

**Sustainability**



**Save energy and money on your heating bills in five easy steps.**





It is important to keep your home warm and comfortable throughout the year.

With high energy prices and increasing living costs, it can sometimes be difficult keeping your energy bills low.

Five easy steps to help you heat your home more efficiently and hopefully reduce your heating bills. Remember to check these regularly.

## **1** Check what temperature you have your room thermostat set to.

Many people have their central heating set higher than it needs to be. Your room temperature should be set to the lowest comfortable temperature for you. This is usually between 18 and 21°C.

Turn down your room thermostat by one degree. Leave it for a day, if you feel warm turn it down another degree.

Keep turning it down a degree each day until it gets too cool, then turn it back up one degree.

When it is cold outside you don't need to turn your thermostat up. Your home will heat up to the set temperature whatever the weather. It may take longer to heat up, so you might want to set your heating to come on earlier.



Every degree you turn down your heating by could save you approximately £65 a year on your heating bill.



## **2** Check what times you have your heating programmed to turn on and off.

You should not need your heating on all the time. It is important to set your heating to come on only when you need it.

If you are out of your home at set times each week, you can set your programmer to turn the heating off 30 minutes before you go out, and turn back on 30 minutes before you are due to arrive home.

It is considered healthier to have a low temperature at night to help you sleep.

Set the heating to switch off a short time before you go to bed. This means it will still be nice and warm as you get ready for bed but the heating won't stay on once you are asleep. You can also set the heating to switch on before you wake, so your home will be warm by the time you get out of bed.



## **3** Check what settings you have the thermostatic radiator valves in each room set to.

To save energy, you can try turning down the radiator valves in each room.

If there are rooms in your home you don't use regularly, like a spare bedroom, you could turn the radiator off and close the door.

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## 4

### Stop heat escaping.

- Close all internal doors, this will help to keep the heat in the rooms you are using.
- Turn off the heating in a room (using the radiator valve or main room thermostat) before opening windows.
- Close the curtains when it gets dark to retain heat, tuck them behind radiators.
- Draught free homes are comfortable at lower temperatures, so you'll be able to turn down your thermostat.

## 5

### Use hot water wisely.

- Having a shower, rather than a bath, will use less hot water.
- Don't leave taps running, report leaking or dripping taps.
- Try using the cold water tap for washing your hands when it's not too cold, it can be refreshing.

### Extra tips in cold weather.

- Try putting on an extra layer of clothing, before you turn the heating up.
- Keep extra blankets by the bed, you can use these to adjust your temperature during the night.
- Use a higher tog duvet in the colder weather.
- Wear socks to bed, to keep toasty.
- Use a hot water bottle to warm the bed up, instead of an electric blanket.
- Invest in draught excluders for the bedroom door, to keep the heat in your room during the night.



Remember the savings you make will depend on what you are already doing and how many of these changes you make.

If you would like help with your heating controls or have any other questions, please contact our Sustainability Team on **01977 724431** or email **sustainabilityteam@wdh.co.uk**

The savings quoted are based on average savings made across the UK and reported by the Energy Saving Trust.

For even more tips on saving energy, water and money visit:

**[www.energysavingtrust.org.uk/Take-action/Start-saving-money](http://www.energysavingtrust.org.uk/Take-action/Start-saving-money)**



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