# Daily Energy Conservation

This playbook outlines basic daily actions that can be taken to conserve energy within the household, ultimately aiming to reduce energy consumption and promote environmental sustainability.

### Step 1: Unplug Devices

Unplug electronic devices and chargers when they are not in use to prevent 'vampire' energy loss.

### Step 2: Lighting Choices

Use energy-efficient LED bulbs and remember to turn off lights in unoccupied rooms.

### Step 3: Thermostat Settings

Adjust your thermostat a few degrees lower in winter and higher in summer to save on heating and cooling. Consider a programmable thermostat to automate this process.

### Step 4: Efficient Appliances

Operate appliances like washing machines and dishwashers with full loads, and use energy-saving settings if available.

### Step 5: Water Conservation

Take shorter showers and turn off the tap while brushing teeth or shaving to save on hot water.

### Step 6: Smart Power Strips

Use smart power strips to conveniently cut off power to multiple devices at once when not in use.

### Step 7: Natural Climate Control

Use curtains and blinds to control indoor temperature naturally – close them to keep out heat during summer days and open them to let in sunlight during winter.

### Step 8: Energy Audit

Consider having an energy audit conducted to identify specific areas in your home where energy can be saved.

## General Notes

### Consistency

Consistent daily efforts in energy conservation are more effective than intermittent large gestures.

### Education and Awareness

Educate all household members about these steps to ensure everyone contributes to energy conservation.