

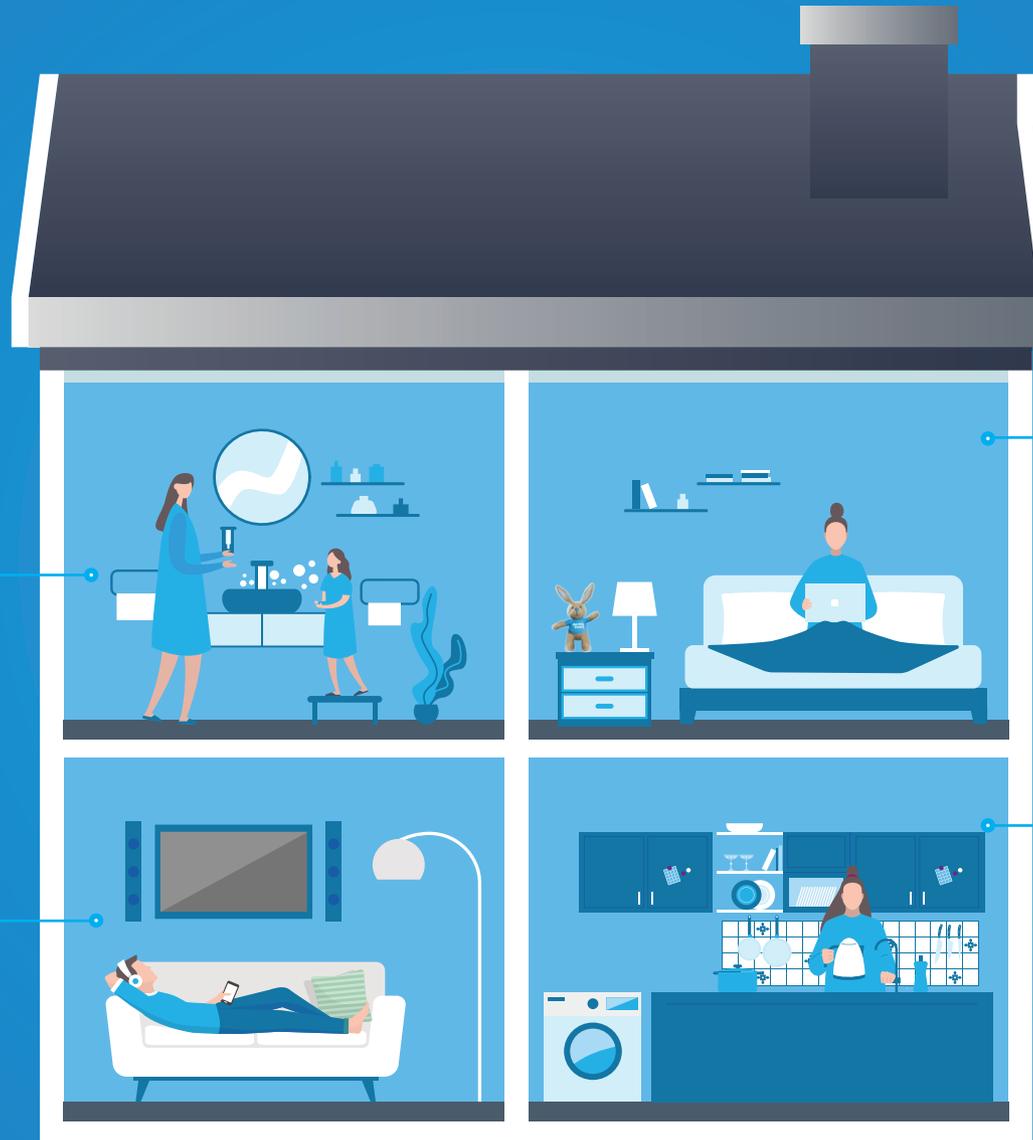
A room-by-room guide to becoming more energy efficient, helping your household save energy and enjoy **#SmarterLiving** with Electric Ireland. **Check out our tips below:**

1 Bathroom

- ✓ **Only use the ventilation fan when needed** and turn it off after use. Leaving it on for hours will only increase your electricity bill.
- ✓ **Switch out baths with showers.** A shower typically uses 20% of the energy compared to a full bath.
- ✓ **Don't leave the hot tap running.** Why not put a plug in the sink and use only the water you need so you avoid money going down the drain!

2 Living Room

- ✓ **Switching your TV off at the plug every night** – leaving your TV on when you're not watching can use 20% of your household energy.
- ✓ **Keep curtains above radiators** as they will absorb the heat and stop it from circulating around the room.
- ✓ **Turn lamps or lights off when leaving the room** to control consumption and use dimmer lights where you can.
- ✓ **Cover any unused chimneys** to keep the heat in and the draught out.



3 Bedroom

- ✓ **Unplug that charger.** Don't charge your phone overnight even though it's tempting, as this can consume a substantial amount of unnecessary energy.
- ✓ **Turn off your electric blanket.** If using electric blankets, heat for a short period of time before getting into bed and then turn it off at the plug.
- ✓ **Invest in seasonal bedding.** Using a thick and cosy duvet in winter will make you less reliant on your central heating.
- ✓ **Turn your thermostat down** by just 1 degree while you're warm and cosy in bed could help you save up to £60 per year.
- ✓ **Add a rug.** If you don't have carpet, a rug can act as a simple and cost-effective form of floor insulation blocking draughts and keeping the space warm.

4 Kitchen

- ✓ **Use the right size pot** for what you're cooking, using a big pot for a small amount of food will take longer to heat up.
- ✓ **Use lids on pots.** This contains the heat and speeds up the cooking process.
- ✓ **Turn off the rings** when the food is almost cooked, and the residual heat will finish the job.
- ✓ **Microwaves use less energy** than the oven so 'ping' cook when you can.
- ✓ **Check the energy rating** when buying a new appliance. We'd recommend spending a little more upfront on an A+++ rated appliance to save on electricity bills over time.