

HOW TO SAVE MONEY WITH THERMOSTAT

MASTERING YOUR THERMOSTAT: THE ULTIMATE GUIDE TO SAVING MONEY ON ENERGY BILLS

HOW TO SAVE MONEY WITH THERMOSTAT IS A QUESTION ON MANY HOMEOWNERS' MINDS AS ENERGY COSTS CONTINUE TO RISE. EFFECTIVELY MANAGING YOUR HOME'S HEATING AND COOLING SYSTEM THROUGH SMART THERMOSTAT USAGE CAN LEAD TO SIGNIFICANT SAVINGS ON YOUR MONTHLY UTILITY BILLS. THIS COMPREHENSIVE GUIDE WILL DELVE INTO THE VARIOUS STRATEGIES AND TECHNIQUES YOU CAN EMPLOY, FROM UNDERSTANDING BASIC SETTINGS TO LEVERAGING ADVANCED FEATURES OF MODERN THERMOSTATS. WE WILL EXPLORE HOW OPTIMIZING TEMPERATURE SETTINGS, UTILIZING PROGRAMMABLE AND SMART THERMOSTATS, AND PERFORMING REGULAR MAINTENANCE CAN COLLECTIVELY CONTRIBUTE TO A MORE ENERGY-EFFICIENT AND COST-EFFECTIVE HOME ENVIRONMENT. BY THE END OF THIS ARTICLE, YOU WILL BE EQUIPPED WITH THE KNOWLEDGE TO MAKE INFORMED DECISIONS ABOUT YOUR THERMOSTAT, ENSURING MAXIMUM COMFORT WHILE MINIMIZING UNNECESSARY ENERGY EXPENDITURE.

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UNDERSTANDING YOUR THERMOSTAT'S ROLE IN ENERGY SAVINGS

THE THERMOSTAT IS THE COMMAND CENTER FOR YOUR HOME'S HEATING AND COOLING SYSTEM, A CRUCIAL COMPONENT THAT DIRECTLY INFLUENCES YOUR ENERGY CONSUMPTION. IT REGULATES THE TEMPERATURE BY SIGNALING YOUR FURNACE OR AIR CONDITIONER TO TURN ON OR OFF. IMPROPER USE OR OUTDATED SETTINGS CAN LEAD TO SUBSTANTIAL ENERGY WASTE, TRANSLATING INTO HIGHER UTILITY BILLS. UNDERSTANDING THIS CENTRAL ROLE IS THE FIRST STEP TOWARD UNLOCKING SIGNIFICANT SAVINGS.

THE ENERGY REQUIRED TO HEAT OR COOL A HOME CONSTITUTES A MAJOR PORTION OF HOUSEHOLD ENERGY EXPENSES. EVEN MINOR ADJUSTMENTS TO HOW YOU OPERATE YOUR THERMOSTAT CAN HAVE A CUMULATIVE EFFECT OVER TIME. FOR INSTANCE, MAINTAINING A CONSISTENT, SLIGHTLY LOWER TEMPERATURE DURING WINTER OR A SLIGHTLY HIGHER TEMPERATURE DURING SUMMER WHEN YOU ARE HOME CAN LEAD TO NOTICEABLE REDUCTIONS IN ENERGY USAGE. CONVERSELY, FREQUENTLY OVERRIDING SETTINGS OR LEAVING YOUR SYSTEM RUNNING UNNECESSARILY CAN QUICKLY INFLATE YOUR COSTS.

BASIC THERMOSTAT STRATEGIES FOR COST REDUCTION

IMPLEMENTING SIMPLE, FOUNDATIONAL STRATEGIES WITH YOUR EXISTING THERMOSTAT CAN YIELD IMMEDIATE SAVINGS. THE MOST STRAIGHTFORWARD APPROACH INVOLVES ADJUSTING THE TEMPERATURE SETPOINTS BASED ON OCCUPANCY AND TIME OF DAY. EVEN MANUAL ADJUSTMENTS CAN BE EFFECTIVE IF DONE CONSISTENTLY. FOR EXAMPLE, LOWERING THE THERMOSTAT BY A FEW DEGREES WHEN YOU LEAVE THE HOUSE OR GO TO SLEEP CAN PREVENT THE SYSTEM FROM WORKING HARDER THAN NECESSARY.

