

# Top tips for reducing energy usage<sup>1</sup>

Your smart meter will help you see how you are using your energy, and this will help you see where you might be wasting energy. To reduce your energy wastage we have detailed a few easy energy efficiency ideas for you to consider.

You can find more ideas on the Energy Saving Trust website: [energysavingtrust.org](http://energysavingtrust.org)

## Kitchen/utility

1

Only boil the water you need in your kettle. This can save £6 a year.

2

Using a bowl to wash up rather than running the tap could save you up to £25 per year.

3

Wash clothes at 30°C rather than at higher temperatures. This uses around 40 per cent less energy and could save £6 a year.

4

Keep pan lids on when boiling vegetables – it's quicker and cheaper!

## Living room

1

Turn down a room thermostat by one degree. This could save around £75 a year!

2

Switch off lights when not in use. This could save £14 a year, or if you need extra lighting use a low wattage energy saving light bulb.

3

Close internal doors to keep the heat in the rooms you are in.

4

Get into the habit of turning off the television at the socket or on the set, and not leaving it on standby. You can buy mains controllers that do this by remote control. On average UK households waste £30 per year powering appliances left on standby.

## Bedrooms

1

Don't leave your mobile phone on charge all night – most only need a couple of hours.

2

Use the right tog duvet for the weather (low tog in summer and high tog in winter) to avoid having to use the heating unnecessarily.

3

Draw curtains at dusk to keep the heat in for when you go to bed.

4

During winter, set the heating to switch off shortly before you go to bed. It takes time for houses to cool down as well as warm up. Using heating and hot water controls more effectively can save up to £75 per year.

## Bathroom

1

If you have an electric shower, spending one minute less in the shower each day will save up to £7 off your energy bills each year, per person. With a water meter this could save a further £12 off annual water and sewerage bills.

2

Make sure that rechargeable shavers and toothbrushes are not charged for longer than necessary.

3

Fit low energy light bulbs all around the house. If the average household replaced all of their bulbs with low energy lightbulbs they could save about £35 a year on bills.

