

How to lower your energy bills.

Helpful ideas from Entergy that can save you money.



Entergy

THE POWER OF PEOPLESM

Let's start saving!

There are probably a thousand ways to lower your utility bills. In this booklet are some of the easiest ways to save energy. Everyone can use these ideas. So take a look and start saving!

How Do You Use Energy?

How big is your home and how many people live in it? At what temperature do you set your thermostat? How energy-efficient are your appliances? How hot or cold is the weather outside?



All of these things affect your utility bills, and you save money when you use less energy.

In the hottest months, most customers spend over half of their electric bill to cool their homes. In colder months, a lot of gas, propane or electricity may be needed to heat the home. So, in this booklet, we'll tell you lots of ways you can save on home cooling and heating. And we've included lots of other money-saving tips too.



Save money while you're at home.

Winterize your room air conditioner.

It can let in cold air drafts if left uncovered during the winter. You should use an inside cover and an outside cover for the unit, if you can safely reach it, to seal the opening for air leaks.

One of the easiest ways to save on your electric bill is to use less air conditioning and heating while you're in your home. Just a few degrees of change on your thermostat setting will make a big difference in your electric bill.

Try these temperature settings:

Cooling season: 78° - 80°

Heating season: 66° - 68°

Comforting Thoughts

Use these ideas to stay comfortable at the new temperature settings:

■ *Gradual change.* Try changing the thermostat just a few degrees each week. That way, your body has time to adjust and you'll still feel comfortable.



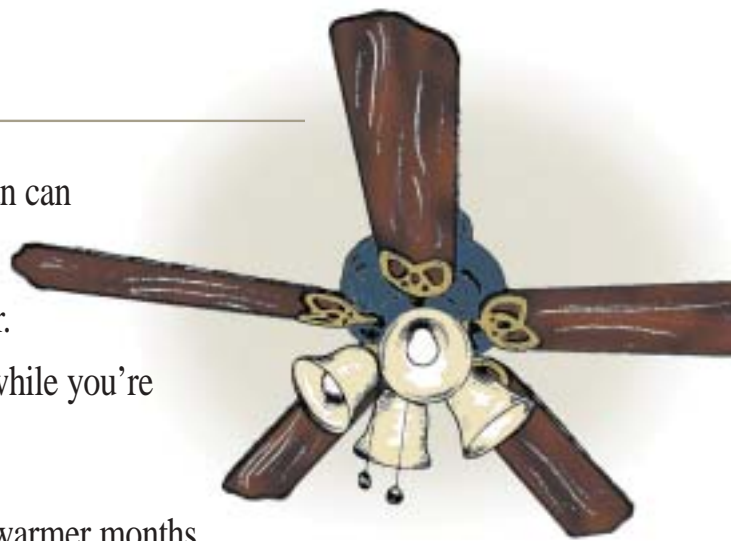
■ *Join the fan club.* A fan can make you a lot more comfortable in warmer weather.

In fact, 78° will feel like 70° while you're sitting under a fan.

■ *Dress for success.* In warmer months, wear light and loose fitting clothing to keep air flowing around your body.

In colder months, wear heavier clothing and dress in layers to stop air from flowing around your body.

■ *Set and save.* Set your thermostat as high as comfortably possible. Setting your thermostat at 78° instead of 72° could save 12 to 47 percent in cooling costs, depending on the climate where you live.



Save money while you sleep.

An overnight thaw can help you save.

Thaw frozen food items in the refrigerator instead of on the counter top. When you transfer items from the freezer to the refrigerator the night before using them, the frozen items will help cool the refrigerator, cutting down on the energy the refrigerator uses.

You are asleep for about one-third of the time you spend in your home. So if you change your thermostat to use less electricity while you sleep, the savings can add up quickly.

Try these new sleep-time settings:

Cooling season: 80° - 82°

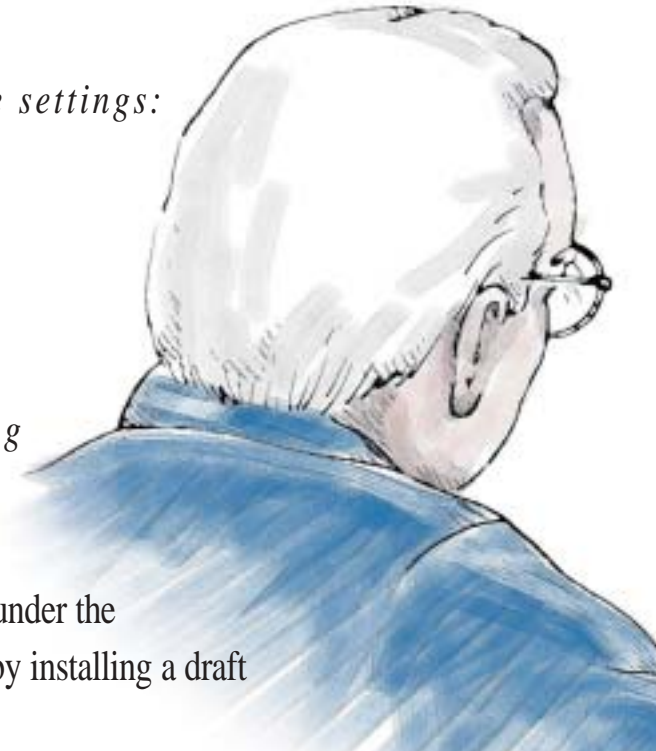
Heating season 55° - 60°

More Comforting Thoughts

Here are some tips for keeping comfortable while you sleep:

■ *Make your doors airtight.*

The loss of warm air is often greatest under the bottom of the door. You can stop this by installing a draft



guard—a closed tube of cloth filled with sand that is laid against the bottom of your door.

