The need for more energy efficient products and technologies has increased recently in connection with meeting today's energy and environmental issues. Research, development and demonstration (RD&D) is one way of supporting technological innovation and knowledge diffusion - but there is no such thing as "just" RD&D in energy efficiency as it encompasses a multitude of different sub-areas, institutions, actors, markets etc. Through the use of network analysis on unique RD&D project data from Denmark the study provides new insights into knowledge and inter-organisational networks in energy efficiency research and development. The results show how certain knowledge institutions that connect the scientific knowledge with specific applications seem to be especially important for progress in the field. Overall the study enriches the understanding of RD&D in energy efficiency with a new view on the knowledge and innovation dynamics in seven sub-areas that were otherwise simplified and regarded at a homogenous group.