



HVAC Energy Savings Tips

Simple ways to reduce your heating and cooling costs while staying comfortable.

Thermostat Settings Guide

SEASON	WHEN HOME	AWAY / SLEEPING
Winter	68°F	60-62°F
Summer	76°F	80-82°F

Every 1°F adjustment saves approximately 3% on energy costs.

Quick Energy Wins

- 1 Replace air filters regularly — dirty filters make your system work 15% harder
- 2 Seal air leaks around windows, doors, and ductwork
- 3 Use ceiling fans to circulate air (counter-clockwise summer, clockwise winter)
- 4 Keep vents and registers unblocked by furniture or curtains
- 5 Close blinds/curtains during hot summer days
- 6 Add insulation to attic and walls if needed
- 7 Use a programmable or smart thermostat
- 8 Get annual professional maintenance tune-ups

DIY Maintenance That Saves Money

- ☐ Change air filters every 1-3 months
- ☐ Clean outdoor condenser coils annually
- ☐ Clear debris around outdoor unit (2ft clearance)
- ☐ Clean condensate drain line with vinegar
- ☐ Seal visible duct leaks with mastic or metal tape
- ☐ Insulate exposed ductwork in unconditioned spaces
- ☐ Check and replace weather stripping
- ☐ Clean supply and return vents

When to Upgrade Your System

Consider upgrading your HVAC system if:

- Your system is 15+ years old
- Repair costs exceed 50% of replacement cost
- Your energy bills keep increasing year over year
- Your home has uneven temperatures room to room
- Your system uses R-22 refrigerant (phased out)

Ask Metro Boston HVAC about high-efficiency upgrades — we offer financing options and free estimates.

\$ Estimated Annual Savings

Regular filter changes	\$50-100/yr	Proper thermostat settings	\$180/yr
Annual professional tune-up	\$100-200/yr	Sealing duct leaks	\$200-400/yr
Upgrading to high-efficiency system	20-40% savings	Total potential savings	\$530-880+/yr