

Energy saving top tips

Simple and quick ways you can stop wasting energy at home immediately.

The following are some simple actions you can take:

- **Turn your thermostat down.**

Reducing your room temperature by 1°C could cut your heating bills by up to 10 percent and typically saves around £55 per year. If you have a programmer, set your heating and hot water to come on only when required rather than all the time.

- **Is your water too hot?**

Your cylinder thermostat should be set at 60°C/140°F.

- **Close your curtains at dusk**

to stop heat escaping through the windows and check for draughts around windows and doors.

- **Always turn off the lights when you leave a room.**

- **Don't leave appliances on standby**

and remember not to leave laptops and mobile phones on charge unnecessarily.

- **Only boil as much water as you need**

but remember to cover the elements if you're using an electric kettle.

- **Use a bowl to wash up twice a day**

rather than leaving the hot tap running and you could save around £25 a year on a household's gas bills.'

- **Use energy saving light bulbs.**

They last up to 10 times longer than ordinary bulbs, and using one can save you around £40 over the lifetime of the bulb. This saving could be around £65 over its lifetime if you're replacing a high wattage incandescent bulb, or one used for more than a few hours a day.