**[](https://www.energy.gov/sites/default/files/2021-10/energysaver_green_3.png)**

**Heat pumps**

**Are an energy-efficient alternative to furnaces and air conditioners for all climates. Like your refrigerator, heat pumps use electricity to transfer heat from a cool space to a warm space, making the cool space cooler and the warm space warmer. During the heating season, heat pumps move heat from the cool outdoors into your warm house.  During the cooling season, heat pumps move heat from your house into the outdoors. Because they transfer heat rather than generate heat, heat pumps can efficiently provide comfortable temperatures for your home.**

**Ducted Air-Source Heat Pumps – most common in the DMV.**

**The most common type of heat pump is the**[**air-source heat pump**](https://www.energy.gov/energysaver/heat-and-cool/heat-pump-systems/air-source-heat-pumps)**, which transfers heat between your house and the outside air. Today's heat pump can reduce your electricity use for heating by approximately 50% compared to electric resistance heating such as furnaces and baseboard heaters. High-efficiency heat pumps also dehumidify better than standard central air conditioners, resulting in less energy usage and more cooling comfort in summer months. Air-source heat pumps have been used for many years in nearly all parts of the United States, but until recently they have not been used in areas that experienced extended periods of subfreezing temperatures. However, in recent years, air-source heat pump technology has advanced so that it now offers a legitimate space heating option.**