SETTING IDEAL TEMPERATURES FOR SAVINGS

THE U.S. DEPARTMENT OF ENERGY RECOMMENDS SPECIFIC TEMPERATURE RANGES FOR OPTIMAL ENERGY SAVINGS WHEN YOU ARE HOME AND AWAY. DURING WINTER, SETTING YOUR THERMOSTAT TO 68°F (20°C) WHEN YOU ARE AWAKE AND PRESENT IS

GENERALLY CONSIDERED COMFORTABLE AND ENERGY-EFFICIENT. WHEN YOU ARE SLEEPING OR AWAY FROM HOME, LOWERING THE TEMPERATURE BY 7-10°F (4-6°C) CAN SAVE UP TO 10% ANNUALLY ON HEATING AND COOLING COSTS. SIMILARLY, DURING SUMMER, SETTING YOUR THERMOSTAT TO 78°F (26°C) WHEN YOU ARE HOME AND INCREASING IT WHEN YOU ARE AWAY CAN CONTRIBUTE TO SAVINGS.

MANUAL ADJUSTMENTS FOR SEASONAL SHIFTS

MANUALLY ADJUSTING YOUR THERMOSTAT AS SEASONS CHANGE IS A FUNDAMENTAL PRACTICE. IN THE FALL, AS TEMPERATURES BEGIN TO COOL, YOU CAN GRADUALLY REDUCE YOUR RELIANCE ON THE HEATING SYSTEM. CONVERSELY, IN THE SPRING, AS WARMER DAYS EMERGE, YOU CAN START TO USE YOUR AIR CONDITIONING MORE JUDICIOUSLY. THIS PROACTIVE APPROACH ENSURES YOUR SYSTEM ISN'T RUNNING UNNECESSARILY DURING TRANSITIONAL WEATHER PERIODS, A COMMON SOURCE OF ENERGY WASTE.

LEVERAGING PROGRAMMABLE THERMOSTATS FOR EFFICIENCY

PROGRAMMABLE THERMOSTATS OFFER A SIGNIFICANT UPGRADE OVER MANUAL CONTROLS, ALLOWING YOU TO AUTOMATE TEMPERATURE ADJUSTMENTS BASED ON A PRE-SET SCHEDULE. THIS FEATURE IS INVALUABLE FOR BUSY HOUSEHOLDS WHERE CONSISTENT MANUAL ADJUSTMENTS ARE EASILY FORGOTTEN. BY SETTING DIFFERENT TEMPERATURES FOR TIMES WHEN YOU ARE HOME, ASLEEP, OR AWAY, YOU CAN ENSURE COMFORT WHEN NEEDED AND SIGNIFICANT ENERGY SAVINGS WHEN NOT.

UNDERSTANDING PROGRAMMABLE THERMOSTAT SETTINGS

MOST PROGRAMMABLE THERMOSTATS OFFER AT LEAST TWO SETTINGS: ONE FOR WHEN YOU ARE HOME AND AWAKE, AND ANOTHER FOR WHEN YOU ARE ASLEEP OR AWAY. MORE ADVANCED MODELS ALLOW FOR MULTIPLE SETPOINTS THROUGHOUT A 24-HOUR PERIOD, ACCOMMODATING VARYING DAILY ROUTINES. THE KEY TO MAXIMIZING SAVINGS IS TO CREATE A SCHEDULE THAT ACCURATELY REFLECTS YOUR HOUSEHOLD'S ACTIVITY PATTERNS, ENSURING THE HEATING OR COOLING SYSTEM ONLY OPERATES AT FULL CAPACITY WHEN TRULY NECESSARY.

