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SOCIALWATT

Change your Behaviour

Save energy & reduce your energy costs

Citizens guidebook for changing energy-related behaviour

Heat and Cool your house… and save money

Most of the energy consumed in a household is for space heating and cooling (>60%). However, households can achieve the same degree of thermal comfort by adopting some of the following tips:

Warm your house but keep the temperature at a reasonable level, as you can achieve thermal comfort by setting your thermostat at 20-21°C in the winter.

You can keep your house cool during the summer by setting the temperature of the air-condition at 25-26 °C.

Regularly maintain your heating / cooling system (e.g. boiler or air condition), as this ensures it's efficient operation, can reduce energy consumption and minimise energy loses.

Install a programmable or a smart thermostat, as this can be set up to automatically adjust the temperature at hours when you aren't home or at night when you are asleep.

Install thermostatic valves on radiators to make then independent and be able to control the temperature in each room.

Keep your radiators clear, that is to say do not cover your radiator or put a large sofa in front of it, as it will absorb a lot of the heat.

Seal air leaks around doors, windows and other openings (e.g. add caulk around windows if you see any cracks and add weather stripping to the bottom of doors to reduce heat loses.

During the winter, on sunny days, open your curtains and blinds to let the sun's warmth in. Close blinds at night to reduce heat loss.

During the summer, keep your curtains & blinds closed during the day to block the sunlight & keepthe heat out, whilst air your house at night to ensure that cool air circulates around the house.

Save hot water

Energy consumption for the production of hot water represents a significant proportion (about 15%) of total energy consumed in households. The following measures can result in significant energy savings from hot water use:

Insulate your water heater and your hot water pipes by using thermal blankets, pipe sleeves or pipe wraps to prevent heat loss. This is particularly important for outdoor solar water heaters and pipes.

Use less hot water, for instance, have a shower instead of a bath and spend less time in the shower.

Use your heater's time-controlled hot water generation ability so that hot water is produced only when needed.

Check regularly for leaks in the hot water system to minimise hot water loses and in turn energy loses.

Improve your lighting and make sure you use electric appliances sensibly

Lighting and the use of electric appliances represents a significant proportion (about 15%) of total energy consumed in households. Households can achieve energy savings by implementing the following measures for lighting:

Energy efficiency lighting

Replace traditional light bulbs with energy efficient light bulbs, such as compact fluorescent lamps (CFLs) or Light Emitting Diodes (LEDs). These can be up to 80% more efficient and their lifetime is significantly longer.

Brightness level

When replacing bulbs, decide on the brightness level needed. Select based on lumensnot wattage, as this is no longer a reliable way to gauge a light bulb's brightness. The higher the number of lumens, the brighter the light bulb.

Turn the lights off

Turn the lights off when you're leaving a room. You can also use photocell or motionsensor lights to ensure lights automatically turn of when you leave the room.

Natural light

Take advantage of natural light, for example by opening your curtains and blinds, using mirrors and painting your walls in light colours.

Cooking is a daily activity requiring signifcant amounts of energy. There are numerous tips that you can follow to reduce the energy you consume whilst cooking..

Cooking

Use the right size of pan for your cooking ring and put a lid on it to reduce heat loses.

Minimise the amount of times you open the oven door and don't keep it open for too long when it is in use.

Avoid pre-heating the oven when possible, since this is not essential in most cases (unless you are baking).

Switch off the oven sooner, as food will continue to cook while the oven is cooling.

Use small appliances, such as a microwave oven, to cook or reheat small quantities of food, since these consume less energy than a conventional oven.

Use a pressure cooker to cook food quicker.

Fill the kettle with as much water as you actually need.

A refrigerator is an appliance that operates constantly throughout the day. It is important to implement measures to reduce its energy consumption.

Refrigerator

Adjust the temperature of your refrigerator to 1-4 oC and of your freezer to -18 oC, both for health reasons and for reducing energy consumption.

Keep your refrigerator and freezer away from any heat sources, such as an oven, hob or radiator and ensure that yourrefrigerator has suficient ventilation.

Only place cold food in the refrigerator as warm food will heat up the interior temperature.

Defrost regularly if your refrigerator does not include NoFrost technology.

Open the door of your appliance as little as possible and for as little time as possible.

Defrost your food 24 hours in advance in the fridge to help your fridge stay cold.

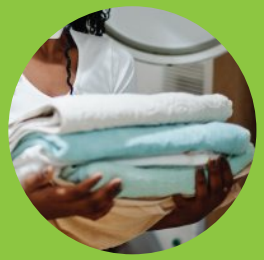
Do not overfill your appliance, since air must be able to circulate.

Washing appliances

Washing machines, dish washers and tumble driers consumption is very dependent on their use. The following tips will help you consume less energy when using these appliances.

Set the right temperature, as this significantly affects the energy consumption of your washing machine. Washing at 30 °C to 40 °C is ideal for most everyday clothing.

Manage the load. Most washing machines and dishwashers use the same amount of water and energy whether they're run full or half-full, so it is more efficient to use the appliance at nearly full capacity without overloading it.



Dry your laundry outside if possible, instead of using the tumble dryer that consumes a considerable amount of energy.

> *There are simple ways that we can reduce our energy consumption in our everyday life, without changing the quality of our life. By using energy more efficiently, energy demand and energy costs can be reduced, up to 20%.*

Electronic devices

A number of electronic devices are used in our everyday life, such as laptops, desktop computers, televisions, mobile phones and printers. These consume energy, even when not used. The following tips can reduce the energy consumed by electronic devices:

- Make sure electronics are turned off or unplugged when not in use. Anything with a standby mode is still drawing power even when it appears to be turned off.
- Use smart power strips, as these will turn off the power to electronic appliances that are not in use.
- Use the hibernate or sleep mode or turn the device off when it is not used for a small period of time.
- Use the energy saving mode of your appliance if available. Although this limits the performance of the device to an extent, it helps reduce the amount of energy consumed.

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