

Planetary Wellbeing

Cut Pollution & Toxicity

- Cleaning & Laundry
- Green Carwash
- Low-Toxin Manufacturing
- Natural Garden & Lawn Care
 - Organic & Sustainable Agriculture
- Pest Control
- Plant-Based Eating
- Zero Emissions
- Zero Toxin Parenting

Ensure Animal Wellness

Guard Water Resources

Ocean Awareness

Protect Biodiversity

Reduce Resource Consumption

Save Energy & Climate

Mani Madness



[Shop all mani madness](#)



SHOP GLAMOUR SHOTS

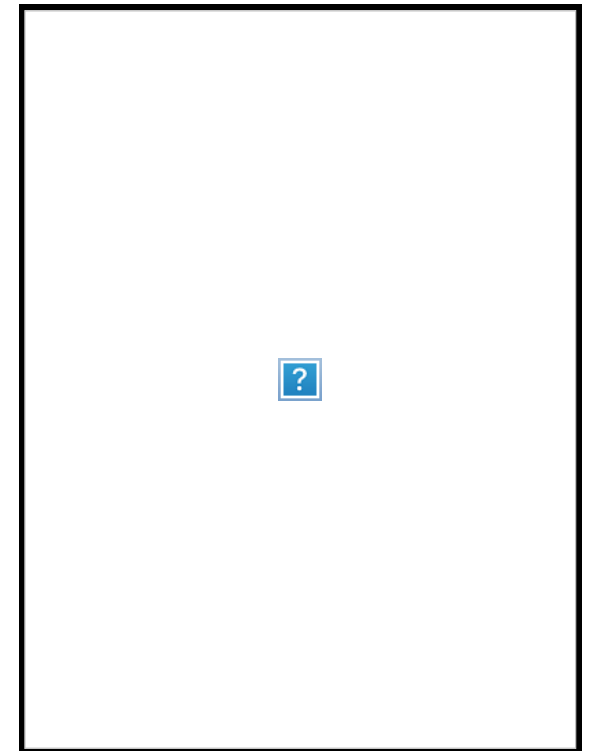
Proper Thermostat Settings Save Costs

Share: Like 2

Thermostats allow us to customize the temperature of our homes for maximum comfort. Yet through bad habits and forgetfulness, we often use more energy to heat and cool our homes than is necessary, costing us more in monthly energy bills than is necessary. So use our Hearts guide to achieve optimal thermostat settings for shrinking your carbon footprint, **lowering your utility bills, and saving money.**

Quick Facts: Savings from Thermostat Settings

- **54% energy bill spent on heating and cooling:** The heating and cooling systems in our homes make up 54% of the total energy bill that we pay each month.^[i]
- **\$15-\$40 saved yearly by lowering winter setting by 1 degree F:** Households who decrease their thermostat settings by 1 degree Fahrenheit can actualize savings of up to \$40 per year.^[ii]
- **2-4% saved by raising summer setting by 1 degree F:** For each degree that the thermostat is raised in the summer, electricity costs go down 2-4%.^[iii]



Take Action! Setting Thermostats for Maximum Energy and Money Savings

1. **At-home ideal summer thermostat setting:** 78 degrees Fahrenheit (F).
2. **Away from home ideal summer thermostat setting:** 85 degrees F (or turned off).
3. **At-home ideal winter thermostat setting:** 68 degrees F (lower while you sleep).
4. **Away from home ideal winter thermostat setting:** 55 degrees F or completely off.
5. **Install a programmable thermostat:** Programmable thermostats let you obtain even greater **savings on energy costs** by allowing you to create multiple settings according to the recommendations above that will automatically kick in without you having to remember. Automating the thermostat greatly improves your utility bill savings. You may even want to try a learning thermostat like **Nest** that gets to know your habits through your input and your schedule.

Dig Deeper: Programmable Thermostats

- Learn more about programmable thermostats and the [guidelines on proper use](#) from **ENERGY STAR**.

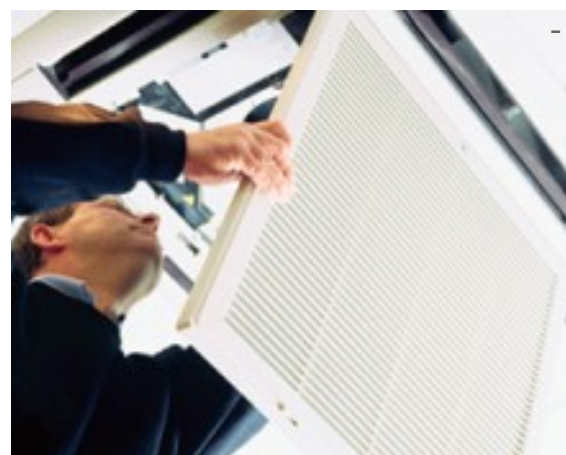
Images By: [grantsewell](#)

References

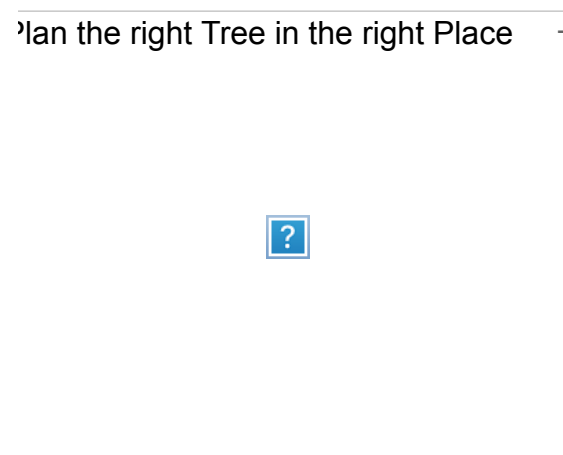
References

Share: Like 0

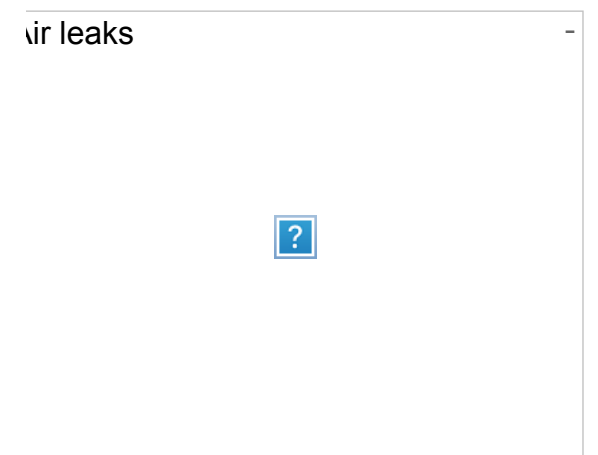
Related Articles



Regular Air Conditioner Maintenance for Saving on Home Energy Bills



Using Trees to Save Money and Energy



Air Sealing and More Energy Efficient Homes

Comments

0 Comments

Sort by Oldest



Add a comment...

Facebook Comments Plugin

