



NEW YORK STATE SENATOR

Thomas F. O'Mara

Saving Energy, Saving Money: Energy Tips for Residents in the 53rd Senate District

THOMAS F. O'MARA December 28, 2010



Don't be left out in the cold with high heating bills:

Lower the thermostat

-- For every one degree you set back your thermostat, you can save 1 to 3 percent on your annual heating bill.

-- Turn down your thermostat when you leave your house for two or more hours. It takes less energy to warm a cool house than to maintain a higher temperature all day and night.

-- An automatic setback thermostat can cut heating costs by raising and lowering the temperature at preset times.

Keep out the cold

-- Check for insulation in your attic, walls, ceiling and floors, and install more if possible.

-- Inexpensive weather-stripping around doors and windows can stop cold drafts.

-- Replace cracked windows and use easy-to-install storm window kits to keep out breezes.

-- Close your curtains at night to keep warm air inside.

Conserve energy

-- Turn off lights in empty rooms.

-- Shut off heat to unused rooms.

-- Run major appliances (washers, dryers, dishwashers, pool motors) before 10 a.m. and after 9 p.m.