CREATING AN EFFECTIVE PROGRAMMABLE SCHEDULE

DEVELOPING AN EFFECTIVE SCHEDULE REQUIRES A BIT OF OBSERVATION OF YOUR DAILY LIFE. FOR EXAMPLE, IN THE WINTER, YOU MIGHT SET A COMFORTABLE TEMPERATURE FOR YOUR WAKING HOURS, A LOWER TEMPERATURE OVERNIGHT, AND AN EVEN LOWER TEMPERATURE WHEN EVERYONE IS TYPICALLY AT WORK OR SCHOOL. IN THE SUMMER, THE REVERSE APPLIES – A COMFORTABLE TEMPERATURE FOR DAYTIME, A HIGHER TEMPERATURE WHEN UNOCCUPIED, AND A SLIGHTLY LOWER TEMPERATURE FOR NIGHTTIME. CONSISTENCY IS PARAMOUNT; ONCE PROGRAMMED, ALLOW THE THERMOSTAT TO FOLLOW THE SCHEDULE WITHOUT FREQUENT MANUAL OVERRIDES.

THE POWER OF SMART THERMOSTATS: ADVANCED SAVINGS

SMART THERMOSTATS REPRESENT THE PINNACLE OF HOME TEMPERATURE CONTROL AND ENERGY SAVINGS. THESE DEVICES GO BEYOND SIMPLE PROGRAMMING BY CONNECTING TO YOUR HOME'S WI-FI NETWORK, ENABLING REMOTE CONTROL VIA SMARTPHONE APPS AND LEARNING YOUR HABITS TO OPTIMIZE SETTINGS AUTOMATICALLY. THEIR ADVANCED CAPABILITIES OFFER UNPARALLELED CONVENIENCE AND A DEEPER LEVEL OF ENERGY EFFICIENCY.

REMOTE CONTROL AND MONITORING

ONE OF THE MOST SIGNIFICANT BENEFITS OF SMART THERMOSTATS IS THE ABILITY TO CONTROL YOUR HOME'S TEMPERATURE REMOTELY. WHETHER YOU'RE STUCK IN TRAFFIC AND WANT TO COOL YOUR HOME BEFORE YOU ARRIVE, OR YOU FORGOT TO ADJUST THE THERMOSTAT BEFORE LEAVING FOR VACATION, YOU CAN MAKE CHANGES FROM ANYWHERE USING YOUR SMARTPHONE OR TABLET. THIS IMMEDIATE CONTROL PREVENTS UNNECESSARY ENERGY USE AND ENSURES COMFORT UPON YOUR RETURN.

LEARNING CAPABILITIES AND GEOFENCING

MANY SMART THERMOSTATS FEATURE LEARNING ALGORITHMS THAT OBSERVE YOUR PATTERNS OF HEATING AND COOLING. OVER TIME, THEY LEARN WHEN YOU ARE TYPICALLY HOME, AWAY, OR ASLEEP AND AUTOMATICALLY ADJUST THE TEMPERATURE ACCORDINGLY. GEOFENCING IS ANOTHER POWERFUL FEATURE WHERE THE THERMOSTAT USES YOUR SMARTPHONE'S LOCATION TO DETECT WHEN YOU ARE LEAVING OR APPROACHING YOUR HOME, AUTOMATICALLY ADJUSTING THE TEMPERATURE TO SAVE ENERGY WHILE YOU'RE AWAY AND ENSURE COMFORT AS YOU ARRIVE. THIS AUTOMATED INTELLIGENCE MAXIMIZES SAVINGS WITHOUT REQUIRING MANUAL INPUT.

ENERGY USAGE REPORTS AND INSIGHTS

SMART THERMOSTATS PROVIDE DETAILED ENERGY USAGE REPORTS, OFFERING VALUABLE INSIGHTS INTO HOW YOUR HEATING AND COOLING SYSTEM IS PERFORMING. THESE REPORTS CAN HIGHLIGHT PERIODS OF HIGH ENERGY CONSUMPTION, IDENTIFY POTENTIAL INEFFICIENCIES, AND TRACK THE SAVINGS YOU'VE ACHIEVED. THIS DATA EMPOWERS YOU TO MAKE EVEN MORE INFORMED DECISIONS ABOUT YOUR ENERGY HABITS AND THERMOSTAT SETTINGS, FOSTERING A CONTINUOUS IMPROVEMENT CYCLE FOR ENERGY SAVINGS.

THERMOSTAT SETTINGS AND THEIR IMPACT ON YOUR BILL

UNDERSTANDING HOW SPECIFIC TEMPERATURE SETTINGS AFFECT YOUR ENERGY CONSUMPTION IS CRUCIAL FOR MAXIMIZING SAVINGS. SMALL CHANGES CAN HAVE A SUBSTANTIAL IMPACT ON YOUR OVERALL ENERGY BILL, MAKING PRECISE CONTROL PARAMOUNT.

