

# Energy Conservation Tips for Cooling and Heating

## Cooling Tips

- Use ceiling or oscillating fans to circulate the air.
- Shade windows and glass as much as possible from the outside to avoid the heat of the sun. Close drapes, blinds or shades to help keep the house cool.
- Turn off unnecessary lights and use energy-efficient fluorescent light bulbs that use less energy and give off less heat.
- So you don't build up heat in the kitchen, use the microwave or grill out for dinner.
- Seal air leaks with caulking and weather stripping, and minimize door traffic to keep the cool air inside.
- Wash full loads in your dishwasher in the evening when it is cooler.
- Wash full loads of clothes in cold water and always rinse in cold water. Line dry when possible.
- Set your thermostat as high as comfortably possible in the summer months. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Do not place lamps or TV sets near your air conditioning thermostat. The thermostat senses heat from these appliances and causes the air conditioner to run longer than necessary.
- When leaving your home for a few hours or going to bed at night, raise the thermostat a few degrees.
- Reduce the thermostat on your water heater.
- When using a window air conditioner, eliminate air leaks between the air conditioner and window with foam insulation or weather stripping.
- Close storm windows and doors to keep hot air out and cool air in.

## Heating Tips

- Pay attention to the thermostat. A few degrees can make a difference in your heating bill. For every degree you turn down your thermostat, you can save 3-5% on the heating portion of your monthly bill. Set the thermostat between 65° and 68° F (18° to 20°C). Turn your thermostat down when you are away or sleeping.
- Keep heating vents unobstructed so they're not blocked by furniture, drapes or other items.
- On sunny days, open drapes and blinds to allow the sunlight to warm rooms, close drapes and blinds at night to retain the heat.
- Apply weather stripping to stop drafts around doors and windows. Use draft stoppers at doors and windows.
- Check the caulking and weather stripping around doors and windows to keep cold air out and warm air in.
- Turn off unnecessary lighting. Get in the habit of turning off the light when you leave a room.
- The loss of daylight during winter means turning on more lights at home. Switch to compact fluorescent bulbs in light fixtures used the most. Compact fluorescent light bulbs last 13 times longer than incandescent bulbs and use 75 percent less energy.
- Wash clothes in cold water. Use cold temperature detergents, and always have a full load.
- Use sweaters and blankets. Encourage family members to dress warmly and place extra blankets on the beds.
- Circulate heated air. Since warm air rises to the highest areas, a ceiling fan at a low speed helps distribute warm air in the house.