confusing name, heat pumps are a **heating and cooling system all in one!** During hot summer months, a heat pump does the same job as an air conditioner, as it removes heat from inside your home and provides fresh, cool air in its place.

In fact, heat pumps are actually **more effective than traditional AC** when it comes to keeping homes cool – even in extreme heat. And even in cooler temperatures, they can still reduce electricity use (and utility bills) for residents.

Rocky Mountain Institute, "Why heat pumps are the answer to heat waves", 2021.



Results of a study modeling the performance of several cooling options during a heat wave with a cooling setpoint of 75°

Source: Rocky Mountain Institute, 2021.



MYTH: Heat pumps are too loud for home use.

FACT: While older heat pumps earned the reputation of being noisier appliances, new heat pumps run much more quietly – and are likely quieter than other appliances in your home! A standard modern heat pump generates about 48-55 decibels of sound while running. That's **quieter than an average refrigerator**, and about the same volume (or quieter) than a traditional gas furnace. Plus, heat pumps are installed outside of the home, making noise **virtually undetectable** while you or your neighbors are indoors.

Carbon Switch, [Heat Pump Carbon Reduction and Savings Potential](#), 2021.

MYTH: Heat pumps are too expensive.

FACT: While certain heat pumps models have a higher upfront cost than a traditional furnace or AC system, they still save residents money over time – for a few reasons. First, heat pumps replace HVAC and furnace systems, meaning that the **price of a single unit covers the function of two**. Second, by using less energy over time, heat pumps save money on utility costs in the long run: the average home would **save \$557 every year** by switching to a heat pump!

Green Building Renewables, ["Are Heat Pumps Noisy?"](#), 2024.