



**Actionable tips
you can do
right now to
save energy
and save the
planet**

Try to Make the Most of Natural Light

If you're spending more time working from home, it's likely you'll have the lights switched on more than usual. But you don't always need electricity to get the best lighting.

Make the most of natural light in your home by setting up your office in the room that gets the most daylight. Open the blinds and curtains and let the sunshine in. You'd be surprised how quickly your eyes can adjust to natural light, even if it seems a bit dim at first.

Also be sure to turn off the lights in any rooms which you aren't using to [save energy](#). Daylight is free, after all.

Use a Smart Power Strip

Stuck at home, we're bound to be using our electronic devices more often. Whether that's while you work, or just because you're binging the latest Netflix hit. It's natural to leave the likes of laptops, phones, televisions, routers and even printers turned on in the background.

A smart power strip is the perfect way to combat these lost minutes. This device lets you choose what you want to keep on or turn off at any given time. That means you can easily prioritise what you do and don't want to keep running.

Set Streaming Guidelines

Streaming is a great way to wind down, but it can be easy to lose track of time. This won't only affect your energy bills, but can also make your internet slower – not exactly what you need when you're trying to chat to work colleagues.

This is especially difficult if you're part of a larger household. Setting a few rules is a great way to keep on top of your screen-time, while lowering costs.

Be Smart with your Radiators

As the weather gets cooler, you might be tempted to keep your heating running through the day. However, this could make a huge difference to your energy usage.

If you're feeling the chill, why not try heating only the rooms being worked in? Simply turn the off the valves on all the radiators in unused rooms. That way, you can beat the chill with minimum impact to your bills.

Swap to Energy-Saving Bulbs

If you do have to turn the lights on, particularly after the clocks go back, make sure you're using energy-saving bulb.

Both Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs) are more efficient than halogen lights with LEDs being the most efficient of all.

Replacing a halogen light bulb with an LED of the same brightness could save you up to £2 a year, depending on your tariff.

Use a Laptop at Home

Working from home has become the norm for a lot of people during lockdown. If this is you, you're probably using either a laptop or desktop during that time – though you should know, one is a lot more efficient than the other.

Your [laptop will use just 75 kWh per year](#), while a desktop can eat up as much as 194 kWh.

What's more, using a laptop will also give you the freedom to work wherever you want in the house.

Opt for a Shower, not a Bath

According to the Energy Saving Trust, if everyone in a family of four swapped one bath a week for a five-minute shower, it could save up to £20 a year on their gas bill.

Consider changing your shower head to an eco-version, too. If you do, a family of four can save around £75 a year on gas (and £115 on water if they have a meter).

Bleed your Radiators

If you've got gas [central heating](#) with radiators, you'll need to bleed them every so often to keep them running effectively.

If you've got air in the system it can stop hot water circulating efficiently. It's a good idea to do it at least once a year and ideally before you switch on your heating for the winter. [Get tips on how to bleed a central heating system.](#)

Use a Line to Dry

This isn't something you see that often anymore. It goes without saying that using the natural power of the elements will have a big impact on cutting costs. Tumble dryers use up a lot of energy, so try to avoid them as much as you can.

Take Control of your Heating

The Energy Saving Trust suggests that turning down your thermostat by just one degree could save around £55 per year. Why not give it a go and see how much you save?

Also, check whether heat could be leaving your home through gaps. Thick curtains, draught excluders, and even a piece of putty in a small gap around a window will help keep the heat in.

And it goes without saying – don't leave windows and doors open if it's not warmer outside than in.

Optimise your Fridge Space

If your fridge gets dusty it can struggle to function at full capacity. Make sure to regularly clean off the coils to optimise its performance.

Putting warm food in the freezer is another big no. It takes a lot more energy for your freezer to retain its temperature when you stack it with food that's still warm. Let your leftovers cool before you stash them away.

Curious to read the full guide? Go here:

<https://www.comparethemarket.com/energy/content/energy-saving-tips/>



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