

# Energy-Saving Tips for Your Home

Saving energy at home not only reduces your utility bills but also helps protect the environment. Use these practical tips to make your home more energy-efficient.



## Heating & Cooling

- **Adjust Your Thermostat** — Lower your thermostat by 7–10°F for 8 hours a day to save up to 10% on heating and cooling costs.
- **Use Ceiling Fans** — In summer, set fans to spin counterclockwise to push cool air down. In winter, reverse the direction to circulate warm air.
- **Seal Leaks & Insulate** — Weatherstrip doors, seal windows, and add insulation to prevent drafts and reduce heating and cooling loss.
- **Maintain HVAC Systems** — Change filters every 1–3 months and schedule annual tune-ups for efficiency.



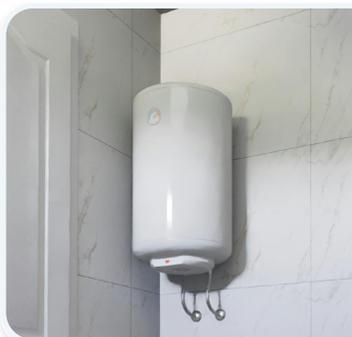
## Lighting

- **Switch to LED Bulbs** — LEDs use at least 75% less energy and last up to 25 times longer than incandescent bulbs.
- **Use Natural Light** — Open blinds during the day to brighten rooms without using electricity.
- **Install Motion Sensors & Timers** — Prevent lights from staying on unnecessarily.



## Appliances & Electronics

- **Unplug Devices** — Many electronics use power even when turned off. Use power strips to easily cut energy flow.
- **Opt for ENERGY STAR Appliances** — ENERGY STAR certified appliances use less energy without sacrificing performance.
- **Wash Clothes in Cold Water** — Heating water accounts for about 90% of a washing machine's energy use.



## Water Heating

- **Lower Water Heater Temperature** — Set the water heater to 120°F to prevent overheating and save energy.
- **Insulate the Water Heater & Pipes** — Reduce heat loss and improve efficiency.
- **Fix Leaky Faucets** — A drip per second can waste over 3,000 gallons of water per year.



## Windows & Doors

- **Use Thermal Curtains or Shades** — Keep heat out in summer and retain warmth in winter.
- **Install Energy-Efficient Windows** — Double-pane windows reduce energy loss.



## Renewable Energy & Smart Upgrades

- **Consider Solar Panels** — Federal tax credits can help offset installation costs.
- **Use a Smart Thermostat** — Automatically adjusts settings to optimize energy use.

For more tips, visit the U.S. Department of Energy's Energy Saver Guide at [energy.gov/energysaver/energy-saver](https://energy.gov/energysaver/energy-saver)

Reminder: Annual and HomeCare+ Subscribers can receive a **FREE Ciel Power Energy Audit. Value: \$299** — helping you save energy and lower utility costs!



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