- *Dress your bed and yourself for the weather.* In warm weather, get rid of that blanket and sleep under a light cover or sheet. In cooler weather, add a second or third blanket to keep you warm. Try warmer pajamas too.



- *Let it blow.* Consider using a box fan with your window air conditioner. This will spread the cooled air through your home without greatly increasing your power use.

- *Unplug and save.* You can save electricity by unplugging a television operated by remote control. It uses electricity and generates heat even when it is switched off.



Save money while you're away.

Add up the hours.

If you're like most people, you're away from your home about 60 hours a week. That's more than one-third of all the hours in a week. So by changing your temperature setting when you leave your home, you can really cut your energy use and save a lot of money in a hurry.

One of the easiest ways to save energy dollars is to change your thermostat setting when you leave home. In most households, people are away from home even more hours than they sleep. So a lot of money can be saved quickly.

Use these temperature settings when you leave:

Air conditioning: Off

Heating: 55°

It almost always takes less energy (*and money*) to bring your home back to the desired temperature once you return home than it does to maintain that temperature while you're gone.

Is your thermostat working right?

■ *Check it out.* It's a good idea to check the temperature setting of your

thermostat with a standard outdoor thermometer. A thermostat that's not working right can cost you lots of extra heating and cooling dollars. If you decide to get a new thermostat, look for one that you can set to change temperatures at different times of the day. Before you buy a new thermostat, be sure to tell the store what kind of system you have. Heat pumps with heat strips, for example, require a special type of thermostat.



Close rooms you don't use.

Close off your fireplace.

If you have a fireplace without glass doors, plug it when it is not in use. Even a closed damper leaks a large amount of heated air to the outdoors, and cooled air in the summer months.

If you have rooms that you don't use—like a spare bedroom—you can save money by shutting the door to those rooms. Be sure to keep the windows and shades closed in that room.

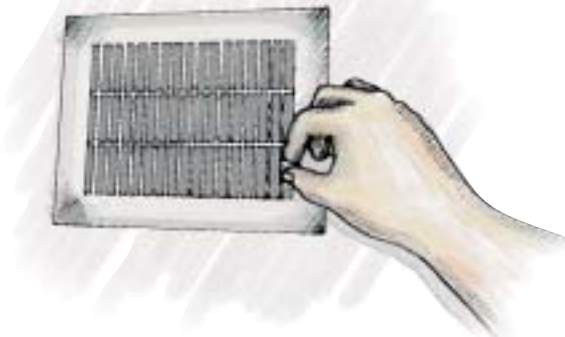
■ *Even the closet counts.* Keep closet and cabinet doors closed too. That way you won't be cooling or heating any space you don't use.



Close off vents you don't use.

If you have central heating and air conditioning, close the air supply vents in the unused room. But be careful not to close too many vents in your home. That might damage your system.

If an unused room has a wall furnace or other heater, make sure it's turned off. Make sure the room gets enough heat to keep pipes from freezing in the colder months.



Check out heating and cooling systems.

Can your window unit "breathe?"

Check and clean the filter at least once at the beginning of the cooling season. If it is clogged, your unit will run longer to cool your room. If you can do so safely, check and clean the condenser coils on the outdoor side of the unit.



To keep your heating and cooling systems running at their money-saving best, here are some things to check out:

- *Clean or replace filters.*

The filter on your heating and cooling unit may be clogged. A clogged filter will use more energy. Filters should be cleaned or replaced monthly.

- *Clean the coil.*

On an outdoor air conditioning or heat pump unit, the coil should be cleaned periodically to ensure efficient operation. Trim the grass away from the unit.



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- *Close fresh air vents.* If you have a window air conditioner or other air conditioning unit that allows a choice of “fresh” or “recirculated” air, you should choose the “recirculated” air setting for greater economy.
 - *Where’s the filter?* In most central air conditioning and heating systems, the filter is mounted behind a metal grate on the wall or ceiling of your home. You can usually change the filter by simply turning the screws on the cover of the grate, removing the dirty filter, and replacing it with a new or cleaned filter.
 - *Fix duct leaks.* If you have central air conditioning and heating, check the ducts that carry the air to different parts of your home. Close and seal any leaks you find with duct tape that carries the Underwriters Laboratories (UL) logo.



Wind, your “natural” air conditioner.

A refreshing break.

