

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.

