

Saving Energy

Practical skills

The behavioural changes that actually reduce bills, in order.

Approximate share of a typical home's energy use.

Use	Share	Lever
Space heating	~55%	Thermostat, controls, insulation
Hot water	~20%	Shorter showers, lower tank temp
Appliances	~15%	Efficient models, full loads
Lighting	~5%	LED throughout
Cooking	~5%	Lids, right-sized pans

Turning the thermostat down 1°C typically cuts heating use by several percent. Nothing else is that cheap.