

FOR OUR PLANET:

Saving energy at home

Heating and cooling

- Set your thermostat to these recommended temperatures*:

	Heating	Cooling
Day	68°F/20°C	78°F/26°C
Night	62°F/17°C	82°F/28°C

- Warm and cool your home naturally by opening blinds and windows!
- Set your thermostat back 7-10°F during the day to save energy.

TVs and game consoles

- Turn down the brightness of your TV – factory settings are usually brighter than needed.
- Use energy saving features such as backlight settings, turning off voice command mode, etc.
- Don't leave your devices turned on all day – only switch on when in use.

*Comfortable indoor temperatures will vary by person and adjusting thermostat temperatures should be combined with alternatives to cool indoor environments as air conditioning can be energy intensive.



Bathroom

- Check the temperature on your water heater and set it to 122°F/50°C.
- Turn off your bathroom ventilator/fan 15 minutes after you're done taking a shower.

Electronics, appliances, and lighting

- Plug electronics into a power strip and turn off the power strip when the electronics are not in use.
- Use cold water in your washing machine.
- Throw 2 tennis balls in your dryer to reduce drying time.
- Use as much natural lighting as possible. It's better for you and saves energy.

Kitchen

- Dust off the top of your refrigerator and coils to keep it running efficiently and cool.
- Set your refrigerator temperature to the manufacturer's recommendation.
- Don't open the oven door while food is cooking.
- Turn off heat dry on your dishwasher and air dry instead.



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Sources
<https://www.energy.gov/energysaver/thermostats>
<https://kua.com/blog/tips-to-reduce-household-energy-use-during-covid-19-pandemic/>