Even without air conditioning, you can cool off quickly—and save energy—on warmer days, by taking a shower using little or no hot water. *Try it. It feels great!*



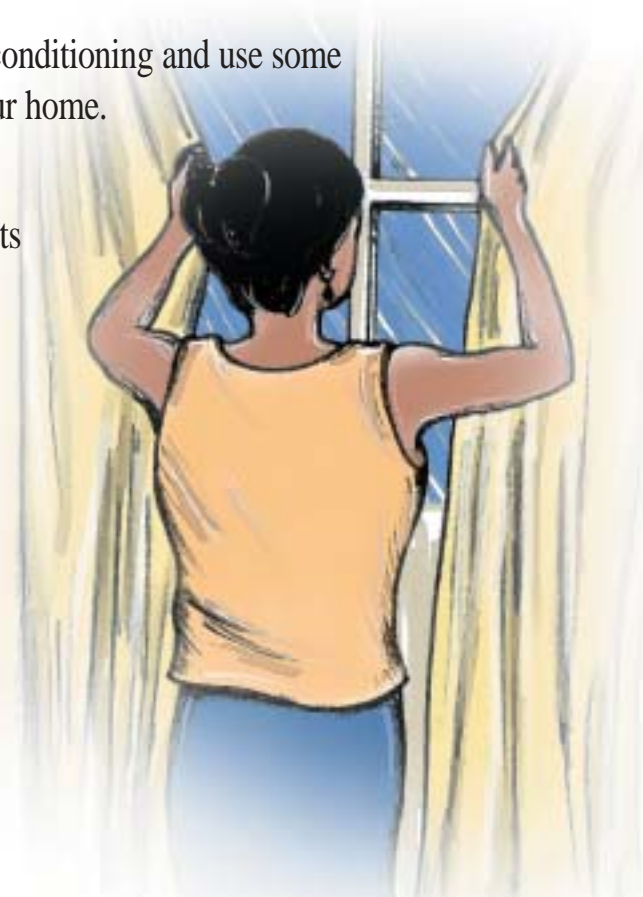
You can often turn off your air conditioning and use some of the many ways nature helps cool your home.

■ *Hot air rises.*

In warm weather, make sure all the vents in your attic are open to allow natural ventilation.

■ *Enjoy the breeze.*

On more pleasant days and evenings, you may want to turn off your air conditioning and let the breezes cool your home. Remember that sun warms and shade cools. So keep blinds and draperies closed at sunny windows



and keep them open where there's shade. Also, because hot air rises, it's best to open the upper parts of windows if you can.

In a two-story home, open the windows upstairs.

■ *Whole house fans.* A “whole-house” fan mounted in the attic can be especially helpful in keeping your home more comfortable. You can use it to bring breezes through practically all your windows at once. In winter weather, make sure the fan vents close completely to avoid warm air leaks.

■ *Fresh air can help you stay cool.* In warm weather, lightweight, light-colored clothing allows air to pass across your skin, evaporating moisture and cooling you.



The sun, your “natural” heater in cool weather.

Try this experiment.

To see how solar heating works, fill a small glass with water then put your finger in that water to test its temperature. Next, set the glass of water on a window sill that catches a lot of sun. After a few hours in the sun, the water will be warmer! You will have captured heat from the sun!

The sun will make a room much warmer even in cold winter months with planning on your part. And you can capture the savings.

■ *Let the sun shine in.* The sun shines on different sides of your home at different times of the day and at different times of the year. Warm your home by opening blinds and draperies on the sunny side to let sun in.



■ *Keep on the sunny side.* Use natural sunlight in place of electric lighting as much as possible. Regular light bulbs generate heat and can quickly consume energy. Dirty windows, light bulbs, fixtures and shades let in less light, so keep them clean. Replace the most used light bulbs with compact fluorescent lamps, which use less energy and last 8 to 10 times longer. It will save you money.

Solar tip.

When you place your heavy potted plants in a sunny spot in your home, they will collect heat from the sun, then slowly release that heat to keep the room warm even after the sun goes away. Try it. You'll be amazed at how long the heat remains.



