

# Tips to save energy in your home

## Adjust your thermostat

The NHS recommends you heat your home to at least 18 degrees, and that it should certainly not be below 16 degrees for elderly people and those with impaired mobility.

But with the average UK thermostat set to 20°C, there is some wiggle room to reduce your thermostat's set temperature, and reduce your energy use, if you set it high out of habit rather than necessity. On milder days, nudging your thermostat down will reduce your energy bills.

The Energy Saving Trust says that every degree you increase your temperature by could up your heating bill by 10%.

## Boiler Service

Getting an MOT for your car flags any potential issues before they become a major problem, and means your car keeps working as well as it can.

The same principle goes for heating your home. If you want your boiler to be doing its best work as efficiently as it can, it needs to be kept in top working order.

An annual service will ensure your heating system is safe and your heating system performs efficiently.

Rykneld Homes carry out an annual service on your boiler and the Engineer will set your appliance to the most economical settings. You can help by allowing us access to your property to complete this essential service.

## Close the curtains

Drawing your curtains at dusk can reduce heat loss by around 15-17%. With blinds, the figure is a little lower at 13-14%, but the difference is enough to make closing them worth it.

## Space around radiators

You can reduce your heating costs by ensuring each radiator in your home is able to circulate heat properly. For example, moving furniture away from them, not using radiator cabinets to disguise them, and making sure they're not hidden behind curtains.

If the radiators are blocked it means air cannot easily be circulated around the room, so your heating will be on for longer than necessary to get the room up to temperature.



**If you would benefit from advice about how to use your heating controls efficiently then please contact us and we can provide a qualified Gas Engineer to visit your home.**

## Time your heating

A timer allows you to schedule when your boiler turns on and off over a 24-hour period, so you don't have to do it manually yourself. A programmer gives you even more options, allowing you to set different times and temperatures throughout the week.

When you're setting up your heating schedule, don't forget to keep it switched off at times when you might be home and not need the heating on. Such as during the night.

Consider setting it to switch the heating off 20 minutes before you usually go out, as there will still be residual heat in your home.