



Everyday Energy Tips



Heating and Cooling:

- **Adjust the Thermostat:** Lower your thermostat by 1°C. This simple change can cut your heating bill by up to 10%.
- **Use Timers:** Set timers for your heating and cooling systems to only run when needed, avoiding heating an empty home.
- **Wear Layers:** Instead of turning up the heat, wear warmer clothing at home during colder months.



Lighting:

- **Turn Off Lights:** Always turn off lights when you leave a room.
- **Maximise Natural Light:** Keep curtains and blinds open during the day to let natural light in and reduce the need for artificial lighting.
- **Task Lighting:** Use task lighting (e.g., desk lamps) instead of lighting the whole room when focused light is sufficient.





Appliances and Electronics:

- **Unplug Devices:** Unplug chargers, electronics, and appliances when not in use to prevent them from drawing standby power.
- **Use Energy-Saving Modes:** Activate energy-saving modes on appliances like washing machines, dishwashers, and computers.
- **Efficient Use of Appliances:** Only run dishwashers and washing machines with full loads, and use cold water settings when possible.



Water Usage:

- **Shorten Showers:** Keep showers to under five minutes to save water and the energy used to heat it.
- **Turn Off Taps:** Turn off the tap while brushing your teeth or shaving.
- **Fix Leaks Promptly:** Address any dripping taps or leaks immediately to avoid wasting water and energy.



Cooking and Kitchen:

- **Cover Pots and Pans:** Cover pots and pans while cooking to retain heat and cook food faster.
- **Boil Efficiently:** Only boil the amount of water you need, whether for cooking or making a hot drink.
- **Use the Microwave:** Use the microwave for reheating food rather than the oven to save energy.



Laundry:

- **Lower Temperature:** Wash clothes at 30°C instead of higher temperatures.
- **Air Dry:** Air dry clothes on a clothesline or drying rack instead of using a tumble dryer.
- **Efficient Ironing:** Iron clothes in batches to make the most of the heat.



General Home Habits:

- **Close Doors:** Keep doors closed to unheated rooms to contain heat where it's needed.
- **Use Draught Excluders:** Place draught excluders at the bottom of doors to prevent cold air from entering.
- **Open and Close Curtains:** Open curtains during the day to let in sunlight and close them at night to retain heat.



Additional Tips:

- **Smart Meter Monitoring:** Regularly check your smart meter to understand your energy usage patterns and find more ways to save.
- **Be Mindful of Peak Times:** Avoid using high-energy appliances during peak hours to save on energy costs.
- **Educate Household Members:** Share these energy-saving habits with everyone in your household to ensure everyone contributes to energy efficiency.

