

Stay Cool & Save Energy This Summer!

Smart Tips for a Cooler Home

Block the Heat

Close curtains, shades, or blinds during the hottest parts of the day to keep the sun out.

Use Fans Strategically

Ceiling and box fans use far less energy than AC. Use them to circulate cool air — just remember to turn them off when you leave the room. Turn ceiling fans to counter clockwise to push cool air down.

Cool Down at Night

Open windows in the evening to let in cooler air. Use window fans to pull in fresh air. Unplug all electronic devices that you are not using.

Unplug Heat-Producing Devices and Avoid Vampire Power

Turn off lights, electronics, and appliances that add heat to your home when not in use. “Stand By” also known as “Vampire Power” is energy used even when powered off or in stand by mode.

Average annual costs:

Device	Standby Power Use	Estimated Yearly Cost
TV (modern, LCD)	~3–5 watts	\$5–\$10
Cable or satellite box	~10–25 watts	\$10–\$25
Game console (off/standby)	~1–15 watts	\$1–\$15
Microwave (display only)	~2–4 watts	\$2–\$5
Phone charger (plugged in, not charging)	~0.5 watts	<\$1
Desktop computer & monitor	~5–20 watts	\$5–\$20

Cook Smart

Grill outside or use the microwave instead of the oven to avoid heating up your kitchen.

Add Shade

Use shade trees, awnings, or outdoor shades to block direct sunlight from windows and walls.

Do Laundry & Dishes at Night

Run heat-producing appliances during cooler hours to reduce indoor heat and energy use.

Take Cool Showers and hydrate!

Refresh yourself while avoiding steam buildup that warms the house. Be sure to drink plenty of water, if you know you will be outside the next day, start filling up the night before.

Set Your Thermostat Wisely. Be practical when setting your thermostat, by adjusting it by just a couple of degrees, it can make a big difference. Be sure to check and change your filters.

Bonus Tip: Switch to energy-efficient LED bulbs — they produce less heat and use less power!