

# Save energy at home

Try one of these handy energy-saving tips to reduce your home's bills and carbon emissions.

Households could save about **£250 a year** by installing some energy-efficient measures<sup>9</sup>

## Heating and hot water

More than half of your fuel bill is likely to be spent on heating and hot water<sup>1</sup>, so it's a good place to start looking for energy savings.

- ▶ Turn down your room thermostat by just one degree and you could save up to £90 a year<sup>2</sup>. Aim for a temperature of between 18-21°C.
- ▶ Spend one minute less in the shower and save around £10 each year, per person<sup>3</sup>.
- ▶ Switch to a water-efficient showerhead: This could save a four-person household around £67 a year<sup>4</sup>.

## Lighting

Lighting consumes about a fifth of your electricity bill<sup>5</sup>, so look for savings here too.

- ▶ You can't buy traditional incandescent bulbs anymore, but you might still have some old bulbs in use, so upgrade these to Compact Fluorescent Lamps (CFLs) or LED spotlights.
- ▶ Switch off lights: even if you turn off a light off for just a few seconds, it'll save more energy than it takes for the light to start up again – and this could save you around £15 a year<sup>6</sup>.

## Appliances

Homes today have more appliances than ever before, but you can save money by using them more efficiently.

- ▶ Don't leave appliances in standby – this includes always-on devices, such as broadband modems.
- ▶ Only fill the kettle with the amount of water that you need – boiling more wastes water and electricity!
- ▶ Choose energy-efficient appliances but remember that the larger an appliance, the more energy it will consume – regardless of its energy rating.
- ▶ Consider swapping a desktop computer for a laptop, which consumes 85% less electricity over a year<sup>7</sup>.

## Be smart about energy

Make sure you understand your energy usage and everyone in the family is saving energy too.

- ▶ Shop around for the best energy deal, as you could save more than £350<sup>8</sup>.
- ▶ Consider investing in a smart heating control that lets you manage your heating from your mobile.
- ▶ Involve the whole family in saving energy! Find quizzes, activities and games – like our fun energy-saving game Power Patrol – at [jointhepod.org](http://jointhepod.org).

<sup>1</sup> [www.energysavingtrust.org.uk/home-energy-efficiency/heating-and-hot-water](http://www.energysavingtrust.org.uk/home-energy-efficiency/heating-and-hot-water); <sup>2,3,4,6</sup> [www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins](http://www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins); <sup>5,9</sup> [www.which.co.uk/energy/saving-money/guides/how-to-use-less-electricity/money-saving-tips](http://www.which.co.uk/energy/saving-money/guides/how-to-use-less-electricity/money-saving-tips); <sup>7</sup> [www.energysavingtrust.org.uk/home-energy-efficiency/home-appliances](http://www.energysavingtrust.org.uk/home-energy-efficiency/home-appliances); <sup>8</sup> This was the average annual saving made by consumers using Which?'s Switch service between 1 November 2015 and 30 May 2016.