

HEATING & COOLING

A Guide to Reducing Your Utility Bills

Programmable Thermostats: How to Cut Your Energy Bill by 10% Each Year

Set your thermostat down in the winter and up in the summer by 7-10°F for 8 hours while you're asleep or out of the house.

Settings on most programmable thermostats can be overridden without changing the rest of the day or week's schedule.



Your thermostat should be able to store six or more settings per day, so customize it according to your schedule.

When you first turn on your air conditioning, don't set it lower than usual - it won't cool your home any faster and will only increase your energy expenses.

Don't place your thermostat near appliances that give off heat like a lamp or oven.

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{the costs}

The national average cost for self-installing a programmable thermostat is \$100. Using the tips above, you can save an average of \$180 on your HVAC bills each year after installation. Also consult your utility to find out about possible rebates!

Steps for Saving Money and Energy

1.

Maintain Your System

- Change your filters once a month to keep air flowing properly through your house.
- Call a contractor to ensure that things are working correctly. Professionals can tighten connections, check controls and inspect the drainage system, which will increase your HVAC efficiency.
- Clean your air registers, baseboards and radiators regularly.

2.

Insulate Air Ducts

- Check for air leaks in your duct system. You can do this by looking for obvious holes and feeling jointed areas for gaps.
- Use a heat-approved tape to seal any leaks; rubber duct-tape will not provide long-lasting insulation.
- Consult a professional to prevent moisture condensation and pipe freezing.

3.

Update Your Hot Water Heater

- Check the temperature settings on your hot water heater. Set it to 120°F for hot water that uses less energy.
- Insulate your hot water heater so that the heat does not escape. Make sure to follow instructions for safety!
- Replace an inefficient water heater with one that's Energy Star rated - this can cut your costs substantially.
- Tankless or on-demand systems can greatly reduce your energy use because they heat water when needed, rather than on a constant basis.

* If your system is more than 10 years old, consider replacing it with an Energy Star model to increase efficiency and reduce costs.