

These ten energy tips can give you greater control over your energy use, less climate impact and more money left over in your wallet. Try them for yourself!

1. Heating

- If you lower the indoor temperature by one degree you reduce the heating cost by five percent.
- Heat can be better distributed in rooms if there is no furniture in front of radiators.

2. Hot water

- If you shower for ten minutes a day, this costs up to SEK 2,000 per year.
- With an energy efficient shower nozzle and faucets, you can cut your water use in half.
- Set the temperature on the hot water heater to 60 degrees.

3. Devices in standby mode

- Devices in standby mode waste electricity. This applies for TVs and all devices with remote controls, along with computers and battery chargers. Leaving them in standby mode creates an unnecessary cost. Turn them off!
- Use a power strip with a switch that can be turned off when the devices are not being used.

4. Cooking

- An electric water boiler is the most energy-efficient way to boil water.
- Putting a lid on a saucepan saves approximately 30 percent of the energy compared to cooking without a lid.
- Defrost food in the refrigerator instead of the microwave oven.

5. Food storage

- Refrigerators and freezers use a lot of energy since they are on all the time. Buy an energy-efficient model when you replace these, marked A+ or A++.
- By having the right temperature in the freezer (-18 degrees), refrigerator (approximately +5 degrees), and by dusting off the backs of these, electricity use is kept at a minimum.

6. Lighting

- Changing to low-energy light bulbs and LED lighting is a simple way to reduce energy costs. You can save several hundred kronor for every bulb that you switch to a better alternative.
- Select fittings and light bulbs that provide good lighting. Avoid energy-intensive light bulbs and halogen bulbs, especially in lighting that is turned on for a long time.

7. Dishwashing and laundry

- When you use dishwashers and washing machines, save energy by filling the entire machine and having low dishwashing and washer temperatures.
- Spin the wash at a high speed so it will dry faster and use less electricity.

8. Electricity bills

- Electricity generation causes many environmental problems. By selecting electricity that is produced with renewable energy sources such as wind power and hydro power, (for example, *Bra Miljöval* electricity) you can contribute to a better environment. Review your electricity contract and be active in selecting an electricity supplier so that you can reduce both costs and your environmental impact.

9. New types of energy?

- If you live in your own house and heat it using direct electric heating or oil – consider changing. Connecting to district heating, or installing a pellet system or heat pump often pays off and results in major environmental gains. Complement this with solar heat.

10. Transport

- When you drive a car – by selecting an environmentally friendly model and driving smoothly and with the right tire pressure, you can reduce fuel consumption by up to 20 percent.
- Choose to travel by train instead of plane since trains are over 50 times more energy-efficient. Ride a bike more often!