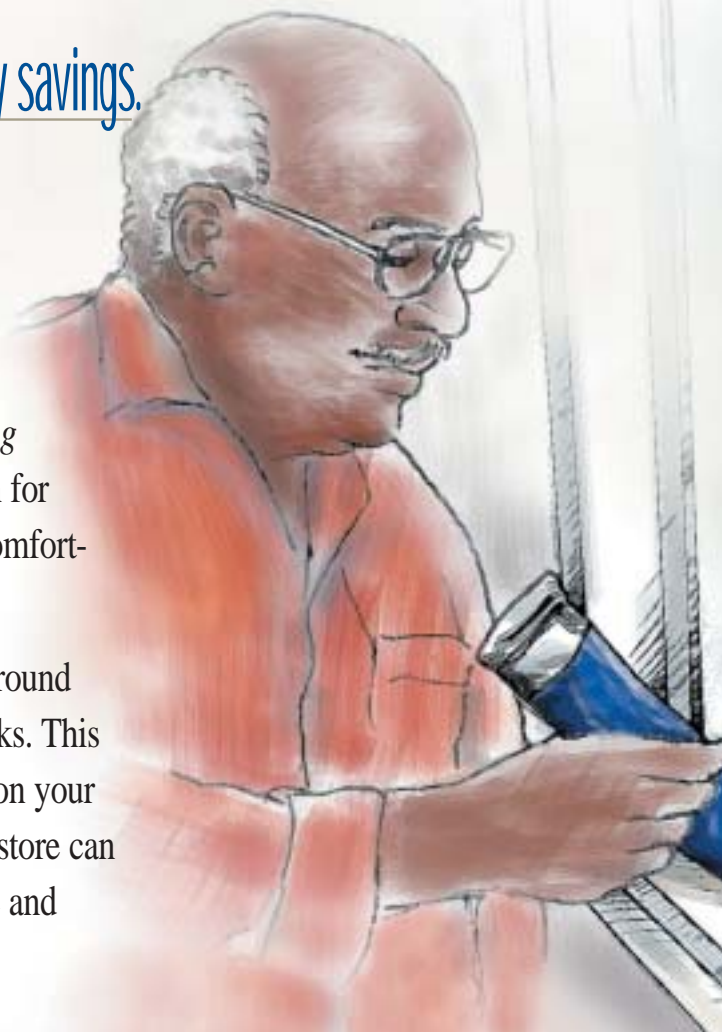
Seal your home to seal in energy savings.

The vents under your home.

In winter, close the vents at your home's foundation and it will be easier to keep your home warm. But in summer, make sure those vents are open. That way, the space beneath your home can breathe and stay dry.

While running your air conditioner or heater, keep your home closed up tight to keep the cooled or heated air inside.

- *Avoid opening and closing doors* or letting doors stand open for any period of time. This allows comfortable air to escape quickly.
- *Caulk and weatherstrip* around doors and windows to stop air leaks. This could save you up to 10% a year on your energy bills. Your local hardware store can show you how to get the job done and you'll enjoy the savings.



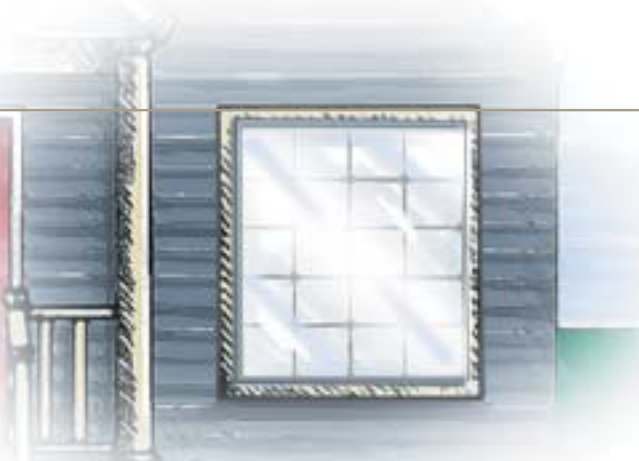
■ *Inexpensive Storm Windows.*

In the winter, use plastic sheeting over your windows. Reasonably priced mounting kits are available from your local hardware store.

■ *Seal off ductwork.* The tubes in the walls and floors that carry your home's air must be checked and resealed with duct tape. A leaky duct system can waste up to 40% of your cooling and heating energy.

Fireplace facts.

A wood-burning fireplace is not a good way to heat your home. Most of the heat from the fire goes up the chimney. Meanwhile, the fire sucks heated air from the home, actually making it colder. A wood stove is a better way to heat your home without using electricity.



Heat or cool your body first. Then your house.

What you eat affects your comfort.

When it's hot outside, you'll probably be more comfortable when you eat cooler, lighter foods like salads and fresh vegetables. When it's cold outside, the opposite is true. Try eating more hot meals and heavier foods. And be careful to always eat nutritiously.

