

# Top 10 Energy Saving Tips

Small changes to how you use energy will help you save money and the environment.

- **1 Switch off lights and electrical appliances**

To save the most energy, switch off the power point rather than leave appliances on standby. Turn off your heater, cooling units and appliances when you go to bed or leave the house.
- **2 Switch to energy-saving LED lights**

Energy-efficient globes could save up to 80% off your lighting costs. This is because LED bulbs use less power and last longer. That means you spend less money and time replacing them.
- **3 Save energy in how you wash and dry clothes**

Wait until your machine is full before starting a washing cycle. Washing clothes in cooler water can save around £100 per year.
- **4 Shut doors and close curtains**

Shut doors to areas you're not using, and only cool or heat the rooms where you spend the most time. In cooler months, make sure your curtains or blinds seal your windows properly.
- **5 Understand your home's energy**

Get a smart meter - If you are energy conscious or looking to save money, then it is definitely worth installing a smart meter.
- **6 Save energy in the kitchen**

The ideal fridge temperature for your freezer is 4 or 5 degrees Celsius and -15 to -18 degrees. When cooking, use the microwave when you can. Microwaves use much less energy than electric ovens.
- **7 Manage your heating and cooling**

Every degree above 20 degrees can add 10% to your heating bill. In winter, heating can account for over 30% of your bill. Save money by switching to more energy-efficient heating.
- **8 Get the best energy deal**

One of the easiest ways to reduce energy costs is to compare energy offers. Comparisons only take about 10 minutes, and users can typically save £330 a year on energy costs.
- **9 Insulate your roof**

An insulated roof can make a big difference to your energy bills. Effective roofing insulation can save you up to 20% on cooling and heating costs.
- **10 Save money with solar energy**

Using solar electricity, you generate can reduce the amount of energy you need to buy from your provider. Solar hot water systems can also help you avoid gas charges using a gas-fired water heater.



Get more tips at  
[trsuttonltd.co.uk](http://trsuttonltd.co.uk)  
or call 07801 768651

 **T&R SUTTON**  
ELECTRICAL