

## Tips for saving energy

### **Saving energy through daylight**

Especially in the darker months of the year, we often forget that it is already light outside. As a result, blinds and curtains remain closed. Especially in spring, when the days get longer and the sun rises earlier, you should make use of daylight. The most economical lamp still consumes more electricity than daylight. Daylight is therefore the cheapest and most economical option for room lighting.

### **Rooms not in use - lights off**

A little tip that is easy to implement: If no one is in the room, you should simply switch off the light.

### **If light, then with an energy-saving lamp**

There are many different energy-saving lamps available today. LED lights are particularly economical. These are considerably (approx. 90 percent) more economical than the old incandescent lamps. There are now also light-emitting diodes (LEDs) with a pleasant color temperature.

### **Secret power guzzlers in stand-by mode**

The classic energy-saving tip concerns the standby mode of many appliances. In this mode, appliances consume electricity even though they are not being used.

Although each individual appliance in stand-by mode does not consume much power, the total power consumption of all stand-by appliances can be quite significant. How do you find the appliances in stand-by mode? These appliances can often be recognized by the LED lights / indicator lamps. Typical examples are televisions, receivers or radios. These appliances should simply be completely disconnected from the power supply, i.e. they should simply be unplugged. The most convenient way to disconnect appliances from the mains is to use disconnectable power strips. These strips can even be used to completely dis-connect several appliances from the mains in one go.

### **Use of the microwave**

For smaller portions (up to two), using a microwave is very energy efficient. For larger portions, you should use an energy-saving stove.

### **Cooking the right way**

If you are preparing larger dishes and using the stove, you should use well-insulated pots. In addition, you should always cook with the lid closed and use a hob that matches the size of the saucepan. If you are about to buy a new stove, you should also consider using a gas stove. These stoves are generally more economical.

### **Using the kettle**

If you simply want to heat water, you should always use a kettle instead of a saucepan.

### **Bake the right way**

In many cases, you can do without preheating when baking. The oven glass should also be clean. This way, you don't need to open the oven door so often to check it. When baking and cooking, the residual heat should also be used and the oven should be switched off a little earlier.

### **Energy-efficient cooling**

You should never leave the fridge door open for long. Therefore, filling the fridge should be done as quickly as possible. In general, however, products that need to be kept particularly cool should be stored as far down as possible (on the shelf above the vegetable compartment)

A temperature of 6 - 8 degrees is sufficient for the refrigerator. If the temperature should be lower, the refrigerator can be turned down. The compressor installed in the refrigerator then requires less energy and the refrigerant used in the refrigerator circulates more slowly. In addition, refrigerators should not be placed in warm locations, e.g. directly next to radiators or next to the stove.

### **Washing correctly**

The washing machine should always be filled as full as possible. This saves water and energy. Despite the economy buttons, a well-filled washing machine is the best way to save money.

### **Rinse correctly**

If the dishes are only lightly soiled, the economy program should be used. The dishwasher should also always be started as full as possible.

### **Televisions - the size matters**

The size of the television has a very large influence on the energy consumption of the appliance. You should bear in mind that doubling the screen diagonal means quadrupling the surface area. Modern devices with LED backlighting are more economical, but a large screen diagonal quickly offsets these consumption advantages.

### **Save money with the computer**

The computer should not be left running. If the computer is not needed, it should also be shut down. The computer's power management also helps to save energy. A laptop generally consumes significantly less energy than a desktop PC. If you are planning to buy a new computer, you should therefore consider buying a laptop.

### **Save energy through correct ventilation**

When ventilation, the windows should not be tilted, but opened fully for a few minutes. If possible, you should briefly open the windows and doors in several rooms to create a draught. The radiators should of course be turned down beforehand. This allows fresh air into the rooms and less heat is lost.

### **Saving energy with the right room temperature**

At night or when you are not at home, the radiators should be regulated. You should also close the doors between warmer and colder rooms.

### **Saving energy by leaving space**

Radiators should not be blocked. The free space around the radiators enables unhindered heat dissipation. Therefore, no heavy curtains should hang over the radiators.

### **Sealing windows and doors**

Tight windows and doors can save a lot of energy. Windows and doors should therefore be checked for leaks. In the evening, shutters should be closed if available.