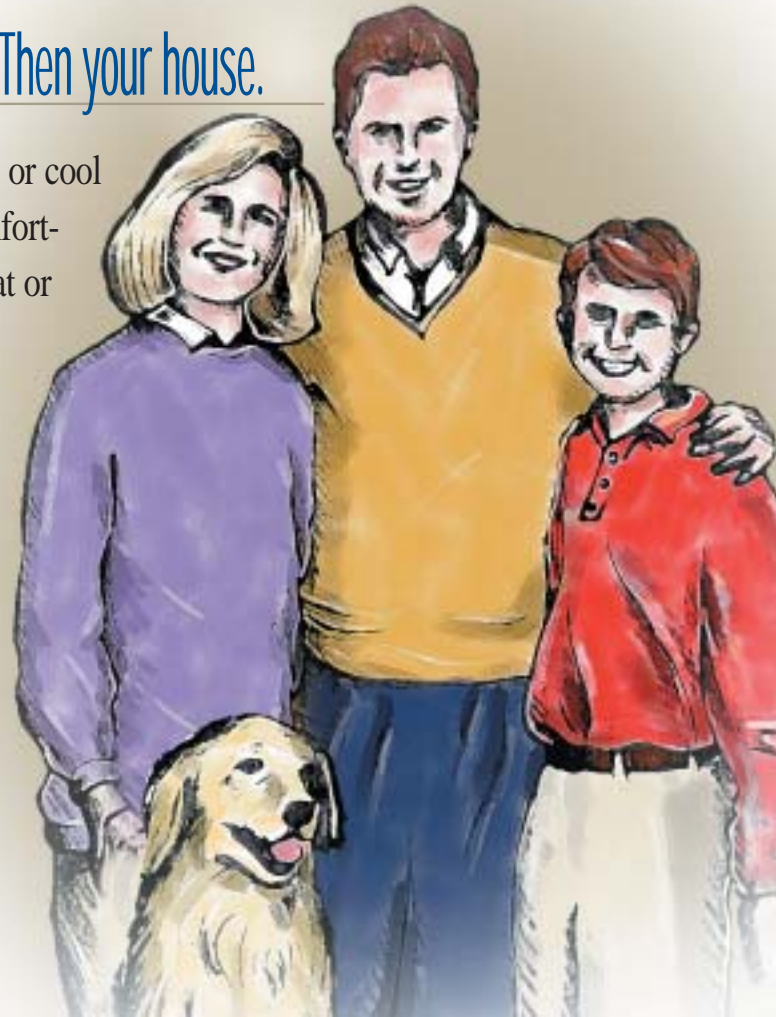
You don't have to heat or cool your whole house to stay comfortable. All you have to do is heat or cool your body. That's a lot easier, and it doesn't cost as much. Your body is generating heat right now. How well you keep or get rid of that heat has a lot to do with your comfort.

Here are some tips:

In Hot Weather

■ *Dress cool.*

Wear loose fitting clothes



and open collars. Clothes of open-weave, natural materials like cotton are best.

- *Keep air moving.* A fan, even on a slow speed, will make you more comfortable. And the cost is very, very low.
- *Keep your doors airtight.* If your main door opens to an unheated hallway or directly to the outdoors, make your door airtight. If this happens in your apartment, caulk between the frame and the wall. Install a door sweep at the bottom of the door to stop drafts.

In Cold Weather

- *Dress warm.* Wear thicker clothes like sweaters. Wear snug collars like "turtle necks." Wear lots of clothes for added comfort.
- *Stay away from drafts.* Find out where they're coming from and close them.



Save money by using less water.

While we're on the subject...

While we're on the subject of washing clothes and dishes, please remember that you save money by air drying instead of machine drying. For clothes, just hang them outside on a line. For dishes, just open the dishwasher door at the end of the washing cycle and let the dishes air dry.

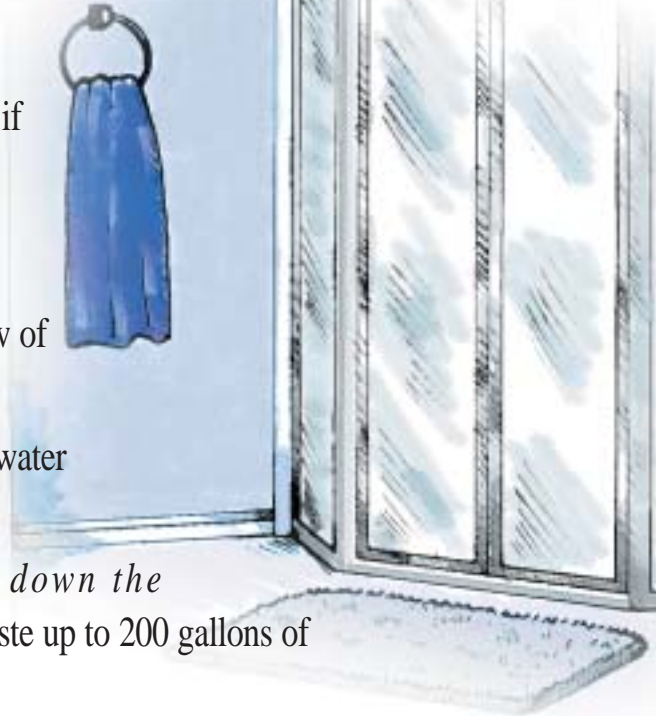
The energy dollars you spend for water heating can be 20% or more of your total energy bill. Try these tips for using less and saving more on hot water.

■ *Bath or shower?* Showers can use less hot water than baths, but only if they're short. Take short showers and you'll save.

■ *Install a low-flow shower head.* This low-cost unit cuts the flow of water by 40 to 60%.

■ *Turn off the tap.* Don't let hot water run unless you are right there to use it.

■ *Leaking faucets are dollars down the drain.* Just one drip a second can waste up to 200 gallons of



water a month. Replace worn out washers and seals. Your local hardware store can guide you on how to install them.

■ *Wash larger loads.* Wash full loads in cold water in a clothes washing machine. In a dishwasher, it takes just as much hot water to wash a whole lot of dishes as it takes to wash a few. So wait until you have a full load of dishes before you turn on the machine.

