



# TIPS TO STAY WARM AND SAVE ENERGY THIS WINTER

During the colder parts of the year, it can be tricky to stay warm without cranking up the heat. Fortunately, there are methods to help you stay warm that don't involve increasing your utility bill. Check out the following tips and tricks to help you save energy and money this winter.



## ADJUST YOUR THERMOSTAT

- Set your thermostat to 68 degrees or lower when you're at home and dress in layers to stay comfortable.
- Set your thermostat to 60 degrees or lower when you're away. Not only does this save energy, but it also keeps the home warm enough to reheat quickly.
- Be patient. Allow 15 minutes for your home to warm up after adjusting the thermostat.



## WATCH YOUR WINDOWS

- Open your curtains or blinds on sunny days. Allowing the sun to naturally heat your home can reduce your heating use - with the added benefit of requiring less electricity to power your lights.
- Close windows when the heat is turned on. Don't let the heat go to waste!
- Make sure your windows and doors aren't drafty. If you feel cold air around doors and windows, let your maintenance team know. Draft stopping (sealing) air leaks can save energy that would have been spent heating cold air.



## USE CAUTION WITH SPACE HEATERS

- Plug directly into wall outlets only and look for a safety certification. If you prefer to use a space heater, make sure that it is safety certified by an independent testing laboratory such as Underwriter's Laboratory (UL). Safety comes first!
- Turn off and unplug unattended space heaters. Why waste energy when you're not around?
- Choose a heater with an automatic timer - they avoid the energy waste of overheating a room.



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

