



UNIVERSITY OF
FLORIDA

IFAS EXTENSION

Keeping it Safe: Energy Conservation=More Money¹

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Heating and cooling your home uses more energy and takes up more money than any other system in your home. No matter what kind of heating, ventilation, and air-conditioning system you have, you can save money and increase comfort by properly maintaining the equipment.

Heating Tips

- Clean or change your filters once a month.
- Set your thermostat as low as is comfortable. In cooler weather, instead of turning your thermostat up, put on a sweater and an extra pair of socks.
- Open your curtains or draperies during the day to let in the warm sun and close them at night.
- Make sure your home is properly insulated and has good ventilation.
- Weather-strip any cracks or openings around your windows and doors.
- Make sure your furniture isn't blocking vents and outlets for warm air.

Lighting

- Turn off lights in rooms you are not using.
- Use new energy efficient bulbs in your lamps.

Hot Water

- Set your water heater thermostat to 120° Fahrenheit.
- When washing your clothes, use the appropriate load setting. Don't wash a small amount of clothing on the large load setting. (Correct settings also get clothes cleaner.)
- Clean the lint screen in your dryer each time you start a new load.
- Install a low-flow showerhead and low-flow faucets.
- Repair leaky faucets quickly.
- Use cold water when you run your garbage disposal.

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- When you wash your dishes, fill the sink with hot, soapy water instead of letting the water run.

Air Conditioners

- If you have ceiling fans, use them! They can make your room very comfortable and use much less energy than running the air conditioner all the time.
- Set the thermostat at 78 degrees or higher. Wear light clothing to be comfortable and save energy.
- Don't put lamps or televisions near your thermostat. These appliances give off heat that the thermostat will register.
- Check the filters once a month. Change them when they get dirty.
- If you have a window unit, make sure there are no holes in the seal between the unit and the window frame—cool air could seep out.