

SAVE THE WATTS .COM



100

ENERGY-SAVING TIPS!

LIGHTING

- In the mood for saving? Use three-way lamps or dimmers to reduce energy consumption and increase your lighting options.
- Here's a home decorating tip: Light-colored curtains let light enter a room without reducing privacy. And light paint reflects heat. When it's hot, every little bit counts!
- Halogen bulbs put off enough heat to be a fire hazard. Replace them with compact fluorescent (CFL) light bulbs. CFLs use less energy, produce equal light, and don't get as hot.
- I sense some savings coming on! Use convenient and efficient motion-detector lights for all your outdoor lighting.
- Clean lighting fixtures regularly. Dust on lamps and reflectors impairs lighting efficiency.
- No one likes getting on a ladder to replace outdoor bulbs. Compact fluorescent light bulbs (CFLs) make a lot of sense for outdoor lighting – they last up to 10 times longer. Be sure to use CFL bulbs labeled for outdoor applications.
- If Americans replaced their five most-used fixtures or bulbs with ENERGY STAR products, we would save about \$8 billion a year, and reduce the equivalent of emissions from nearly 10 million cars.

- Select light-colored or opaque lamp shades. Place lamps in corners so they reflect light from two walls.
- Did you know compact fluorescent light bulbs (CFLs) last up to 10 times longer than regular bulbs? Take Progress Energy's CFL Challenge and pledge to change the five most-used incandescent bulbs in your home to CFLs. (www.progress-energy.com/cfl).
- Too busy to turn off lights? Kids forgetting to do it? Consider installing timers to turn lights on in the morning and off at night.
- One compact fluorescent light (CFL) bulb is four times more energy efficient than a regular bulb, while giving off the same amount of light.

COOLING

- Get the most comfort from your ceiling fan. In the summer, it should turn in a counter-clockwise direction. In the winter, run it at low speed, but clockwise.
- When the A/C is on, close your doors and windows tightly. Save even more by turning off kitchen and bath exhaust fans.
- Write this tip on your calendar: Change or clean your A/C's air filters at least once a month.
- Know your ratings. Your A/C should have a high Seasonal Energy Efficiency Ratio (SEER). The minimum for central A/C is 13 SEER.
- Here's an easy tip: Set your thermostat fan switch to "auto." Leaving it in the "on" position keeps air running constantly and costs more money.
- Block the sun from overheating your home! Inside, use shades, blinds and drapes. Outside, use awnings, trees and shrubs.
- Does your A/C need a tune-up? Get it checked now – operational problems can cause extremely high bills.
- Does your house have poor circulation? Open interior doors and vents to make the most of your cooled air.
- Got porous block walls? They're drafty. Injected wall foam insulation keeps outside air outside – check with your local building supply company.

COOLING CONTINUED

- Heating/cooling costs can be cut by up to 30 percent when leaky ducts are eliminated.
- The best way to reduce high home cooling costs? Get attic insulation that's R-30 or higher.
- Did you know leaky ducts can waste up to 1/3 of all heating and cooling costs?
- Portable fans save energy too. In the spring, summer and fall when the night is cool, use a portable fan in your window to blow cool air into your house either late at night or early in the morning.
- Install a programmable thermostat. In the summer, these devices can be set to automatically turn up your thermostat when you leave the house and turn it down when you are about to return home.
- Trees are nature's air conditioners. Plant them for shade on the sunny side of your home.
- Did you know ceiling fans use no more electricity than light bulbs? Here's another tip: Turn off fans when you leave – they only cool people, not rooms.
- Install more ceiling fans! Because the breeze of a fan can make you feel three to four degrees cooler, you can raise your thermostat and still keep comfortable.
- Want big savings with small effort? Raise your thermostat! You can save up to 3 to 5 percent of your cooling costs for each degree above 78.

HEATING

- Cover bare floors. Carpeting adds to comfort and heat retention, especially if there is little or no floor insulation.
- Blasting the heat in cold weather? Raising your heat pump's temperature activates the heat strip and uses more energy. A steady temperature keeps your heating bill lower.
- During the winter months, set your thermostat at 68 to 70°F during the day and 60 to 65°F at night.

