

TOP TIPS FOR SAVING ENERGY IN THE HOME

1. **Keep the heat in.** A third of the cost of heating your home is lost through the walls, so insulating them is the best way to save energy in the home. Installing cavity wall insulation can save you up to £160 per year on your heating bills.
2. **Get on down.** Turning your thermostat down by 1°C could cut your heating bills by up to 10 per cent and save you around £100 a year.
3. **Look up.** Laying your loft with 10 inches/25 centimetres of loft insulation can save you a quarter of your home's heating costs.
4. **See the light.** Replacing just one old light bulb with an energy saving recommended one can reduce lighting costs by up to £78 over the lifetime of the bulb. Plus they last up to 12 times longer than the ordinary light bulbs.
5. **Say goodbye to the old boiler.** If yours is over 15 years old consider switching to a good quality, new energy efficient one. High efficiency condensing boilers can save up to a third of your annual heating bills.
6. **Don't get in hot water.** Is your water too hot? Your cylinder thermostat shouldn't need to be set any higher than 60°C/140°F.
7. **Turn it off.** Don't leave lights and appliances on standby and remember not to leave appliances on charge unnecessarily. It all adds up and wastes money.
8. **Charge it.** Unplug chargers when you're not using them. If you leave the socket switched on, chargers can carry on using energy even when they aren't doing any charging!
9. **Wash wisely.** Remember to use the half-load or economy programmes if you're not filling up the washing machine, tumble dryer or dishwasher. Wash clothes at 30 degrees and only when the drum is full

10. **Have a shower.** Showering uses less hot water than having a bath, so can help you save even more energy!
11. **Care for your kettle.** Only boil as much water as you need — but remember to cover the elements if you're using an electric kettle.
12. **In the pan.** Boil water for cooking in the kettle rather than heating it in the saucepan – this will take less energy.
13. **Buy It.** Buying fridges, washing machines and dishwashers that are energy efficient will reduce energy wastage to an absolute minimum. Those that bear the Energy Saving Trust Recommended label are among the top 20% most efficient available.
14. **Warm as Toast.** Make your toast in the toaster rather than on the grill to use as little energy as possible!
15. **Mend the drips.** A dripping hot water tap can waste enough hot water to fill half a bath in just one week, so fix leaking taps and make sure they're all fully turned off.

