

Summer Best Practices

Adlär Heat Pumps are designed to cope with several months of inactivity without major issues. Thousands of modern UK heat pump systems sit off from May to September every year and restart fine in autumn.

The main theoretical concerns are:

1. Compressor oil settling or refrigerant migration
2. Circulation pumps potentially seizing or developing air locks if they stay completely still for 3+ months.

The biggest threats to longevity remain the same as before: short-cycling when it is running, dirty coils/filters, lack of annual servicing, and poor airflow around the outdoor unit — not a few idle summer months.

Recommended Summer Routine

Short periodic runs (30–60 minutes once or twice a week) is the only recommended approach.

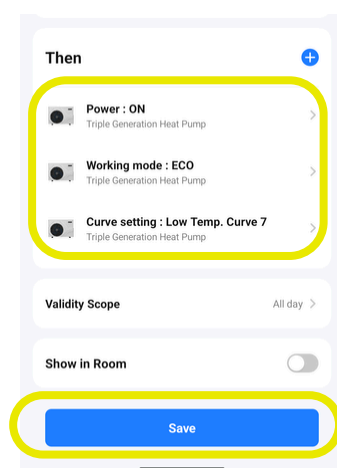
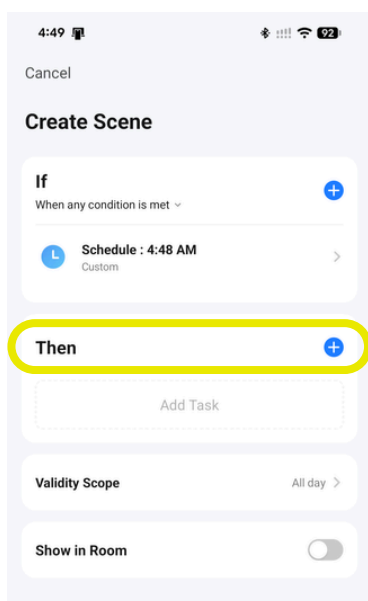
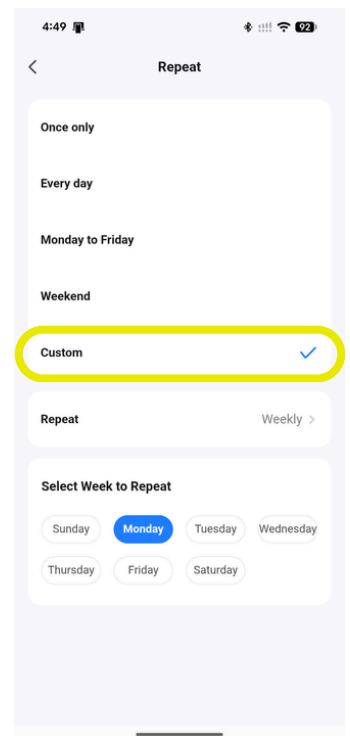
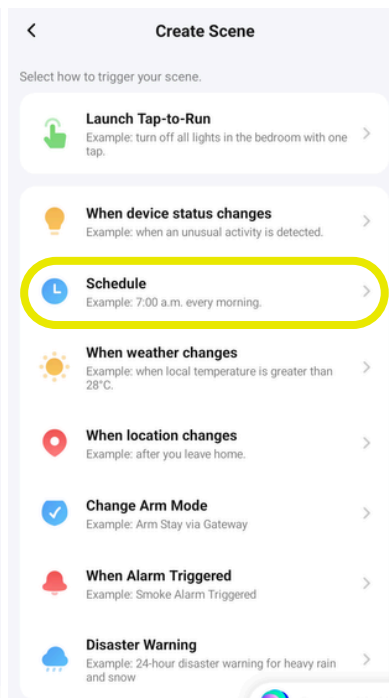
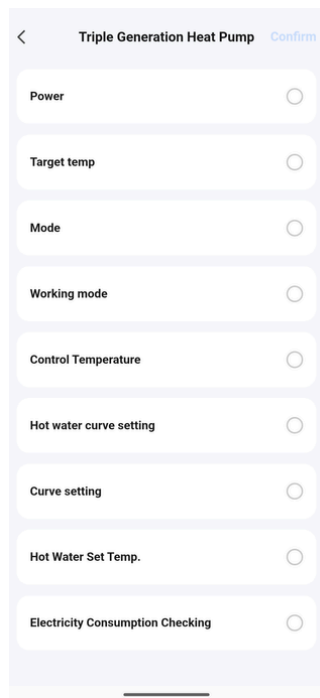
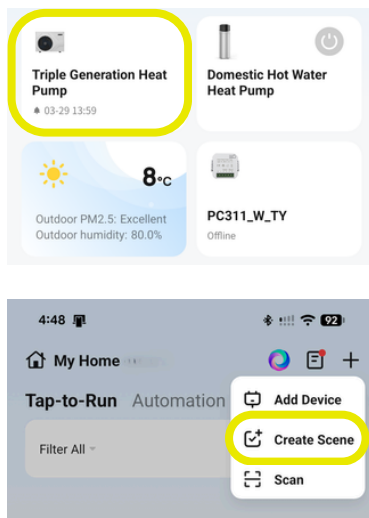
This gently moves compressor oil & refrigerant, exercises the circulation pumps, and keeps everything ready for winter with almost no extra energy use or wear.

How to do it:

- Run for 30–60 minutes
- Once a week or every 10–14 days
- During the coolest part of the day (early morning or evening)
- Use low flow temperature (e.g. 30–35°C) or ECO mode + Low Temp. Curve 7 so it runs gently without short-cycling

Easy automation (using your app scenes):

1. On the main screen tap the + icon (top right) or Smart on the bottom bar
2. Tap Create Scene → choose Schedule
3. Set a Custom weekly repeat (e.g. every Monday)
4. Then add:
 - a. Power: ON
 - b. Working mode: ECO
 - c. Curve setting: Low Temp. Curve 7
 - d. Set a delay operation for 1 hour
 - e. Save and name it "Summer HP Exercise"





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Even better things to focus on for longevity

1. **Annual service** — Book it for late summer/early autumn (before the heating season starts). This is far more important than any exercise routine — the engineer can check refrigerant, clean coils, test the compressor, and ensure everything is ready for winter.
2. **Keep the outdoor unit happy** — Clear leaves, grass, and debris all summer. Ensure at least 2–3 feet of clear space around it.
3. **Check your controls** — Look in the installer menu or manual for any built-in “summer mode”, “pump exercise”, or minimum run timer settings.
4. **System flush** — Have the entire heating system professionally power-flushed or chemically cleaned every 5–7 years. This removes sludge and debris that builds up in pipes and radiators and can damage the heat pump over time.
5. **Magnetic filter** — Make sure a good-quality magnetic filter is fitted on the return pipe and clean it every 6–12 months (or ask your engineer to do it during the annual service).
6. **Upgrade emitters** — Consider replacing old or undersized radiators with larger low-temperature models (or adding more radiators/fan convectors). This allows the heat pump to run at even lower flow temperatures, dramatically reduces short-cycling, improves efficiency, and greatly extends compressor life.

You do not need to run it constantly. A short run every week or two is the practical sweet spot. It adds almost no cost or wear while giving you complete peace of mind.



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