

# Top tips to reduce your energy usage



As winter approaches, it's important to reduce energy usage at home. We're here to share some tips to help you save energy, money, and support the environment.

## Top tips to reduce your energy usage

**1 Spend less time in the shower**  
Reducing your shower time by just one minute can save up to 60 gallons of water per month. Why not set a timer on your phone or switch to a low-flow showerhead to reduce water and energy usage.

Cold showers can reduce energy consumption and have health benefits such as, better muscle recovery and improved blood circulation.

**2 Switch up your laundry routine**  
Use the eco-wash setting on your washing machine and adjust settings to match the load size. Invest in a Tumble Dryer Ball, these can help speed up drying time by creating space between clothes, reducing energy usage.

**3 Insulate your home with tin foil**  
Place aluminium foil behind radiators on external walls to reflect heat back into the room, improving heat efficiency.

This will lead to a warmer home with less energy wastage, resulting in lower energy bills.

**4 Don't overfill the kettle**  
Fill the kettle with just the amount of water you need to avoid wasting energy.

**5 Charge your EV overnight**  
Charging your electric vehicle overnight is cheaper due to lower energy demand.

**6 Heating your home**  
Lowering your thermostat by just one degree can significantly reduce energy usage. Most households set their thermostats between 18°C and 21°C. Set timers or program your thermostat to heat your home only during key hours.

**7 Take tech off standby**  
Unplug devices like TVs, smart speakers, and game consoles when not in use to avoid 'phantom load' energy consumption. Keep essential appliances like fridges and freezers on.

Consistency is important! Try these tips to see a noticeable drop in your home energy use.



## Myth busted

It's not cheaper to keep the heating on low all the time, and turning up the thermostat doesn't heat your home faster.