

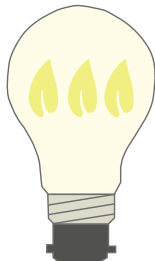
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40% of all energy goes to supply heat, hot water and electricity to buildings. We will give you some tips to reduce your energy costs and contribute to reducing climate change:

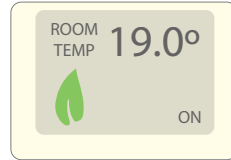
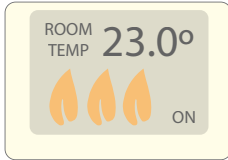
## **Lighting:**

- Incandescent lights should be turned off whenever they are not needed. 90% of the energy they use is given off as heat, and only 10% in light, being the most inefficient system.
- Halogen lights should also be turned off whenever they are not used. They are more efficient than incandescent but less than CLF or LEDs.
- CLF lighting is very efficient, but it's operating life is affected by the number of times it is switched on and off.  
As a rule of thumb:
  - If you will be out of the room 15 min or less, leave it on.
  - If you will be out more than 15 min, turn it off.
- LED lighting is unaffected by turning it off and on, and it turns on at full brightness almost instantly.

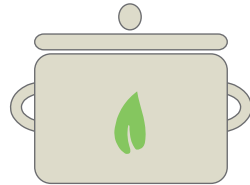


## **Heat:**

- Room temperatures should be set between 18 and 20°C. Turning the thermostat down 1°C can save 6% of your heating energy.

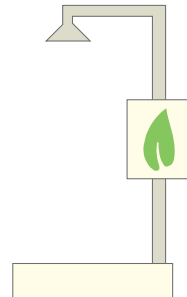
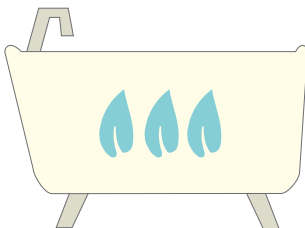


- Covering the pans with lids while cooking can save 30% of the energy.



## **Water:**

- A bath uses 3 times more water and energy than a shower.





## Promotion of energy efficiency in domestic households