



Insulation and secondary glazing

With the right kind of loft, cavity wall, and floor insulation, you could cut your bills by over **£250/year**, which could save up to **1000 kg/year of carbon emissions**.



According to USwitch, around 20% of your home's heat is lost through single glazed windows. By installing A-rated double glazing windows, you could save around **£155/year**, and **410kg of CO2** emissions could be avoided.

Other things you can do:

- Hanging up thick curtains
- DIY draught-proofing windows, doors, cracks on the wall/floor (draught-excluder tape)
- Secondary glazing (transparent film, temporary secondary glazing, semi-permanent secondary glazing)
- Draught-proofing letterboxes and keyholes
- Sealing unused chimneys
- Putting thermal underlay beneath carpets

Turn your temperature down by 1°C

Make sure your clothing is layered on cold days, even if you're not leaving the house. Layering is an easy way to keep yourself warm.



You can also turn the thermostat 1 or 2 degrees lower. Turning the room temperature down by 1°C could save around **£100/year**, saving **340kg CO2** per year. The recommended temperature for a home is between 18 and 21°C.

Other things you can do:

- Placing reflector sheets behind the radiators
- Turning down the heating for the night when no one's home
- Pre-heating the bed or seats with hot bottles

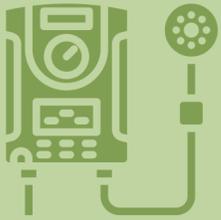
Shortening showers



Reducing your showers by about 2 minutes could save you **£43/year**. Using an energy-efficient shower head could save you around **£120/year**.

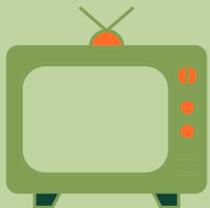


Adjust your boiler to 60°C



Adjusting the boiler to a lower water flow temperature could save 8% on your gas bills. Selecting 60°C can save **£180/year** for a medium-sized household. The CO2 savings are about **480kg CO2**. Putting on a hot water cylinder wrap will also make a difference.

Turn off old appliances



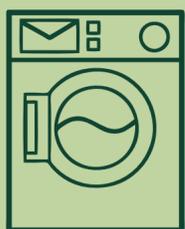
Turning off old appliances rather than just leaving them on standby saves around **£90 a year**. This small measure can reduce carbon emissions by up to **98kg/year**.

Use energy-saving light bulbs



Switching old incandescent lightbulbs to newer, LED lightbulbs is one of the best ways to reduce carbon. Each lightbulb replaced saves up to **£78 throughout its lifetime**, which is 12 times longer than the classic ones. The switch pays itself off after one year and would also reduce your energy bill by 3%! The amount of CO2 saved is around **85kg/lightbulb**.

Wash at a lower temperature



Washing your clothes at a low temperature is not only gentle to the material but will also save some energy. Washing on 30°C instead of 40°C could save you around **£45/year** and **27 kg of CO2**.

Dry your clothes outside whenever you can



Using a washing line or clothes airer and ditching your tumble dryer could save you **£120/year** and **72kg of CO2**. Drying outside can also help prevent damp and mould problems.