



HEATING MAT - indoors

HEATING MAT

100, 150, 180 W/m²

Heat my Home heating mats are an efficient heat source and are easy to install. The heating mat is suitable for installation under all types of flooring.

The cable for the heating mat is designed to provide a thermal output of either 100, 150 or 180 W/m², and you can choose from these 3 models. The recommended output depends on the degree of insulation in the home, the floor type and how the space is used.

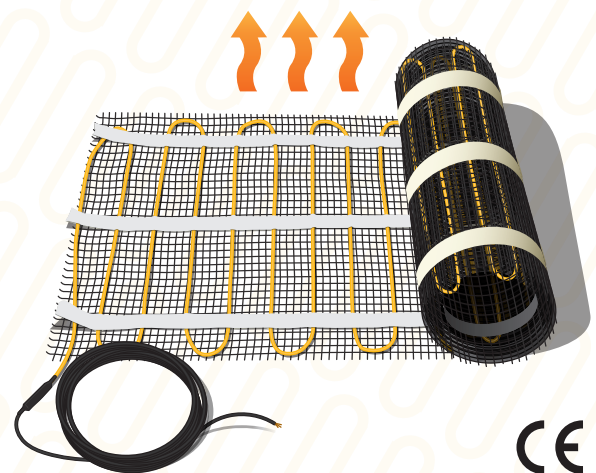
Whatever the choice of heating mat, the heat supply and output are controlled by the thermostat. It is possible to connect several heating mats to the same thermostat. However, the total wattage on one thermostat may not exceed 3600 W, but that will be enough to cover almost any size of room. The electrician can make a minor adjustment in the rare cases where more power is required, e.g. for very large rooms.

The heating mat must not be laid right up to the wall, so you only need to calculate around 90% of the total area of floor to be covered by the heating mat. Heating mats cannot be installed under fixed installations on the floor, so if there are any of these in your room, you must subtract this area from the room size. It is important to ensure that the heating mat is not larger than the room because you cannot cut the cable to shorten it. You can only cut into the web between the cables to twist and turn the heating mat when rolling it from wall to wall.

Advantages of heating mats:

- Ideal for rectangular rooms.
- Easy installation – straight on top of existing stable floors.
- Only adds around 7–10 mm in height incl. tile adhesive or screed.
- The heating mat provides fast thermal regulation of the floor.
- The installation is maintenance-free.
- The product is reliable and covered by a 15-year warranty.

Version 2-112023



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A heating mat has been developed for use on all types of existing, stable flooring. The heating mat is fixed to the floor with double-sided tape and covered with self-levelling screed or laid directly in the tile adhesive.

Under good insulation conditions, use:

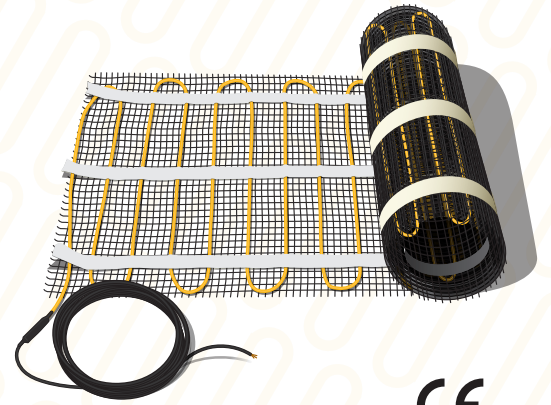
100 W/m² for general room heating.

150 W/m² for bathrooms and rooms with "cool" floor coverings such as tiles.

180 W/m² where there is a need for extra high temperatures or where the insulation conditions mean that you need more output in the space in order to reach a comfortable room temperature.

The cable in the heating mat is 2-core shielded cable.

Standard: EN 60336-2-96



TECHNICAL DATA

Voltage	230 V – 50Hz
Cable diameter	Ø3.5 mm
Inner conductor, insulation	High-temperature TPE
Cold cable	2,5 m
Approval	CE
Cable type	2 wires + shield
Screen	Aluminium mylar tape and copper conductor
Outer sheath	Polyolefin
Maximum permissible cable temperature	90 °C
Overall height	Min. 5mm above cable
Fire class, CPR	E _{ca}
Warranty	15 years
Standard	EN60335-2-96
Tolerance resistance	-5%/+10%
Tolerance length	+/- 2%

