



U.S. DEPARTMENT OF  
**ENERGY**

Energy Efficiency &  
Renewable Energy

ENERGYSAVERS.GOV

## Stay Warm, Save Money

### **No-Cost and Low-Cost Tips to Save Energy This Winter**

Here you'll find strategies to help you save energy during the cold winter months. Some of the tips below are free and can be used on a daily basis to increase your savings; others are simple and inexpensive actions you can take to ensure maximum savings through the winter.

#### ***Take Advantage of Heat from the Sun***



- Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

#### ***Cover Drafty Windows***

- Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame to help reduce infiltration.

#### ***Adjust the Temperature***

- When you are home and awake, set your thermostat as low as is comfortable.
- When you are asleep or out of the house, turn your thermostat back 10°–15° for eight hours and save around 10% a year on your heating and cooling bills. A [programmable thermostat](#) can make it easy to set back your temperature.

#### ***Lower Your Water Heating Costs***

Water heating can account for 14%-25% of the energy consumed in your home.

- Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.