THE IMPACT OF EXTREME TEMPERATURES

SETTING YOUR THERMOSTAT TO EXTREME TEMPERATURES, WHETHER VERY HIGH IN SUMMER OR VERY LOW IN WINTER, FORCES YOUR HVAC SYSTEM TO WORK HARDER AND CONSUME SIGNIFICANTLY MORE ENERGY. FOR EVERY DEGREE YOU RAISE YOUR AIR CONDITIONING IN SUMMER OR LOWER YOUR HEATING IN WINTER BEYOND RECOMMENDED ENERGY-SAVING SETTINGS, YOU CAN EXPECT A NOTABLE INCREASE IN YOUR ENERGY BILL. AIMING FOR MODERATE, CONSISTENT TEMPERATURES IS KEY.

UNDERSTANDING CYCLING AND EFFICIENCY

THERMOSTATS CONTROL THE CYCLING OF YOUR HVAC SYSTEM – THE ON-AND-OFF PERIODS. WHEN YOU SET A THERMOSTAT TOO LOW IN SUMMER, THE AC WILL RUN FOR LONGER, CONTINUOUS PERIODS TO REACH THAT TARGET, USING MORE ELECTRICITY. SIMILARLY, IN WINTER, A VERY LOW HEATING SETPOINT WILL CAUSE THE FURNACE TO RUN FOR EXTENDED DURATIONS. MAINTAINING A MORE MODERATE SETPOINT ALLOWS FOR SHORTER, MORE FREQUENT CYCLES, WHICH CAN BE MORE ENERGY-EFFICIENT OVERALL.

MAINTENANCE TIPS FOR OPTIMAL THERMOSTAT PERFORMANCE

ENSURING YOUR THERMOSTAT AND THE ENTIRE HVAC SYSTEM ARE WELL-MAINTAINED IS ESSENTIAL FOR BOTH PERFORMANCE AND ENERGY EFFICIENCY. A WELL-MAINTAINED SYSTEM OPERATES MORE EFFECTIVELY, LEADING TO GREATER SAVINGS.

REGULAR HVAC SYSTEM CHECKS

SCHEDULE REGULAR PROFESSIONAL MAINTENANCE FOR YOUR HEATING AND COOLING SYSTEM. THIS INCLUDES CLEANING OR REPLACING AIR FILTERS, CHECKING REFRIGERANT LEVELS, INSPECTING DUCTWORK FOR LEAKS, AND ENSURING ALL COMPONENTS ARE FUNCTIONING CORRECTLY. A CLEAN AND WELL-SERVICED SYSTEM WILL RUN MORE EFFICIENTLY, REQUIRING LESS ENERGY TO ACHIEVE THE DESIRED TEMPERATURE.

THERMOSTAT CALIBRATION AND BATTERY REPLACEMENT

OVER TIME, THERMOSTATS CAN LOSE THEIR CALIBRATION, LEADING TO INACCURATE TEMPERATURE READINGS AND INEFFICIENT OPERATION. IF YOU HAVE A NON-PROGRAMMABLE OR OLDER PROGRAMMABLE THERMOSTAT, CONSIDER HAVING IT CHECKED FOR ACCURACY. FOR BATTERY-POWERED THERMOSTATS, ENSURE YOU REPLACE THE BATTERIES REGULARLY, AS LOW BATTERIES CAN CAUSE ERRATIC BEHAVIOR OR PREVENT THE THERMOSTAT FROM FUNCTIONING CORRECTLY, LEADING TO ENERGY WASTE.

BEYOND THE THERMOSTAT: COMPLEMENTARY ENERGY-SAVING PRACTICES

WHILE YOUR THERMOSTAT IS A PRIMARY TOOL FOR ENERGY SAVINGS, IT'S IMPORTANT TO REMEMBER THAT IT WORKS IN CONJUNCTION WITH YOUR HOME'S OVERALL INSULATION AND SEALING. IMPLEMENTING COMPLEMENTARY PRACTICES WILL AMPLIFY THE SAVINGS ACHIEVED THROUGH THERMOSTAT MANAGEMENT.

