

### Energy saving tips

- Turn your thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10%. You could save around £50 per year.
- Is your water too hot? Your cylinder thermostat should be set at 60°C/140°F.
- Close your curtains at dusk to stop heat escaping through the windows.
- Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.
- If you're filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme.
- Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
- A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off.
- Always keep the lid on pans when using them to prepare food.
- We all need some fresh air but excessive draughts can make a warm room feel cold. Keeping your feet warm is especially important.
- When you have to replace equipment, buy low energy domestic appliances such as A+ or A++ rated fridges.