

Q: How does lowering your thermostat save you money?

A: For every degree a thermostat is set back for 8 hours, you save approximately 1% of your heating bill.

It actually costs less to warm up a cool house than it does to keep the house at a constant higher temperature.

Calculate how much you can save below:						
	8-Hour Period	Current Temperature		New Temperature		Degrees Reduced
Step 1	Mornings and Evenings	°F	–	°F	=	
	Day-time Hours (Work and School)	°F	–	°F	=	
	Night-time Hours (Sleeping)	°F	–	°F	=	
Step 2	Total Percentage Savings: Add the degrees reduced (step 1) and divide by 100 (ex: if degrees reduced equals 5, use 0.05)					
Step 3	Estimated Heating Costs: Refer to your utility or fuel bill(s) and estimate cost to heat home for one season					\$
Step 4	Savings: Multiply your Total Percent Savings (step 2) by your Estimated Heating Costs (step 3) to see how much you may save by adjusting your thermostat					\$

ENERGY SAVINGS ACTIONS



To reduce my monthly energy costs, I will take the following actions:

Actions	Results
1	
2	
3	
4	
5	
6	
7	

Name: _____

Every small action can lead to BIG energy savings and money in your pocket.