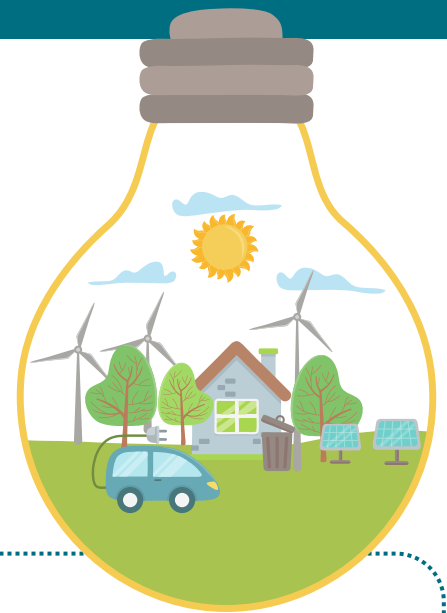




REVERTER

Energy saving tips

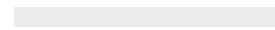
Here are some practical tips simple changes you can make to not only reduce your energy bills but also improve your family's well-being.



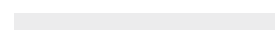
Start with small changes today

These are the changes you can make today with no additional investment.

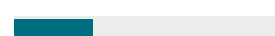
Investment



Difficulty



Impact



Unplug Devices

Unplug chargers, electronics, and appliances when they are not in use. Many devices consume a small amount of electricity even when turned off, known as standby power or phantom load.



Use your washing machine wisely

Choose to wash clothes with cool (or coolest water possible) it will reduce energy consumption by avoiding the need to heat water. Maximizing the load size reduces the number of cycles to saves energy.



Set temperature of your refrigerator wisely

Keep your fridge at around 6-8°C and the freezer at -18°C (0°F) for optimal efficiency. Avoid colder settings, as they increase energy usage without significant benefits.



Don't decrease temperature below 15 degrees

Reduce heating temperature when going away for a weekend (not below 15 degrees), the air in the room becomes too humid and the risk of mold increases and you need to ventilate the room more often. Also, the home is too cold it will time more time and energy to heat it up.



Lower temperature of hot water

Reduce the water heater thermostat to 49-52°C. This is typically sufficient for most household needs and helps prevent overheating and energy waste. Heat to 55 °C only once a month to kill bacteria.



Educate your family members

Ensure everyone in your household is aware of the importance of saving electricity. Encourage good habits like turning off lights and appliances when leaving a room, unplugging chargers when not used and so on.



Reduce heating temperature

If your apartment / house has an individual heating thermostat, reduce the heating temperature during the working day and night, but not below 18 degrees.



Use night tariff

Use a night tariff when possible, this will not save electricity but will reduce the cost (bill).



Limit the use of inefficient electric heaters

For example, electric stoves, radiators, heaters and so on.



Wash dishes wisely

Use a basin or plug the sink to soak dishes in soapy water. Avoid keeping the tap running while scrubbing dishes or applying soap. Turn the tap off during these tasks and only turn it on for rinsing. Use cool water to rinse.



Use less hot water

Close the water faucet while brushing your teeth or washing / foaming hair. Avoid going into bath frequently. Use shower instead to reduce hot water consumption.



Continue with improvements

These changes you can make step by step starting from one room or area in your house as they require some investment that can be made step by step.

Investment	
Difficulty	
Impact	



Seal leaks

Inspect doors, windows, and other openings for drafts. Seal any gaps and use weather-stripping to prevent heat from escaping.



Use thick curtains

Thermal or energy-efficient curtains can help regulate the temperature in your home, reducing the need for excessive heating or cooling.



Switch to LED bulbs

LED bulbs are energy-efficient and last longer than traditional incandescent bulbs. They use significantly less electricity and can result in substantial savings over time.



Buy energy-efficient electronic appliances

When it is time to change your hair dryer, washing machine or any other electronic appliance check their energy consumption. Try to opt for D – A level.



Energy audit

Consider getting a professional energy audit for your home. This can help identify areas where energy is being wasted and provide recommendations for improvements.



Water consumption

Installing low-flow faucets, showerheads, and toilets can reduce water heating costs and overall water consumption.



Consider important improvements

These improvements will have the biggest impact on your energy savings and well-being. They will increase the value of your property as well as quality of life of your family.

Investment	
Difficulty	
Impact	



Energy-efficient windows

Replacing old, single-pane windows with energy-efficient double- or triple-pane windows with low-emissivity coatings can improve insulation and reduce heat transfer and thus heating bills and comfort.



High-efficiency heating systems

Upgrading heating systems to high-efficiency models can reduce energy consumption for heating and/or cooling. Switch to modern and highly efficient heating equipment.



Smart thermostats

Install a programmable or smart thermostat to optimize heating and cooling based on your family's schedule.



Insulation of building

Proper insulation in walls, ceilings, and floors helps prevent heat loss in the winter and keeps the home cooler in the summer. Adequate insulation can make a significant difference in your heating costs. Thermal insulation of your building can result in a 60% reduction in heating costs.



Monitor your energy consumption

Check your consumption and your bills regularly. If you will start applying some of the recommendations you might see the difference. If needed, ask help to professionals to analyse your energy consumption bills and provide you with personalised advice.



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