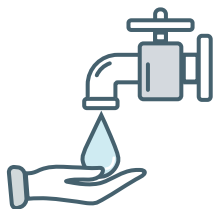


Top tips to reduce your energy usage

We're all feeling the pressure of the cost of living, so let's take a look at some tips to help save on our energy usage

Spend less time in the shower

Every minute you shave off your time in the shower could save on your energy usage. We know showers are the more water-efficient way to wash, but did you know that [cutting back your shower time by just a minute could save up to sixty gallons of water per month?](#)



If you're looking for an easy way to shorten your showers, try setting a timer on your phone. Alternatively, switching to a low flow showerhead can not only help the planet, but will help you use less energy whilst showering.

MYTH BUSTED: Cold showers can in fact be just as good for you as a steaming hot one. Cold showers provide muscle recovery and improve blood circulation - they also could lead to less time spent in the shower (for most) and as a bonus, you won't be heating the water, so that's more energy saved.

Switch up your laundry routine

Did you know that a large percentage of your home water usage comes from using your washing machine?

For a simple water saving hack, try switching up your normal cycle to an eco-wash and make sure you

adjust the settings on your machine to reflect the proper load size ahead of pressing go.

When it comes to drying your clothes, if you regularly use a tumble dryer why not invest in a tumble dryer ball to help speed up the process. These ingenious balls help create space between the laundry, airing the clothes or sheets, and helping reduce the time needed in the dryer.

MYTH BUSTED: Wondering where those missing socks go? Yes, they might be disappearing from your laundry, but the sock monster isn't real. [Washing machines do in fact swallow smaller items of clothing, as they get sucked into the machine's drainage. Who knew!](#)

Insulate your home with tin foil

Feeling the chill? Putting aluminium foil behind your radiators could help keep heat in your home. Although this may seem a little far-fetched, the idea is simple - using reflective foil behind your radiator will bounce heat back into the room, rather than letting it out through the walls.

Bear in mind this is only effective behind radiators on external walls, not internal.

The benefits are, of course, a warmer, more comfortable home and less energy wastage, making for a more heat efficient home. You can buy specialist foil from hardware shops or online in rolls or sheets, this can then be cut to size.



Heating your home

Heating and hot water [account for about 53% of a household's energy bills.](#)

Whilst it may sound basic, turning down your main thermostat just one degree could reduce the amount of energy you use to heat your home. Most families set their thermostat between 18°C and 21°C, and whilst we all have that preferred temperature, you're likely not to notice a 1-degree difference. So why not give it a try?

If this feels a little daunting, setting times or programming your thermostats can narrow down the length of time your heating is on, keeping it set at key hours where that additional heat boost is needed.

MYTH BUSTED: A lot of us believe that it's cheaper to have the heating on low all the time, but it's really not. And whilst you may think cranking up the thermostat will heat your home quicker, it really won't.

Take tech off standby

It's an age-old question, does switching off appliances and devices in our homes when they're not in use save on your household energy use? The short answer is, yes. We all know that one person who switches everything off at the wall, and they're onto something.

We'd advise everyday appliances like fridges and freezers remain switched on at all times. However, items like TV's, smart speakers and game consoles can use up energy even when turned off, unless unplugged at the wall (a type of energy use known as a 'phantom load.')



Don't overfill the kettle

Time for a cuppa? Whether tea time is at 11am or 3pm, stop filling the kettle up to the brim, use your mug to measure and boil just what you need.

Adding milk to tea is a personal preference but whether you like your tea milky or straight up, be sure to take this into account when filling the kettle.

Are you an EV owner?

Did you know it's cheaper to charge your car overnight due to [lower energy demand](#)? So, get your dressing gown and outdoor slippers at the ready, and add plugging in to your night time routine!

So why not give some of these home tips a go and see if you can reduce the energy you use in your home. Always remember, when it comes to saving energy at the home, consistency is key! Make sure you keep up your good work to see results.



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