- You wouldn't leave your front door open all night, would you? So, close the flue in your fireplace, and install glass doors to keep the warm air in.
- Portable heaters are great for "spot" heating, but don't overdo it. Running a 1,500-watt resistance heater 24/7 costs \$80/month.
- Watch the temperature outside. It's cheaper to keep your home at 70 degrees if the outside temperature is 50 than if it is at 30 degrees. Better still, break out the blankets!
- Don't make your heater work harder than it has to: Make sure drapes and furniture aren't blocking any vents.
- Want to cut heating costs by up to 30 percent? Get an energy-efficient heat pump.
- Dirty filters waste energy. Change the filters in your heating system every month for optimum efficiency.
- Give your compressor the space it needs to work most efficiently. Never stack anything against it or drape anything over the outside unit.
- Going on vacation? Lower your thermostat to 60 degrees, but don't turn it off.
- The best way to reduce high home heating costs? Get attic insulation that's R-30 or higher.
- Our simplest tip for winter? Reduce your thermostat when you leave home.

WATER HEATING

- Energy bill rising? Check your hot water pipes for leaks, which can drain your energy savings.
- How low is your flow? Low-flow showerheads make a big difference – especially if you can't bring yourself to take shorter showers!
- Leaving home for a few days? Enjoy! And turn off your water heater until you get back.
- Water 101: Showers use up to 30 percent of your household water – so shorten those showers to cut hot water costs.

WATER HEATING CONTINUED

- Insulate the first six feet of the hot and cold water pipes connected to the water heater.
- In an energy-saving popularity contest, solar water heaters win big. Over 94 percent of the 1.5 million solar water heater owners consider the systems a good investment.
- Old water heater still chugging along? Check your warranty, and consider getting an insulation wrap to help the old guy hold heat in.
- Did you know water heaters can come pre-set with factory temperature settings? Change yours to 120 degrees – it's comfortable for most of your hot water needs.
- Which water heater to buy? EnergyGuide knows. Look for the EnergyGuide label – if a more efficient heater is more expensive, you'll save money over time.
- Let's make a deal: If you must use hot water on laundry, just cut your washing time.
- Install a water heater timer that will turn your water heater off when you are not home.
- Install aerating, low-flow faucets. These are available at home improvement stores.

LAUNDRY

- Believe it or not, your laundry detergent works just as well with cold water. So always wash with cold water and save 40 cents per load.
- A warm dryer uses less energy. Try to wash and dry several loads at once, so your dryer isn't completely cooled down when it heats up for the next load.
- Try to avoid over-drying your clothes. It wastes energy and causes static and wrinkling.
- For the shortest drying times, separate loads into light and heavy fabrics. Or better yet – air dry your lightest fabrics.

- Let off some steam. Make sure your dryer is vented to the outside to reduce the workload on your air conditioner. Clean the dryer's lint filter after every load.
- Washing one sock at a time? Well, find the matching one (behind the dryer) and wash full loads when possible. When smaller loads are necessary, remember to use less water.

KITCHEN

- Recycling last night's dinner? Use microwaves and toaster ovens to cook or warm leftovers. You could save up to 30 percent of the energy required to cook in a conventional oven.
- Place your refrigerator and freezer away from heat-producing range, dishwasher, water heater, washer and dryer.
- Don't wash dishes by hand! Let your dishwasher wash the dishes – then let them air dry. You'll save energy and keep your dishwasher from heating up your kitchen.
- Admit it – you like to watch food cook. Try to control yourself because the temperature drops 25 to 30 degrees each time the oven door is opened.
- Need a reason to grill out? Using the oven in the heat of summer forces your A/C to work harder and makes the house less comfortable.
- Love cooking? Copper-bottomed pots and pans use heat more efficiently.
- Keep stove reflector pans clean so they will reflect more heat upward.
- Did you know food keeps cooking after you turn the burner off? When food is almost cooked, turn off the oven or burners and let existing heat finish the cooking for you.
- Want to shorten your cooking time? Save time and energy by using tight-fitting covers on pots and pans.
- Here's an energy-saving matching game. Match your pot size to the burner. Heat is lost when small pots are used on large burners.

