

GET THE MOST OUT OF THERMOSTATS

Heating and cooling are the biggest sources of energy use in buildings, followed by water heaters. With a little adjustment, or an upgrade, you can get the most out of your thermostat and see energy savings that talk to your wallet.



Manual

Average cost: \$25

Average savings: 0%-variable

You are the programmer, just remember to adjust accordingly.



Programmable

Average cost: \$50-\$100

Average savings: 10-20%

Customize from days to weekends or detailed times throughout a day.

Some units programmable via app.



Smart

Average cost: \$150-\$300+

Average savings: 20-26%

Can "learn" from your behavior. Set detailed schedules on device or adjust via an app.

Some pair with individual room sensors.

How To Set a Schedule on a Thermostat

1. **Know your basic schedule**
 - a. wake up
 - b. leave house
 - c. come home
 - d. go to sleep
2. **Plan temperatures accordingly**
 - a. recommended to lower 7-10 degrees below ideal temperature when leaving house and for sleeping
 - b. how long does it really take to heat or cool your spaces?
3. **Build schedule in thermostat**
 - a. simple: weekday vs weekend
 - b. complex: vary throughout day
 - c. vacation mode

Benefits of Programmable or Smart Thermostats:

Save money: don't heat and cool an empty home

Increase energy efficiency: less energy wasted throughout the day

Improve comfort levels: automate changes to work with your schedule

Easy to install and control: most units are easy to install, even by non-professionals. Once installed, set it and forget it.

Optimize your HVAC system: setting your old system on a schedule helps to optimize current efficiency levels and extends the life of your existing system.

Stretch your HVAC's efficiency and energy savings further:

- **Change air filters regularly** (a minimum of every 3 months). Dirty filters make your system work harder to push air through.
- **Weatherize** cracks and gaps in doors and windows.
- **Tune equipment annually.** Find a checklist online or hire an HVAC professional.
- **Clean** the surface of registers, baseboard heaters, and radiators.
- Try not to have these **sources of heat blocked** by furniture, appliances, or drapes.
- **Seal your ducts**, especially in unheated/uncooled parts of the home.
- **Add insulation** to attics and crawlspaces.
- When it's time to replace, **install ENERGY STAR certified** heating and cooling equipment that is suitable and sized correctly for your home.
- Consider switching to heat pump technology.

Note that standard programmable and smart thermostats are not compatible with heat pumps, electric resistance heating, steam heat, and radiant floor heating. Look for compatible models, as these heat systems are not designed for short sessions of scaled-back heating.