IMPROVING HOME INSULATION

PROPER INSULATION IN YOUR ATTIC, WALLS, AND CRAWL SPACES IS CRITICAL FOR MAINTAINING CONSISTENT INDOOR TEMPERATURES AND REDUCING THE WORKLOAD ON YOUR HVAC SYSTEM. WELL-INSULATED HOMES RETAIN HEAT IN THE WINTER AND COOL AIR IN THE SUMMER, MEANING YOUR THERMOSTAT DOESN'T HAVE TO WORK AS HARD TO MAINTAIN COMFORT. THIS SIGNIFICANTLY REDUCES ENERGY CONSUMPTION.

SEALING AIR LEAKS

IDENTIFY AND SEAL AIR LEAKS AROUND WINDOWS, DOORS, ELECTRICAL OUTLETS, AND PLUMBING PENETRATIONS. DRAFTS ALLOW CONDITIONED AIR TO ESCAPE AND UNCONDITIONED AIR TO ENTER, FORCING YOUR HVAC SYSTEM TO RUN MORE OFTEN. USING CAULK, WEATHERSTRIPPING, AND FOAM SEALANTS CAN CREATE A TIGHTER BUILDING ENVELOPE, MAKING YOUR THERMOSTAT SETTINGS MORE EFFECTIVE AND YOUR ENERGY BILLS LOWER.

USING FANS FOR AIR CIRCULATION

CEILING FANS AND PORTABLE FANS CAN HELP CIRCULATE AIR WITHIN YOUR HOME, MAKING YOU FEEL COOLER IN THE SUMMER. THIS

CAN ALLOW YOU TO SET YOUR THERMOSTAT A FEW DEGREES HIGHER WITHOUT SACRIFICING COMFORT, LEADING TO SUBSTANTIAL ENERGY SAVINGS ON COOLING. IN WINTER, REVERSING THE DIRECTION OF CEILING FANS CAN PUSH WARM AIR DOWN FROM THE CEILING, HELPING TO DISTRIBUTE HEAT MORE EVENLY AND REDUCE HEATING COSTS.

Q: HOW MUCH MONEY CAN I REALISTICALLY SAVE BY USING MY THERMOSTAT MORE EFFICIENTLY?

A: REALISTICALLY, BY IMPLEMENTING SMART THERMOSTAT USAGE STRATEGIES, INCLUDING PROGRAMMABLE SCHEDULES AND OPTIMIZING TEMPERATURE SETPOINTS, YOU CAN EXPECT TO SAVE BETWEEN 10% TO 20% ANNUALLY ON YOUR HEATING AND COOLING BILLS. FOR AN AVERAGE HOUSEHOLD, THIS CAN TRANSLATE TO HUNDREDS OF DOLLARS IN SAVINGS PER YEAR. THE EXACT AMOUNT WILL DEPEND ON YOUR CLIMATE, THE SIZE OF YOUR HOME, YOUR HVAC SYSTEM'S EFFICIENCY, AND HOW CONSISTENTLY YOU ADHERE TO ENERGY-SAVING PRACTICES.

Q: IS IT BETTER TO LOWER THE TEMPERATURE SIGNIFICANTLY WHEN I'M AWAY OR JUST A FEW DEGREES?

A: IT IS GENERALLY MORE EFFECTIVE TO LOWER THE TEMPERATURE SIGNIFICANTLY WHEN YOU ARE AWAY FOR EXTENDED PERIODS. THE U.S. DEPARTMENT OF ENERGY RECOMMENDS A SETBACK OF 7-10°F (4-6°C) WHEN YOU ARE SLEEPING OR AWAY FROM HOME TO ACHIEVE SIGNIFICANT SAVINGS. WHILE SMALLER ADJUSTMENTS WILL YIELD SOME SAVINGS, A LARGER, CONSISTENT SETBACK MAXIMIZES EFFICIENCY BY ALLOWING THE SYSTEM TO REST WHEN ITS HEATING OR COOLING OUTPUT IS NOT NEEDED.

Q: WHAT IS THE DIFFERENCE BETWEEN A PROGRAMMABLE THERMOSTAT AND A SMART THERMOSTAT IN TERMS OF SAVING MONEY?

