

## Energy Saving Tips

**Understand your heating system and its controls.** Take time to learn how your heating system works - including your programmers and controls - so that you can use it in the best and most cost-effective way for you. For example, your home will take about 30 minutes to cool down (longer in a well-insulated property) so consider turning the heating off at least half an hour before you go to bed. If you have two controllers in your property, set the controls to suit the different areas they manage. For example, you might not need to heat the bedroom areas during the day. If your radiators are fitted with thermostatic valves, try using these to reduce the temperature in rooms that are used less often.

**Turn your thermostat down.** Reducing your room thermostat by 1°C could save you energy and money, without you noticing much or any difference in the temperature.

**Avoid blocking radiators.** Keep furniture a few inches away from radiators to ensure that heat can flow more freely into the room and warm it up more quickly. Hanging washing on your radiators often means your system will have to work harder to heat your rooms. You may consider using a heated clothes airer, or the combination of a dehumidifier and fan to dry clothes through the colder months.

**Draw the curtains** at night and on cold, overcast days, to help keep the warmth in your room. Try tucking long curtains behind your radiators so they don't block the heat.

**Reduce hot water use.** Think about how much hot water you might lose by leaving a tap running rather than filling a basin, or by over-filling a basin when washing up. Make sure that taps are turned off fully. Spending less time in the shower or opting for a shower rather than a bath can also result in energy savings. If your appliances are hot-fill then try using them less frequently and making sure they are full before use.

**Wrap Up Warm.** With many of us working from home during the winter months, try putting on some extra layers first, before turning up the heating. If you do need to put the heating on, try to limit the amount of time it's on and only heat the rooms that you are using.