■ *Reduce the hot water temperature.* Try setting the temperature control on your water heater to 120°. Also consider installing an insulated blanket around it.



Little things add up to big savings.

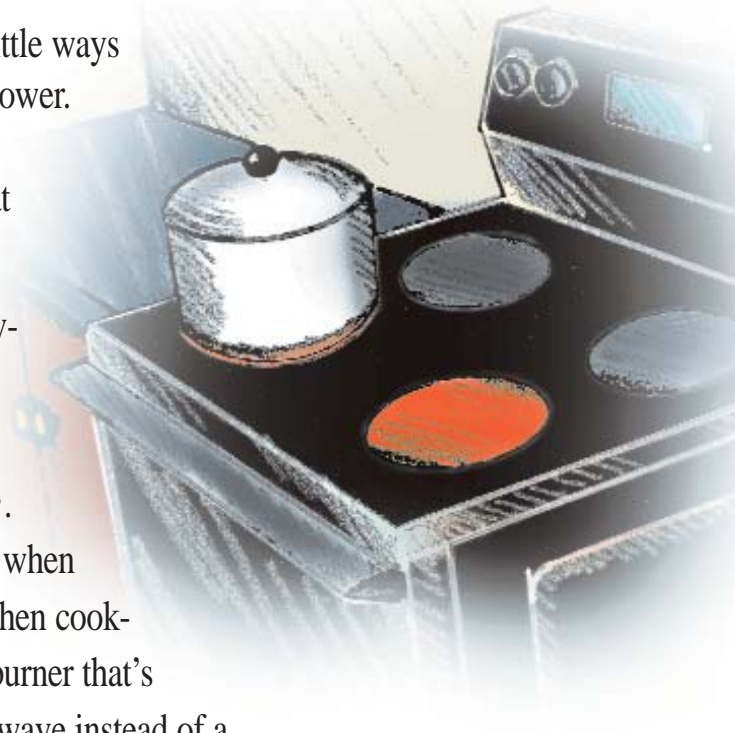
An extra tip.

Many appliances like televisions and VCRs are never really "off" – even when their switch is off. If you are not going to watch them for a while, unplug them from the wall. That way you can be sure they aren't using electricity.

There are lots of simple little ways you can make your energy bills lower. Consider these tips as gentle reminders of the many things that you can do to save money.

■ *Turn them off.* When leaving a room for even a short time, turn off the lights.

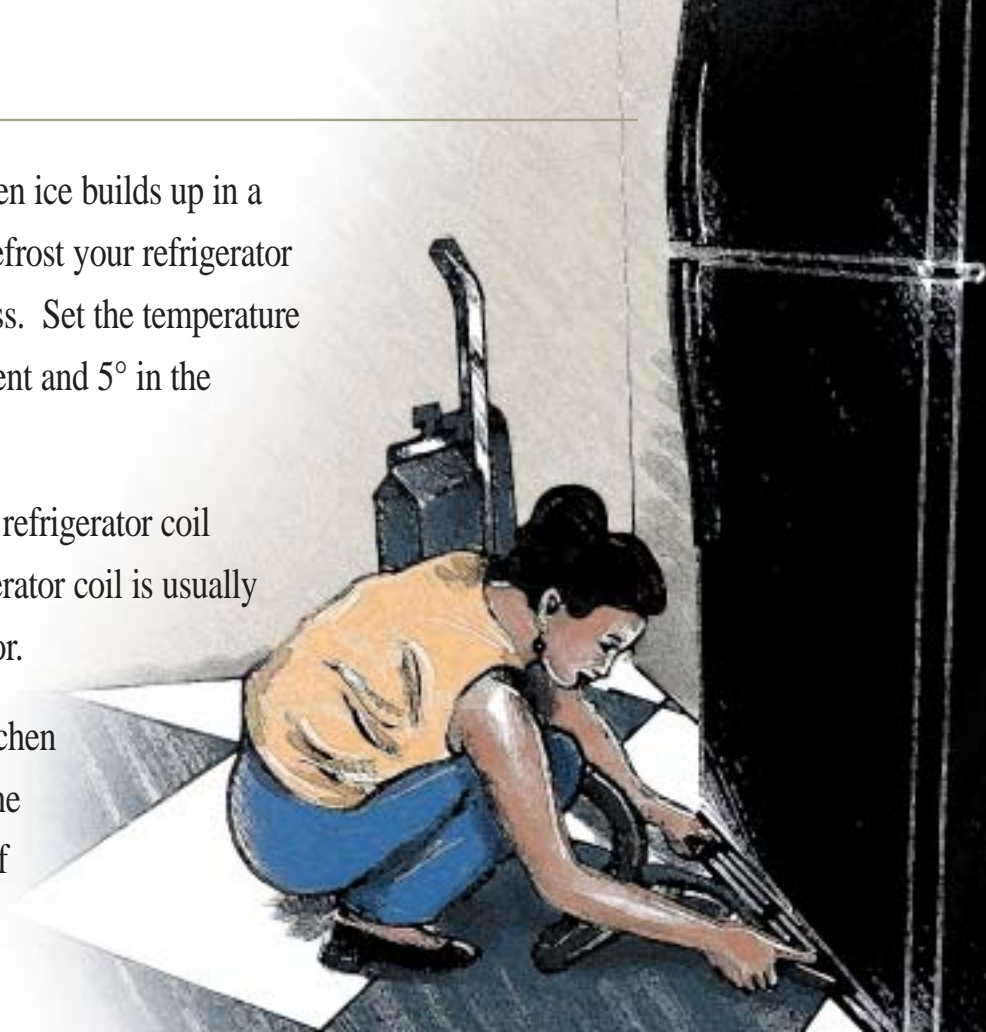
■ *Use the right appliance.* Don't use the broiler in the oven when a small toaster can do the job. When cooking on the stovetop, don't use a burner that's bigger than the pan. Use a microwave instead of a regular oven when you can.



