



# Energy Savings Tips

July 2016

The California Public Utilities Commission (CPUC) offers these tips on ways to save energy in your home to help lower your utility bills:

- **It it's not in use, save the juice!** If no one is in a room turn off the lights, and turn off televisions, radios, and computers if no one is using them. When you're done charging an electronic device, unplug the cord because electricity will continue to flow to the charger even if nothing is attached.
- **Adjust your thermostat.** Set your air conditioner thermostat to 76 to 78 degrees in hot weather. Adjusting a thermostat from 72 to 76 degrees could save up to 15 percent on energy costs. Set your thermostat to 68 degrees in cold weather.
- **Find and seal leaks.** Check windows, heating vents, and outside doors. Hold a piece of ribbon or paper up to the edges of windows and doors. If they move, you've detected a leak. Use weather stripping or caulk to help seal the leaks.
- **Clean refrigerator coils.** Dirty refrigerator coils can make a refrigerator work harder than necessary. Check and clean the coils regularly, especially during the summer.
- **Avoid opening the oven door when cooking and baking.** The temperature of an oven drops 25 to 30 degrees each time the door is opened so it takes longer to bake, and the added heat in the kitchen can make a refrigerator or air conditioner work harder.
- **Use a fan instead of the air conditioner.** Using a fan instead of an air conditioner on warm days can save up to \$200 a year!
- **Check and change your air conditioner filter.** Dirty filters can increase energy costs by 4 percent, so check your filters regularly.

For more information please contact the CPUC's Business & Community Outreach team:

**Northern California:**

Sheri Boles, 415-703-1182, [sni@cpuc.ca.gov](mailto:sni@cpuc.ca.gov)

Roland Esquivias, 415-703-2212, [roe@cpuc.ca.gov](mailto:roe@cpuc.ca.gov)

Cody Naylor, 415-703-4372, [cn1@cpuc.ca.gov](mailto:cn1@cpuc.ca.gov)

**Southern California:**

Drisha Melton, 213-620-2688, [ddm@cpuc.ca.gov](mailto:ddm@cpuc.ca.gov)

Sandy Windbigler, 909-864-2290, [sew@cpuc.ca.gov](mailto:sew@cpuc.ca.gov)