

More Smart Energy Saving Tips



1. Understand your bill

The information on a typical energy bill can be confusing. But understanding it can go a long way to helping you get to grips with your energy use.

2. Careful in your kitchen

You can save around £30 a year from your energy bill just by using your kitchen appliances more carefully:

- Use a bowl to wash up rather than a running tap and save £25 a year in energy bills.
- Only fill the kettle with the amount of water that you need and save around £7 a year.
- Cutback your washing machine use by just one cycle per week and save £5 a year on energy.

3. Draught proofing

Unless your home is very new, you will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.

Professional draught-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £200, but can save around £25 a year on energy bills. DIY draught proofing can be much cheaper. Installing a chimney draught excluder could save around £15 a year as well.

4. Take control of your heating

More than half the money spent on fuel bills goes towards providing heating and hot water. Installing a [room thermostat](#), a programmer and thermostatic radiator valves and using these controls efficiently could save you approx.. **£75 per year**. If you already have a full set of controls, turning down your room thermostat by just one degree can save around **£80 a year**.

Whatever the age of your boiler the right controls will let you:

- set your heating and hot water to come on and off when you need them
- heat only the areas of your home that need heating
- set the temperature for each area of your home.

5. Get savvy with smart controls

[Smart heating controls](#) are the latest innovation to help you control your heating and understand your energy use.

They allow you to control your heating remotely via a mobile app, meaning that you can manage the temperature of your home from wherever you are, at whatever time of day.

6. Switch to LEDs

You can now [LED bulbs](#) that are bright enough to replace halogens, as well as regular energy saving bulbs ('compact fluorescent lamps' or CFLs). They come in a variety of shapes, sizes and fittings.

A 50W Halogen bulb costs approx. £7 per year but replacing it with a 5W LED equivalent bulb costs just 70p per year – that's a saving of £6.30 for one bulb!

7. Turn off appliances

Turning off appliances rather than leaving them on standby and unplug chargers when not being used will save approx. £30 per year.

8. Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light. This will save you around £14 on your annual energy bills.

Contact us for more energy saving advice for your business or home:

t: [020 3633 5208](tel:02036335208) **e:** info@altristenergy.co.uk **w:** altristenergy.co.uk/contact