

# How do I factor in intermittent heating?

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Heatpunk assumes **continuous heating** when [determining the ODT](#) and sizing the heat pump.

If the property will be heated intermittently, you can [change the ODT](#) (in line with MIS 3005-d) to the 99.6th percentile and no uplift factor will be required. [Read here](#) to see what the 99.6th percentile is for your area, note that you will also need to subtract 0.3 degrees for each 50m above sea level.

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