

**There are many ways to reduce your home energy costs and keep track of your energy consumption. Try these tips and you will reduce your environmental and climate impact and save money in the process.**

## 1. Heating

- Lowering your thermostat by one degree will reduce your energy costs by up to five percent.
- Avoid having furniture placed directly in front of radiators. It prevents heat from spreading effectively throughout the room.

## 2. Hot water

- Take slightly shorter showers each day. Cutting down from 10 to 5 minutes will save you around 800 kWh per year.
- Switch to low-flow taps and showerheads and you will save around 25 percent in hot water energy.
- When a tap starts to leak, replace the washer.

## 3. Appliances on standby

Many appliances that are switched off by remote control go into standby mode and consume unnecessary electricity.

- Switch off your appliances at home using a power strip and avoid wasting unnecessary energy.
- Remove your mobile phone charger from the socket when you are not using it. This also lessens the fire risk.

## 4. Lighting

The inefficient light bulb has been phased out and there are plenty of good, energy-efficient alternatives.

- Use LED lamps when possible. They are 80 per cent more efficient than light bulbs.
- Use home light control systems where suitable. Presence or daylight detectors are a good alternative.
- If you want a soft white bulb, choose a colour temperature of 2,700K – 3,000K. Remember that the colour rendering index (Ra) should be at least 80. The information is on the lamp's packaging.
- Switch off lamps after use.

## 5. Dishwashing and laundry

- Using a dishwasher instead of washing by hand saves energy – provided you set the dishwasher to rinse with cold water. New machines operate well

with little grease – scrape away leftover food. Run the machine with full loads.

- Wash clothes in max 40°C, only heavily soiled garments need to be washed in 60°C. Run the machine with full loads.
- Always follow the recommended dosage instructions on the package. Too much detergent results in excessive foam and can result in inadequate rinsing which can cause allergy problems. Too little detergent and your clothes will not be clean.

## 6. Refrigerators and deep-freezers

Refrigerators and deep freezers use a lot of energy as they are permanently switched on. Choose products that have a good eco-label. Today you can find products that are labelled A++ and A+++.

- Set the right temperature: -18°C in the freezer and approx. 5°C in the refrigerator.
- Vacuum the dust behind the refrigerator and freezer at regular intervals. This helps to cut down on electricity consumption and lessens the fire risk.
- Remember to defrost your freezer regularly.

## 7. Cooking

- Heating water in an electric kettle saves energy. If you have an induction cooker, you can also save energy while cooking.
- Put a lid on pots when heating and boiling and you can save around 30 percent compared with no lid.
- Defrosting food in the fridge reduces the energy need of the fridge.
- Use residual heat when cooking on an electric plate. You can switch off the cooking plate and let the potatoes finish boiling on residual heat.

## 8. Electricity bill

In many cases, electricity production can have an adverse effect on the environment and climate. Make an active choice and choose energy produced from renewable sources. Review your electricity agreements and switch supplier to reduce both your costs and your environmental impact. Choose the *Bra Miljöval* eco-label – you are assured of getting renewable electricity and you are protecting the environment.

## 9. Change heating system

If you live in a house which is heated by oil or electricity, it is a good idea to think about switching to another, eco-friendlier heating system. You may be able to connect your house to the district heating grid, biofuel boiler or some type of heat pump. Before making the switch, find out if you can reduce your energy needs by sealing the windows, adding extra insulation or replacing your windows.

## 10. Transportation

- If you buy a new car, choose an eco-friendly model. With eco-driving, correct tyre pressure and a good eco-friendly car you can reduce fuel consumption by 20 percent.
- Choose a tyre with the energy-efficient 'A' label when you buy new ones. Remember to check the tyre pressure.
- Join a carpool or use public transport for getting to work. It is social and good for the environment.
- Get on your bike! Enjoy life in the bike lane.