

Energy-saving tips for your home

Small tips,
big impact



Save heating energy

Optimal room temperature

should be set and doors to rooms should remain closed.
The Federal Environment Agency recommends the following temperatures:



Smart thermostats should be set in °C, otherwise set **level 2** (approx. 16 °C) to **level 3** (approx. 20 °C). Lower the temperature at night, but be careful: at least 17-18 °C in the bedroom and 14-15 °C in all other rooms, otherwise there is a risk of mould.

Correct ventilation

Ventilate several times a day instead of keeping windows ajar. First set the thermostat to zero, then open windows completely for 5-10 minutes. Then close the windows and set the thermostat back to the desired temperature.

Do not obstruct radiators

and clean them regularly (removing dust). Ensure a distance of at least 20-50 cm from curtains, sofas and other furniture.

Seal windows and doors

simply with inexpensive, self-adhesive sealing tape from the DIY store.



Save warm water

Take a shower instead of a bath

A full bath consumes around 120 litres of water, while a shower uses just half that – even less if you have a water-saving shower head. Washing with a flannel is even more efficient.

Turn off water in between times

For example while applying soap, shampooing hair, or cleaning teeth.

Use cold water wherever possible

A couple of degrees lower is sufficient in the shower. Cold water is fine for washing hands or fruit and vegetables.

Use a dishwasher

instead of washing by hand. Use the dishwasher's short and economy programmes.



Save electricity

When cooking

use pots and pans with lids and a suitable stovetop.

Oven

should be used without pre-heating and with recirculation function.

For laundry

use a lower temperature and an eco or economy programme: 40 % less power is consumed at 30 degrees instead of 40.

Hang out washing

and air-dry instead of using a tumble dryer. Don't forget regular ventilation to prevent mould!

Switch off appliances

Standby and energy-saving modes consume power needlessly, so appliances should be switched off completely. Simply use a power strip with switches.

Smartphone

Turn off WLAN, Bluetooth and location services when they're not required. This saves a lot of power and increases battery life.



Further information and tips:

www.stadtwerke-geesthacht.de/energiesparen

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**Saving energy means
protecting the climate.**

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Together, we can achieve great things. And we have to!
When dealing with resources, every contribution counts –
no matter how small. With relatively little effort, you can save a
whole lot of energy in your own household. This saves you money
and is good for the environment.

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