Bibliographie:

Bordage F (2009) Combien de CO2 dégage un 1 kWh électrique? Green IT, https://www.greenit.fr/2009/04/24/combien-de-co2-degage-un-1-kwh-electrique/

Carbiolice (2020) French and plastic : opinion about plastic pollutiob. Carbiolice

Electrical4u Wifi Router Power Consumption, Calculation, Power Saving Tips | Electrical4u. https://www.electrical4u.net/energy-calculation/wifi-router-power-consumption-calculation-power-saving-tips/

Habib R, White K, Hardisty DJ, Zhao J (2021) Shifting consumer behavior to address climate change. Current Opinion in Psychology **42**: 108–113

Home Hacks DIY How Much Power Does a Computer Use in Sleep Mode? – The Home Hacks DIY. https://www.thehomehacksdiy.com/how-much-power-does-a-computer-use-in-sleep-mode/

Joule R-V (2014) Robert-Vincent Joule, chercheur en psychologie sociale du 06 décembre 2014 - France Inter.

Le Figaro (2019) Les Français dorment de moins en moins...et c'est mauvais signe. https://sante.lefigaro.fr/article/les-français-dorment-de-moins-en-moins-et-c-est-mauvais-signe/

OECD (2016) Family size and household composition.

STOP Plastics Carbon Footprint of Plastic | Stop Plastics. STOP Plastics, https://stopplastics.ca/carbon-footprint-plastic

World Health Organization (2008) Protecting HEALTH from climate change.