

Here are some simple energy saving tips that will help you to reduce the cost of your energy bill:

1. **Turn off your home computer when it's not being used** – It costs more than £50 a year to have a computer and monitor running 24 hours-a-day. Switching off or putting your equipment on stand-by when it's not being used is likely to prolong its life and will reduce the running cost to around £15 a year.
2. **Intelligent mains controllers** – You can now get electrical extension sockets that are designed to be switched off either by remote control, or that will detect when equipment such as a computer or TV is on or off and will switch off printers or DVD players accordingly.
3. **Switch off lights in empty rooms** – Reduce the cost of lighting by as much as 15%, just by switching off lights in rooms and hallways when you're not using them.
4. **Try not to use more lighting than you need** - If you're sitting in one area of a room, don't keep all the lights on? Don't strain your eyes, but don't have more lights on than necessary.
5. **Only increase the temperature of your central heating when it's really necessary** – Try to keep your thermostat at 19°C as your heating costs will increase by 8% each time you increase the temperature by just one degree.
6. **Don't heat unused rooms** – Hallways and spare rooms don't need to be kept as warm as the rooms where you spend more time. Reduce or turn off your central heating when you're out and especially if you are away for the weekend and your house will be empty.
7. **Draught proofing** – Fitting simple draught proofing materials to your doors and windows where you feel draughts can save you around £30 a year.
8. **Loft insulation** – Topping up your existing loft insulation to 270mm thick could save around £60 a year.
9. **Hot water system** – A new 75mm thick insulating jacket for your water tank will cost around £12 to buy and can save you up to £40 per year.
10. **Washing machines** – You will use around 40% less electricity by washing clothes at 30°C rather than 40°C and always try and wash a full load, if you can't, use a half load or economy programme instead.