■ *Frost is an energy waster.* When ice builds up in a refrigerator, it will cost more to run it. Defrost your refrigerator before the ice has reached a 1/4" thickness. Set the temperature at 38° to 40° in the fresh food compartment and 5° in the freezer compartment.

■ *Clean coils conserve.* Clean the refrigerator coil with a soft broom or vacuum. The refrigerator coil is usually at the bottom or the rear of the refrigerator.

■ *Vent fans.* Use vent fans in your kitchen and bathroom only when necessary. In one hour, these fans can pull out a houseful of warmed or cooled air.



Use the right light bulb.

About "long-life" bulbs.

At the store you may see bulbs labeled "long-life." Unfortunately, "long-life" bulbs usually burn more energy than ordinary bulbs. Avoid using "long-life" bulbs except in places that are hard to reach. Try a compact fluorescent bulb instead.

Homes often have light bulbs that use too much electricity. As your light bulbs burn out, get new ones that are lower wattage. It can really help you save.

Here are some other tips:

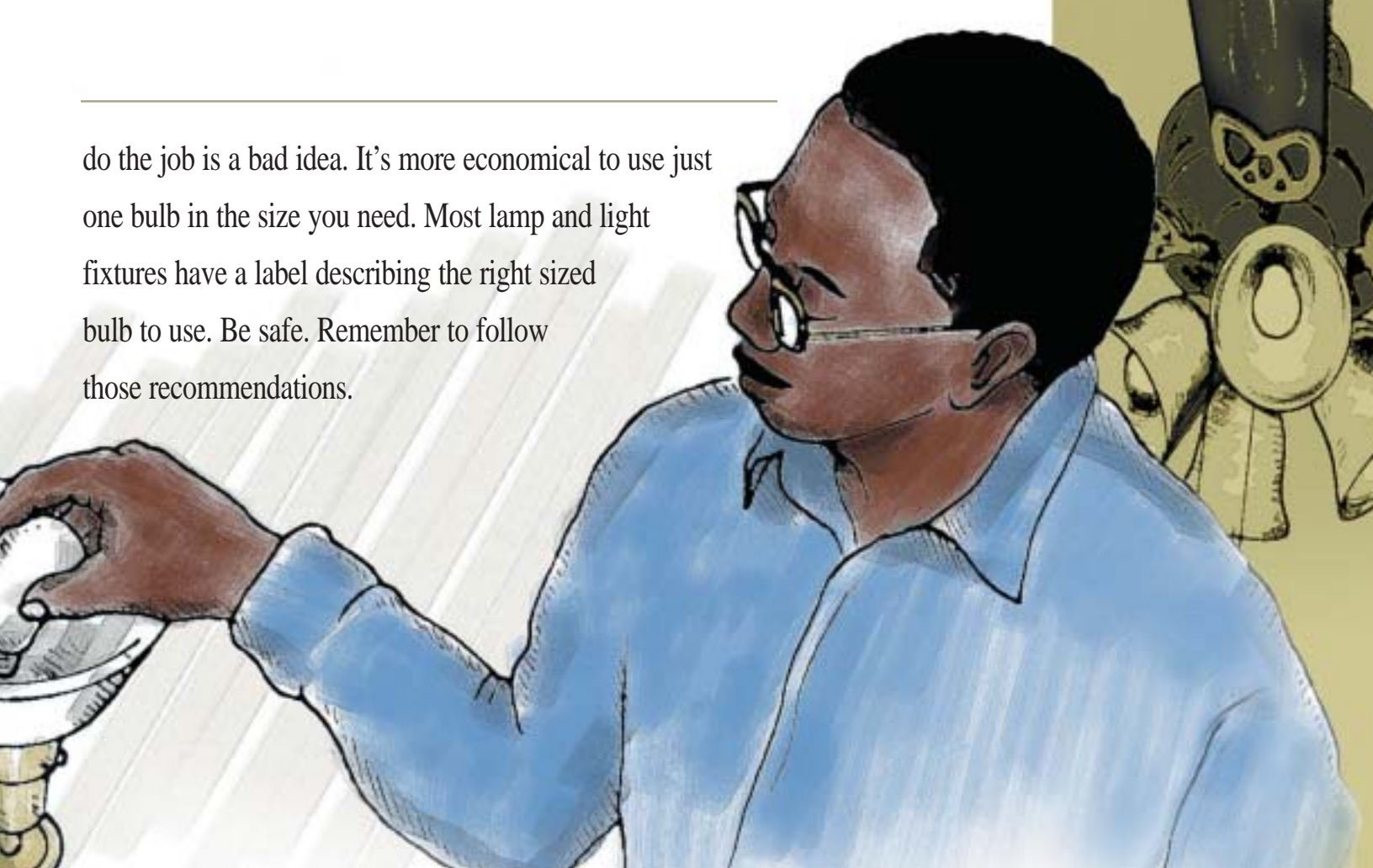
■ *Energy-saver bulbs.* When you buy a new bulb, choose the energy-saver type. They usually cost about the same as regular bulbs, but they use less energy for the amount of light they put out.

