

# How to use less energy



By making simple changes, you can make your home more energy efficient, helping reduce bills and lower your carbon footprint.  
Now that is smart!

## Bathrooms

Reducing your shower time by one minute will reduce your bills. Further energy savings can be made by fitting tap inserts and aerating shower heads.

## Bedrooms

Do you have spare rooms? Adjust your radiator controls so you don't heat rooms that are unused.

## Heating

Timing is key. Programme your boiler to come on only when you need it. Aim to keep your thermostat between 18°C - 21°C to target a big annual saving.

## Garden

If the sun is shining turn off the tumble dryer and dry your clothes naturally.

## Living Room

Turn off as many lights and appliances as possible when not using your living room. Further energy savings can be made by avoiding standby mode.

## Kitchen

Make sure your washing machine always has a full load. Energy can be saved by using a 30°C wash. Do not over fill your kettle. Boil only the water you need.

A washing bowl is best for washing dishes. Turn off the tap and use only the water you need. Choose the eco setting on your dishwasher and ensure it is full before every wash.