APPLICATION

Wet rooms	✓
Reg. housing	✓
Concrete	
Existing floor	✓
In screed	✓

LINK TO OUR WEBSITE



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PRODUCT OVERVIEW



HEATING MAT - 100 W/m²

Product Description	Power	Current	Resistance
HMH Mat 100 W/m ² 1,0 m ² (0,5 m x 2,0 m)	102 W	0,4 A	518 Ω
HMH Mat 100 W/m ² 1,3 m ² (0,5 m x 2,5 m)	125 W	0,5 A	423 Ω
HMH Mat 100 W/m ² 2,4 m ² (0,5 m x 4,8 m)	245 W	1,1 A	215 Ω
HMH Mat 100 W/m ² 3,7 m ² (0,5 m x 7,3 m)	370 W	1,6 A	143 Ω
HMH Mat 100 W/m ² 4,9 m ² (0,5 m x 9,8 m)	495 W	2,2 A	107 Ω
HMH Mat 100 W/m ² 6,1 m ² (0,5 m x 12,2 m)	610 W	2,7 A	87 Ω
HMH Mat 100 W/m ² 7,3 m ² (0,5 m x 14,6 m)	740 W	3,2 A	72 Ω
HMH Mat 100 W/m ² 8,6 m ² (0,5 m x 17,2 m)	865 W	3,8 A	61 Ω
HMH Mat 100 W/m ² 9,8 m ² (0,5 m x 19,6 m)	975 W	4,3 A	54 Ω
HMH Mat 100 W/m ² 11,0 m ² (0,5 m x 22,1 m)	1100 W	4,8 A	48 Ω
HMH Mat 100 W/m ² 12,2 m ² (0,5 m x 24,4 m)	1235 W	5,4 A	42,9 Ω
HMH Mat 100 W/m ² 14,3 m ² (0,5 m x 28,7 m)	1505 W	6,6 A	35,1 Ω

HEATING MAT - 150 W/m²

Product Description	Power	Current	Resistance
HMH Mat 150 W/m ² 1,0 m ² (0,5 m x 2,0 m)	153 W	0,7 A	346 Ω
HMH Mat 150 W/m ² 1,5 m ² (0,5 m x 3,0 m)	225 W	1,0 A	235 Ω
HMH Mat 150 W/m ² 2,0 m ² (0,5 m x 4,0 m)	300 W	1,3 A	176 Ω
HMH Mat 150 W/m ² 2,5 m ² (0,5 m x 5,0 m)	380 W	1,7 A	139 Ω
HMH Mat 150 W/m ² 3,0 m ² (0,5 m x 6,0 m)	450 W	2,0 A	117 Ω
HMH Mat 150 W/m ² 4,0 m ² (0,5 m x 8,0 m)	605 W	2,6 A	87 Ω
HMH Mat 100 W/m ² 5,0 m ² (0,5 m x 10,0 m)	750 W	3,3 A	71 Ω
HMH Mat 150 W/m ² 6,0 m ² (0,5 m x 12,0 m)	900 W	3,9 A	59 Ω
HMH Mat 150 W/m ² 7,0 m ² (0,5 m x 14,0 m)	1050 W	4,6 A	50 Ω
HMH Mat 150 W/m ² 8,0 m ² (0,5 m x 16,0 m)	1200 W	5,2 A	44,1 Ω
HMH Mat 150 W/m ² 9,0 m ² (0,5 m x 18,0 m)	1350 W	5,9 A	39,2 Ω
HMH Mat 150 W/m ² 10,0 m ² (0,5 m x 20,0 m)	1500 W	6,5 A	35,3 Ω
HMH Mat 150 W/m ² 12,0 m ² (0,5 m x 24,0 m)	1800 W	7,8 A	29,4 Ω
HMH Mat 150 W/m ² 15,0 m ² (0,5 m x 30,0 m)	2250 W	9,8 A	23,5 Ω

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PRODUCT OVERVIEW



HEATING MAT - 180 W/m²

Product Description	Power	Current	Resistance
HMH Mat 180 W/m ² 0,9 m ² (0,5 m x 1,7 m)	153 W	0,7 A	346 Ω
HMH Mat 180 W/m ² 1,7 m ² (0,5 m x 3,3 m)	300 W	1,3 A	176 Ω
HMH Mat 180 W/m ² 2,5 m ² (0,5 m x 5,0 m)	450 W	2,0 A	118 Ω
HMH Mat 180 W/m ² 3,4 m ² (0,5 m x 6,7 m)	605 W	2,6 A	87 Ω
HMH Mat 180 W/m ² 4,2 m ² (0,5 m x 8,3 m)	750 W	3,3 A	71 Ω
HMH Mat 180 W/m ² 5,0 m ² (0,5 m x 10,0 m)	900 W	3,9 A	59 Ω
HMH Mat 180 W/m ² 5,9 m ² (0,5 m x 11,7 m)	1055 W	4,6 A	50 Ω
HMH Mat 180 W/m ² 6,7 m ² (0,5 m x 13,3 m)	1200 W	5,2 A	44,1 Ω
HMH Mat 180 W/m ² 7,5 m ² (0,5 m x 15,0 m)	1350 W	5,9 A	39,2 Ω
HMH Mat 180 W/m ² 8,4 m ² (0,5 m x 16,7 m)	1500 W	6,5 A	35,3 Ω
HMH Mat 180 W/m ² 10,0 m ² (0,5 m x 20,0 m)	1800 W	7,8 A	29,4 Ω
HMH Mat 180 W/m ² 12,5 m ² (0,5 m x 25,0 m)	2250 W	9,8 A	23,5 Ω

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