A: A PROGRAMMABLE THERMOSTAT ALLOWS YOU TO SET SCHEDULES FOR TEMPERATURE CHANGES, AUTOMATING SAVINGS WHEN YOU ARE ASLEEP OR AWAY. A SMART THERMOSTAT TAKES THIS FURTHER BY CONNECTING TO Wi-Fi, ENABLING REMOTE CONTROL VIA AN APP, LEARNING YOUR HABITS TO OPTIMIZE SCHEDULES AUTOMATICALLY, AND OFTEN INCORPORATING FEATURES LIKE GEOFENCING. SMART THERMOSTATS TYPICALLY OFFER GREATER POTENTIAL FOR SAVINGS DUE TO THEIR ADVANCED INTELLIGENCE AND USER-FRIENDLY CONTROL.

Q: HOW DO I KNOW IF MY CURRENT THERMOSTAT IS ENERGY EFFICIENT?

A: YOU CAN ASSESS YOUR THERMOSTAT'S ENERGY EFFICIENCY BY ITS FEATURES. MANUAL THERMOSTATS ARE THE LEAST EFFICIENT AS THEY RELY ENTIRELY ON USER INTERVENTION. PROGRAMMABLE THERMOSTATS OFFER BETTER EFFICIENCY BY AUTOMATING SCHEDULES. SMART THERMOSTATS ARE GENERALLY THE MOST ENERGY-EFFICIENT DUE TO THEIR LEARNING CAPABILITIES, REMOTE CONTROL, AND DETAILED ENERGY REPORTING FEATURES. IF YOUR THERMOSTAT LACKS PROGRAMMING OR SMART CAPABILITIES, IT'S LIKELY NOT AS EFFICIENT AS IT COULD BE.

Q: SHOULD I TURN MY THERMOSTAT COMPLETELY OFF WHEN I LEAVE FOR VACATION?

A: FOR SHORTER TRIPS (A FEW DAYS), IT'S GENERALLY BEST TO SET YOUR THERMOSTAT TO A MODERATELY COMFORTABLE TEMPERATURE, PERHAPS 50-55°F (10-13°C) IN WINTER OR 80-85°F (27-29°C) IN SUMMER, RATHER THAN TURNING IT OFF COMPLETELY. THIS PREVENTS EXTREME TEMPERATURES FROM DAMAGING YOUR HOME OR PIPES IN WINTER AND ALLOWS THE SYSTEM TO COOL YOUR HOME MORE EFFICIENTLY WHEN YOU RETURN. FOR VERY LONG VACATIONS, TURNING IT OFF MIGHT BE CONSIDERED, BUT CONSULTING AN HVAC PROFESSIONAL IS ADVISABLE.

Q: WHAT ARE THE RECOMMENDED TEMPERATURE SETTINGS FOR SUMMER AND WINTER FOR MAXIMUM ENERGY SAVINGS?

A: FOR SUMMER, THE U.S. DEPARTMENT OF ENERGY RECOMMENDS SETTING YOUR THERMOSTAT TO 78°F (26°C) WHEN YOU ARE HOME AND AWAKE. WHEN YOU ARE ASLEEP OR AWAY, RAISING THE TEMPERATURE TO 80-85°F (27-29°C) CAN YIELD SIGNIFICANT SAVINGS. FOR WINTER, SET YOUR THERMOSTAT TO 68°F (20°C) WHEN YOU ARE HOME AND AWAKE, AND LOWER IT TO 58-62°F (14-17°C) WHEN YOU ARE SLEEPING OR AWAY.

Q: MY SMART THERMOSTAT HAS A LEARNING FEATURE. HOW DOES IT WORK TO SAVE ME MONEY?

A: THE LEARNING FEATURE IN A SMART THERMOSTAT TYPICALLY ANALYZES YOUR MANUAL ADJUSTMENTS AND OCCUPANCY PATTERNS OVER A PERIOD OF A WEEK OR TWO. IT LEARNS WHEN YOU TYPICALLY ADJUST THE TEMPERATURE, WHEN YOU ARE HOME, AND WHEN YOU ARE AWAY. BASED ON THIS DATA, IT AUTOMATICALLY CREATES AN OPTIMIZED SCHEDULE THAT BALANCES COMFORT WITH ENERGY SAVINGS, OFTEN REDUCING YOUR ENERGY CONSUMPTION WITHOUT YOU HAVING TO ACTIVELY PROGRAM IT.

