



10 point checklist

Here are some simple measures you can put into action today.

1. Turning your thermostat down by 1°C could cut your heating bills by up to 10% and save you around £30 per year.
2. Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.
3. Close your curtains at dusk to stop heat escaping through the windows.
4. Always turn off the lights when you leave a room.
5. Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily.
6. If you're not filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme.
7. Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).
8. In just one day, a dripping hot water tap wastes enough water to fill a bath. Make sure they're turned off.
9. Replace your light bulbs with energy saving recommended ones: just one can reduce your lighting costs by up to £78 over the lifetime of the bulb – and they last up to 12 times longer than ordinary light bulbs.
10. Do a [home energy check](#). Just answer some simple questions about your home and we'll give you a free, impartial report telling you how you can cut up to £250 a year on your household energy bills.

Why not visit our website at www.saveyour20percent.co.uk and complete a home energy check or call 0800 512 012 and find out more about saving energy.