

Planetary Wellbeing

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Right-Sized Air Conditioners Allows for High Efficiency

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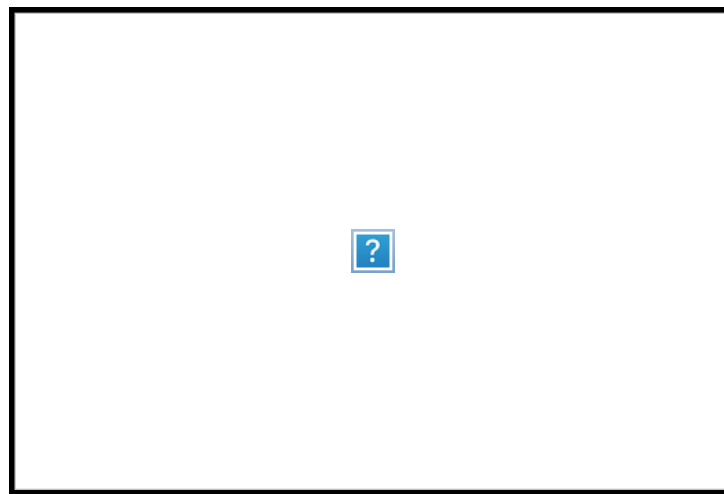
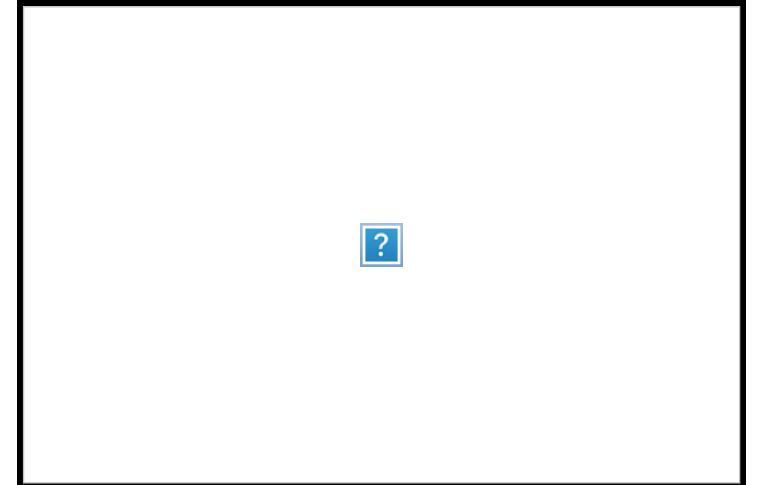
Air conditioners keep us cool and comfortable especially inside our homes. We can maximize the efficiency of air conditioners by making sure that the right size is used for its purpose. Having a unit that is too large or too small will rack up **unnecessary electricity expenses** and result in poor performance, but no more if your follow Hearts' advice here!

Quick Facts: Oversized Air Conditioners

- **30% of US homes have oversized air conditioning systems:** As a result, they do not work as efficiently as they should because they are too big for the room they are meant to cool.^[i]

- **9% higher electricity bills with oversized air conditioners:** This is true if your air conditioner is approximately 50% bigger than it should be.^[ii]

- **Up to \$1,400 spent by some on air conditioning annually:** To cool a midrise apartment sized room in California all day and all week would cost about \$1,400 a year.^[iii] This is 13% of the total energy use in homes.^[iv]



Take Action! Right-Sized Air Conditioning Systems

1. **When room air conditioners are appropriate:** Whether to get a room air conditioner or a central air conditioner is dependent on your needs. If you simply wish to cool one room – the one you sleep in, for instance – a room or window air conditioner is best. They are less efficient but they cost less to operate if used for a single room only. To find out more about room air conditioner efficiency, check out the [Department of Energy](#) (DOE) website.
2. **Sizing a room air conditioner:** The [ENERGY STAR](#) website provides a great resource on sizing room air conditioners.
3. **When central air conditioners are appropriate:** If you wish to cool your entire home and you have the ductwork structure required to keep it efficient, **central air conditioning is best.** Use the DOE [Central Air Conditioning guide](#) to determine whether a central air conditioning unit is appropriate for you.
4. **Sizing a central air conditioner:** Factors like its location, the insulation properties of your home, and whether a duct system is installed are used to determine sizing for this type. [This Old House](#) has very helpful tips in sizing up the central air conditioning system you might need.

Dig Deeper: Installing Right-Size Air Conditioners

- The [Air Conditioning Contractors of America](#) discusses the importance of size and design when installing new room or central air conditioners.

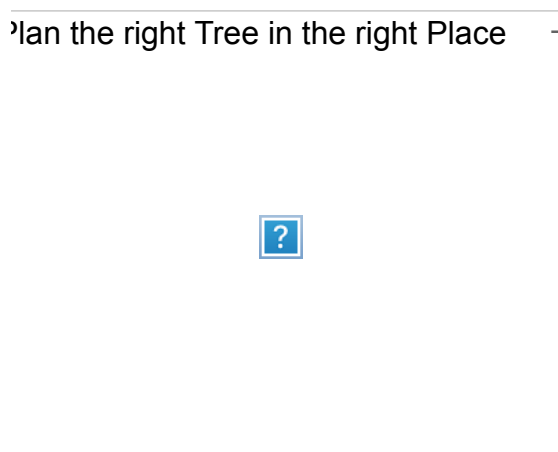
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References

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