

Sustainability in Practice: Tips to Cut Your Home's Energy Bill

By Paul Hewson, Ph.D.

While drastic steps can be beneficial, they aren't necessary to live more sustainably.. You can have a real impact by making small changes to your daily routine.

Thanks to gadgets, lights, and other energy-sucking gear, Americans have seen their household energy usage [soar by 36.6%](#) over the last ten years. So what can you do to help Mother Earth? We can take several measures to limit household energy usage and hefty utility bills.

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Before You Head Out

Be mindful of the energy you use when you are not home. Before you rush out the door each morning, avoid an expensive utility bill by powering down your home. Check if the thermostat should be adjusted, turn off lights, and unplug devices.



Re-Think Your Products

Many new products appear to be off, but when standby mode is enabled, they are quietly idling in your home. Some televisions, kitchen appliances, and smart products (like voice-activated speakers) can drain energy in the background of daily life. To tackle this, unplug standby devices that do not need constant power, and research whether your product's standby feature can be disabled. Take further measures to save energy by re-evaluating your purchasing decisions. Some products are more energy-efficient than others, so keep this in mind when buying new home gadgets.

Home Repair

If you sit by a closed window in the winter, you might think your heating system is underperforming. More often than not, however, imprecise sealing causes the home to lose heat. Before turning up the thermostat this winter, close the chimney flue, fix drafty windows, and seal other gaps where heat can escape.

Habits

There are simple changes you can make to lead a more sustainable life and lower your bills. The next time laundry is on the to-do list, save energy by running a wash cycle on cold instead of hot. Also, skip the dry cycle by hanging clothes on a clothesline. When cleaning dishes, hand washing is the greener choice. If you still

want to run a load, make sure the dishwasher's racks are packed efficiently so it washes as many dishes as possible per cycle.

Weave simple tasks and tips into your daily routine to make a real change.

Tell us your top tips to save energy in the comments below.



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It's simple to take small steps to limit your home's energy consumption. In our latest blog post, Dr. Paul Hewson outlines sustainable tips and habits for your daily routine. #SaveEnergy #ElectroZoomXL

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