



# EASY HABITS FOR SAVING ENERGY DAILY

We have more electronics than ever today, from cellphone chargers to set-top boxes to microwaves—the list goes on. Having so many different appliances drawing power can lead to excessive energy use if you aren't careful. Luckily, taking simple steps to change daily habits can have a big impact on reducing your energy use. Consider these quick tips for saving energy:

## STAY WARM WITHOUT CRANKING UP THE HEAT

- ✓ Open blinds during the day to let in light and natural heat
- ✓ Try a sweater, blanket or cozy slippers before turning up your thermostat
- ✓ Set your thermostat to 68 degrees or less

## ENCOURAGE OTHERS TO CONSERVE ENERGY

- ✓ Post "turn it off" reminders near light switches
- ✓ Turn energy savings into a game by challenging neighbors and friends to take action
- ✓ Remind others in your household to unplug chargers when not in use

## SPEND LESS ENERGY WHILE AT HOME

- ✓ Use natural light and LED task lighting where you sit or work, rather than overhead lights
- ✓ Choose energy-saving cooking options such as microwaves and small cookers rather than ovens and stove tops
- ✓ Disable your screensaver and turn off your computer at the end of the day
- ✓ Use a smart power strip so that unused devices don't waste energy



This project is in collaboration with Energy Trust of Oregon's Strategic Energy Management program. Learn more at [www.energytrust.org/MultifamilySEM](http://www.energytrust.org/MultifamilySEM).



Choosing ENERGY STAR® certified products, including modems and routers, set-top boxes, computers and TVs can save 25% more energy compared to standard models.