

SAVE MONEY BY PROGRAMMING YOUR THERMOSTAT



Did you know that you can save a lot of energy and money by using a programmable thermostat? According to ENERGY STAR®, the average household spends more than \$2,200 a year on energy bills. You could save about \$180 a year by properly setting programmable thermostats and maintaining those settings without losing comfort. The best part is that it's as easy—or easier—than programming your digital video recorder (DVR) to record your favorite TV shows.

Programmable thermostats automatically reduce heating and cooling when you are not home or when you are sleeping. They are ideal for households whose members are away from home during set periods of time throughout the week. Although these thermostats come with preprogrammed settings, it's a good idea to customize the settings to meet the unique needs and schedules of your household members.

With custom settings, you can create separate programs for different days (such as weekdays and weekends) and seasons. In fact, most programmable thermostats enable you to set four or more temperature settings for each day.

For example, in the winter months, you can program your thermostat to be as cool as possible while you sleep, to automatically heat your home before you wake up, to cool down when you leave for the day, and finally to increase heating before you return home. In this way, you maintain comfort when you are at home and automatically reduce energy costs when you are away.

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Energy-Saving Tips



Here are some tips for programming your thermostat:

- **In the winter**, the U.S. Department of Energy recommends programming your thermostat to be at 68° Fahrenheit while you're at home and awake. In addition, ENERGY STAR suggests setting your thermostat at least 8 degrees lower (to 60° Fahrenheit or below) when you're asleep or away from home.
- **Setting the temperature back** typically reduces energy use by 2 percent for every degree you reduce, assuming an average outside temperature of 40° Fahrenheit. Thus, reducing from 74° to 68° Fahrenheit can cut heating costs by more than 10 percent.
- **Be aware** that uninsulated water pipes can freeze in certain situations if the temperature is set back to 50° Fahrenheit or lower. Your utility can help you choose appropriate setback temperatures for your area.
- **In the summer**, both the U.S. Department of Energy and ENERGY STAR suggest a setting of 78° Fahrenheit when residents are at home. Program the thermostat to turn the air conditioner off when you're away or sleeping (or set it to a high temperature such as 85° Fahrenheit), but program it to turn back on about a half hour before you typically arrive home.

If you rent your home, ask your landlord to buy a programmable thermostat for your residence, or purchase one yourself—it's a good investment that can pay for itself through energy bill savings in less than a year. To get the best performance from a programmable thermostat, it's generally recommended that you install it on an interior wall, away from direct sunlight and other sources of heat or drafts, such as doorways, vents, or appliances. And be sure to read the manufacturer's instructions carefully this can help ensure that you program the thermostat the way you want it, while maximizing savings and maintaining comfort.

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