Q: CAN THERMOSTAT SETTINGS IMPACT THE LIFESPAN OF MY HVAC SYSTEM, AND THUS SAVE MONEY IN THE LONG RUN?

A: YES, CONSISTENTLY RUNNING YOUR HVAC SYSTEM AT EXTREME TEMPERATURES OR FORCING IT TO WORK EXCESSIVELY HARD CAN SHORTEN ITS LIFESPAN. BY USING YOUR THERMOSTAT EFFICIENTLY, ALLOWING FOR MODERATE TEMPERATURE ADJUSTMENTS, AND NOT CONSTANTLY DEMANDING MAXIMUM OUTPUT, YOU REDUCE WEAR AND TEAR ON THE SYSTEM'S COMPONENTS. THIS CAN LEAD TO FEWER REPAIRS AND POTENTIALLY EXTEND THE OVERALL LIFE OF YOUR HVAC SYSTEM, RESULTING IN SIGNIFICANT LONG-TERM COST SAVINGS.

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simply reduce your monthly expenses, this book provides the tools and insights to help you make lasting changes and achieve greater financial stability.

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and techniques for making your home more energy-efficient through solar power—and helping the planet at the same time. Plus, you'll get all the latest information on changes to federal, state, and local regulations, laws, and tax incentives that seek to make solar-power adoption more feasible. Expanded coverage of the technology that underpins full-scale solar-power systems for the home New small- and mid-sized solar products, projects, and applications Rik DeGunther is a design engineer who started his own energy consulting firm Featuring ten of the easiest and cheapest DIY solar projects, *Solar Power For Dummies*, 2nd Edition is the fun and easy way to meet your energy needs with this clean power source!

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how to save money with thermostat: *Time to Think Small* Todd Myers, 2022-11-01 This call to climate action examines ways we can leverage the growing power of smartphones and other technologies to become effective environmental stewards to protect threatened species, reduce the risk from climate change, and stop ocean plastic. Personal technologies are creating what the Environmental Defense Fund calls "a transformational shift" in how we address environmental problems. *Time to Think Small* explores how these brand-new approaches are already playing a huge role in winning some of the most difficult and important environmental struggles of our day—from fighting climate change, to ensuring drinkable water for everyone, to saving endangered animals, to keeping plastic out of the ocean. Learn how these technologies magnify and multiply the power everyone has as individuals to save our environment and how this tremendous power is not only growing, but also has the huge benefit of being independent of sudden shifts in political leadership. Drawing on two decades of environmental policy and a career working with endangered species mixed with his previous career in tech, Myers looks at the different ways we can be empowered to find environmental solutions. *Time to Think Small* reminds me of the first words spoken on the moon, about small steps and giant leaps. Todd Myers does, in fact, describe the giant strides from accumulated small steps that will help solve THE biggest long-term problem facing humanity today. If Big Government won't act, WE CAN, in our own small ways! --Donald Kroodsma, Author of *Birdsong for the Curious Naturalist* The future of environmental stewardship depends on technology and innovation. Todd Myers is a national leader on environmental policy and technology and understands how to create solutions that sidestep political gridlock. --John Connors, former Microsoft CFO A much-needed analysis of how we can solve complex global environmental problems by applying human ingenuity. . . and why every step matters along the way. --Benji Backer, President, American Conservation Coalition Addressing climate change can be such a polarizing issue. Myers's book has found a way to cut right through that with practical, applicable actions that everyone can take to make a difference. --Kevin Wilhelm, CEO, Sustainable Business Consulting While the positions taken by Todd Myers may be disconcerting to an old-school environmentalist such as myself, his voice is one we need to hear in the conversation about climate change. Myers makes a compelling argument that thinking small stimulates creativity, and that nimble, creative approaches can play a crucial role in achieving sustainability. -- John S. Farnsworth, PhD, Author of *Nature Beyond Solitude: Notes from the Field*

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