Tip Sheet: Saving Energy and Money with a Programmable or WiFi Thermostat

Basic Action: Install and use a programmable or WiFi Thermostat and set your temperature lower during sleeping hours or when you are away from home for an extended time (8+ hours.)

Advanced: Lower your thermostat settings 2 degrees lower than you run them now if they are 57 degrees or warmer—or—help a friend install a programmable or WiFi thermostat.

Tips for keeping warm
- Wear extra layers, like sweaters or a base layer to keep you comfortable in cooler temperatures.
- Stay active. Movement helps warm you up.
- Sleep under blankets and comforters at night.
- Avoid using your fireplace unless you have a high-efficiency unit. The fireplace sucks warm air up the chimney and out of the building. The open flu allows in chilly air after the flames are out.
- Although you can adjust thermostats manually, the programmable kind will keep you more comfortable because they can automatically warm the house for the regular time you get up or return home.

Other tips
- Lowering the thermostat in winter lengthens the life of your HVAC equipment because the difference between the inside setting and the outside temperature is smaller. Equipment will not need to work as hard and not need to switch on and off as often.
- If you are away for a weekend or more, setting the thermostat for 55 degrees will save on heating. You save fuel for those hours you are away and it should still keep your pipes from freezing if they are in a room temperature environment.
- Turning down the residential heat reduces a bit how much your refrigerator and freezer need to work to maintain their coolness.
- You can temporarily override your programmed settings manually without having to change the pre-set settings.
- Keep in mind that cranking the heat up to 90 does not heat the any home faster.
- If you rent and cannot get a programmable thermostat, you can still save energy and money by turning down your heat manually for the night by 5 to 10 degrees and then up when you awake.