



Dial Down/ Bundle Up

Information on turning down the thermostat
and how it affects your utility bills



Dollar Store Deals

You can purchase items to keep you warm, such as:

- ◇ Hats
- ◇ Socks
- ◇ Gloves/mittens
- ◇ Soup
- ◇ Tea
- ◇ Coffee, to name a few.

There are several ways to stay warm while dialing down and we have provided a few ideas for you.

You can also use a 2 liter bottle to fill with hot water to place under your blankets to warm up your bed, or under a blanket during the day.

You can make a homemade heating pad from socks and rice. Just take a pair of socks (no synthetic materials) and 1-1/2 cup of rice.

Pour the rice into one sock and tie a knot at the top of the sock and then place that sock into the other sock and again tie a knot at top of sock.

Place the sock heating pad into the microwave for 1-2 minutes (make sure to keep an eye on this so it doesn't smoke). Place the heating pad anywhere you want to keep warm. You will be amazed how long this pad will stay warm. This is also good for use when you strain your muscles.

Wearing multiple layers of clothing is another way to stay warm when dialing down.

Put blankets on uncarpeted floors to keep them warm.

The internet is a great place to research ways of staying warm that doesn't cost a lot, or even cost any money.

PROGRAMMABLE THERMOSTATS

Programmable versus Non-Programmable

- * A regular thermostat works simply by sensing the air temperature in a room and switching the heat on when the temperature drops below the set temperature. While a programmable thermostat still works in that manner, it also allows you to choose times during the day/night to be set at varying temperatures.
- * Using a programmable thermostat, you can adjust the times you turn on the heating or air conditioning according to a pre-set schedule. Programmable thermostats can store and repeat multiple daily settings (four or more temperature settings a day) that you can manually override without affecting the rest of the daily or weekly program.

How will a programmable thermostat make a difference?

- * You can save as much as 10% a year on heating and cooling by simply turning your thermostat back 7° - 10° F for 8 hours a day from its normal setting (with proper installation of a programmable thermostat, it can save a household up to \$180 per year)
- * You can easily save energy in the winter by setting the thermostat to 68° F while you're awake and setting it lower while you're asleep or away from home.
- * In the summer, you can follow the same strategy with central air conditioning by keeping your house warmer than normal when you are away, and setting the thermostat to 78° F only when you are at home. Set your thermostat as high a temperature as comfortably possible and ensure humidity control, if needed. **The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.**
- * Although thermostats can be adjusted manually, programmable thermostats will avoid any discomfort by returning temperatures to normal before you wake or return home.
- * Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and, therefore, unnecessary expense. A common misconception associated with thermostats is that a furnace works harder to warm the space back to a comfortable temperature after the thermostat has been set back, resulting in little or no savings. In fact, **as soon as your house drops below its normal temperature, it will lose energy to the surrounding environment more slowly. The lower the interior temperature, the slower the heat loss.** The longer your house remains at the lower temperature, the more energy you save, because your house has lost less energy that it would have at the higher temperature. The same concept applies to raising your thermostat setting in the summer.
- * If you choose to stay with your manual thermostat, you can still start saving on your energy usage immediately by adjusting your temperature daily before you leave the house and when you go to sleep. Typically, adjusting temperature 5-8 degrees.

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