REFRIGERATION

- Use a thermometer inside your house – use it to set your refrigerator temperature to no higher than 40 degrees and your freezer to no more than 0 degrees. It takes 12 hours for the temperature to stabilize, so give it time!
- Unless it's filled to the gills, pull the plug on that second fridge in the hot garage or utility room – and save a ton.
- Close the fridge like Mom taught you – but if the door seal leaks, you're wasting energy. Repair seals if you feel cold air around the closed door or see moisture collecting.
- The next time you dust your house, dust your fridge. Check the coils behind the refrigerator – and use coil vacuums or dusters to clean it off and keep costs down.
- Keep your freezer full, and your fridge not so full. Save energy by cleaning out that fridge, and consider using gallon containers of water or ice (or ice cream!) to fill your freezer.
- Which refrigerator to buy? Side-by-side refrigerators and through-the-door water dispensers are generally less efficient.
- Want an efficient new refrigerator? Look for the yellow "EnergyGuide Label" to compare features. Choose models with improved insulation and power-saver switches.
- Which appliance uses the most energy? If you guessed the refrigerator, you get an imaginary ENERGY STAR on your forehead!
- The thermostat setting in a refrigerator and freezer has a great impact on its efficiency. Set your refrigerator to no more than 40 degrees and your freezer no higher than 0 degrees.

WINDOWS

- Furniture fading? High-performance windows, screens and films protect upholstery, wood and artwork from UV rays while saving energy. It's like sunscreen for your furniture.
- Leave new windows to the pros. Professionally installed high-performance windows do a much better job of minimizing solar heat in the home.

- Here's three tips in one: High-performance windows, solar window screens and qualified window films can eliminate "hot spots" in your home.
- Before you replace your HVAC system, consider high-performance windows. They're so efficient, they may reduce the size and cost needed for a new HVAC system.
- Here's a decorating tip: Install white window shades, drapes or blinds to reflect heat away from the house.
- Hot enough for you? Instead of cranking up your A/C, look for windows with double glazing and spectrally selective coatings that reduce heat gain.
- Test your windows. On a windy day, hold a lit candle near window seals to see if air is escaping – then caulk any leaks.
- When shopping for new windows, look for the National Fenestration Rating Council label: it means the window's performance is certified.

ROOFING

- Spend a half-second in your attic; that's how hot your roof is. A reflective coating applied over your roof can help you save by reducing the heat coming into your home.
- Reflective roofs prevent the expansion and contraction that degrade roofs. They reduce heat buildup in your home and make the roof last longer.
- Got a manufactured house? A reflective coating applied over your roof can reduce the heat coming into your home.
- Reflective roofs reduce heat traveling into your home and reduce strain on your A/C.

HOME OFFICE

- Unplug your home office when not in use! In the average home, 75 percent of the electricity used to power home electronics is consumed while the products are turned off but still plugged into the wall.
- Did you know laptops use less energy than desktop computers? Well, now you do. So consider laptops next time you're looking for a computer.

HOME OFFICE CONTINUED

- Do you leave your computer on? Plug your desktop computer, lights and radio into a power strip and turn off the power strip when you're not at your desk.
- Screensavers are cute – but they don't save energy. Set your computer to energy-saving sleep mode, or turn your computer off when you are not using it.

POOLS

- Give your pool pump a break. Reducing its operating hours to the minimum necessary for pool cleanliness will save money and extend the life of your pump.
- I have only one thing to say about heated pools: keep them covered, because 70 percent of pool heat loss is caused by evaporation.

ADDITIONAL ENERGY-SAVING TIPS

- If just one in 10 homes used ENERGY STAR-qualified appliances, the change would be equal to planting 1.7 million new acres of trees.
- Floating on a water bed? Set the heater to low and make the bed so it's covered and insulated.
- Turn off kitchen or bathroom exhaust fans immediately after use.

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Get the most comfort from your ceiling fan. In the summer, it should turn in a counter-clockwise direction. In the winter, run it at low speed, but clockwise.

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Write this tip on your calendar: Change or clean your A/C's air filters at least once a month.

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Does your house have poor circulation? Open interior doors and vents to make the most of your cooled air.

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Blasting the heat in cold weather? Raising your heat pump's temperature activates the heat strip and uses more energy. A steady temperature keeps your heating bill lower.

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Heating/cooling costs can be cut by up to 30 percent when leaky ducts are eliminated.

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The best way to reduce high home cooling costs? Get attic insulation that's R-30 or higher.

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Believe it or not, your laundry detergent works just as well with cold water. So always wash with cold water and save 40 cents per load.

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During the winter months, set your thermostat at 68 to 70°F during the day and 60 to 65°F at night.

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No one likes getting on a ladder to replace outdoor bulbs. Compact fluorescent light bulbs (CFLs) make a lot of sense for outdoor lighting – they last up to 10 times longer. Be sure to use CFL bulbs labeled for outdoor applications.

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Reflective roofs prevent the expansion and contraction that degrade roofs. They reduce heat buildup in your home and make the roof last longer.

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