Quick tips to save energy in your home

Switch off standby - just by remembering to turn your appliances off standby mode. Almost all electrical appliances can be turned off at the plug without upsetting their programming. You may want to think about getting a standby saver or smart plug which allows you to turn all your appliances off standby in one go.

Turn off lights - Turn your lights off when you're not using them or when you leave a room.

Be careful with your washing
- Use your washing machine on a 30-degree cycle instead of higher temperatures.
- Reduce your washing machine use by one run per week for a year.
- Only use the machine when it is full.

**Avoid the tumble dryer -** dry clothes on racks inside where possible or outside in warmer weather.

Spend less time in the shower - Keeping your shower time to just 4 minutes could save money and water.

Swap your bath for a shower - Some of us might enjoy a long soak in the bath, but swapping just one bath a week with a 4-minute shower could save you money and water.

Don't over fill the kettle - Kettles are one of the most used appliances in the kitchen. But many of us will admit that we at least occasionally boil the kettle with more water than we're going to use.

Don't Overfill Kettle

Fill your dishwasher and use the eco setting - Only run your dishwasher when it is full to reduce the amount of water you use. Using the eco setting heats water more slowly, using less energy.
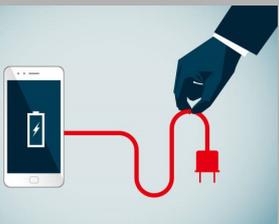
Unplug all your chargers - Across the country, people are unnecessarily over-charging their mobile phones, tablets and laptops. As soon as your device is fully charged, try and get into the habit of unplugging it. Not only will this save energy, it also prolongs battery life.

Close your curtains at night
When dusk falls, closing your curtains will help your home retain that heat. This helps keep warmth in the room – but try not to drape them over radiators