

Lighten the load in your living rooms and bedrooms

When you are at home, you spend most of your time in your living areas and bedrooms. Many 'switch off 'habits and 'switch to' energy efficiency interventions are just waiting to be adopted in these areas.

- Always switch off lights in unoccupied rooms.
- Unplug all appliances you are not using.
- Don't leave computers, TVs, and iPads on **standby** if you do, these appliances use up to 15% of the power they normally use when on.
- Keep curtains and blinds open during the day to optimise natural light and postpone switching on electric lights until it gets dark.



In summer

- Open windows and doors to allow a cool breeze to circulate through the house; delay switching on your air-conditioner
- If you have to switch on the air-conditioner, **keep it at a comfortable 22°C.** Ideally, the difference between the inside and outside temperatures should not be more than 10°C.