■ *Fluorescent bulbs.* Fluorescent bulbs cost far less to run than regular incandescent bulbs. There are now fluorescent bulbs that will fit almost any lamp or fixture. These bulbs are long-lasting and don't cost very much to use.

■ *Use the recommended-sized bulb.*
Using several small bulbs when one larger one will



do the job is a bad idea. It's more economical to use just one bulb in the size you need. Most lamp and light fixtures have a label describing the right sized bulb to use. Be safe. Remember to follow those recommendations.



So how much can you save?

*Everything you
do to save energy
will save you money,
too. It's that simple!*

You can make a great impact on your energy bills by using the whole-house approach. By applying the measures in this booklet, especially insulating and adjusting thermostat settings, you can often reduce your energy bills by 15% - 30%. It's like getting free energy for a month or more.

■ *Remember the big points.* Cooling your home costs more than any other part of your electric bill. So if you change your thermostat setting so that your home isn't as cool, you can save big money.



■ Closing window blinds, drapes and curtains during the day greatly reduces warming in your home from direct sunlight on summer days. On cold

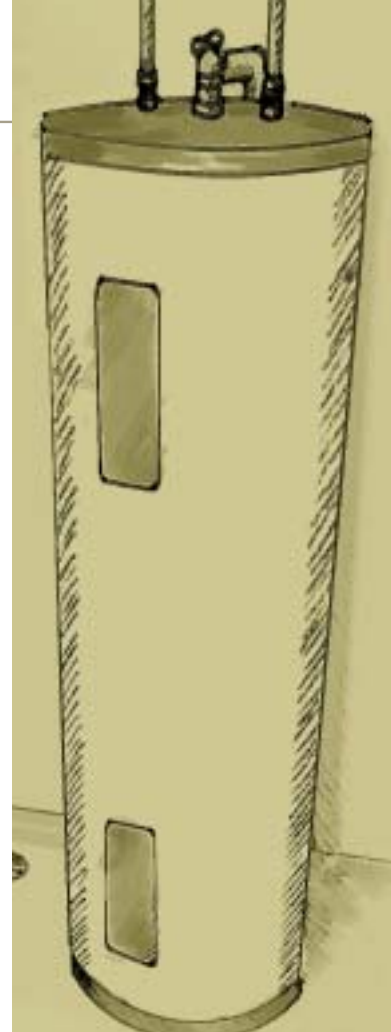
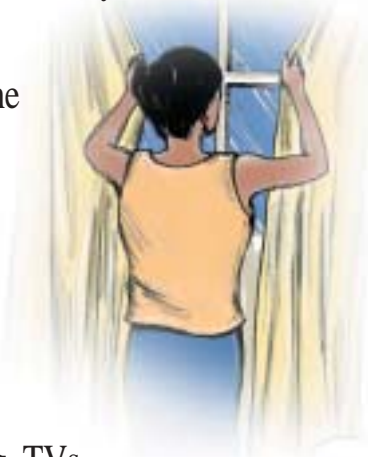
days, you can take advantage of solar heating by opening the drapes and letting the sun shine into your home.

■ *Shut off the extra spaces.*

Don't forget to shut off rooms that aren't in normal use.

■ *Small things add up.* Lighting, cooking, TVs, and appliances also add up to be a big part of your monthly bill.

■ *Wrap your water heater.* Turn your water heater to a lower setting and install an insulated “blanket” around your water heater.



Plan ahead to save money in the future.

When you buy a new appliance, think about how much energy it uses when it runs. Most appliances last a long time. And over the years, you can pay more to run an appliance than you did to buy it.

Before buying an appliance, please remember these energy-wise ideas:

- *Don't buy things you don't really need.* For example, don't buy a second window air conditioner if a fan will keep you just as cool and cost less to run.
- *Get the right size.* For example, don't buy a refrigerator that's bigger than you really need. It will cost more to run.
- *Look for the yellow tags.* New appliances display a yellow tag that tells you how much they cost to run. Look for an appliance with the ENERGY STAR



label. The ENERGY STAR label will guarantee a highly efficient appliance, which will save you money over time.

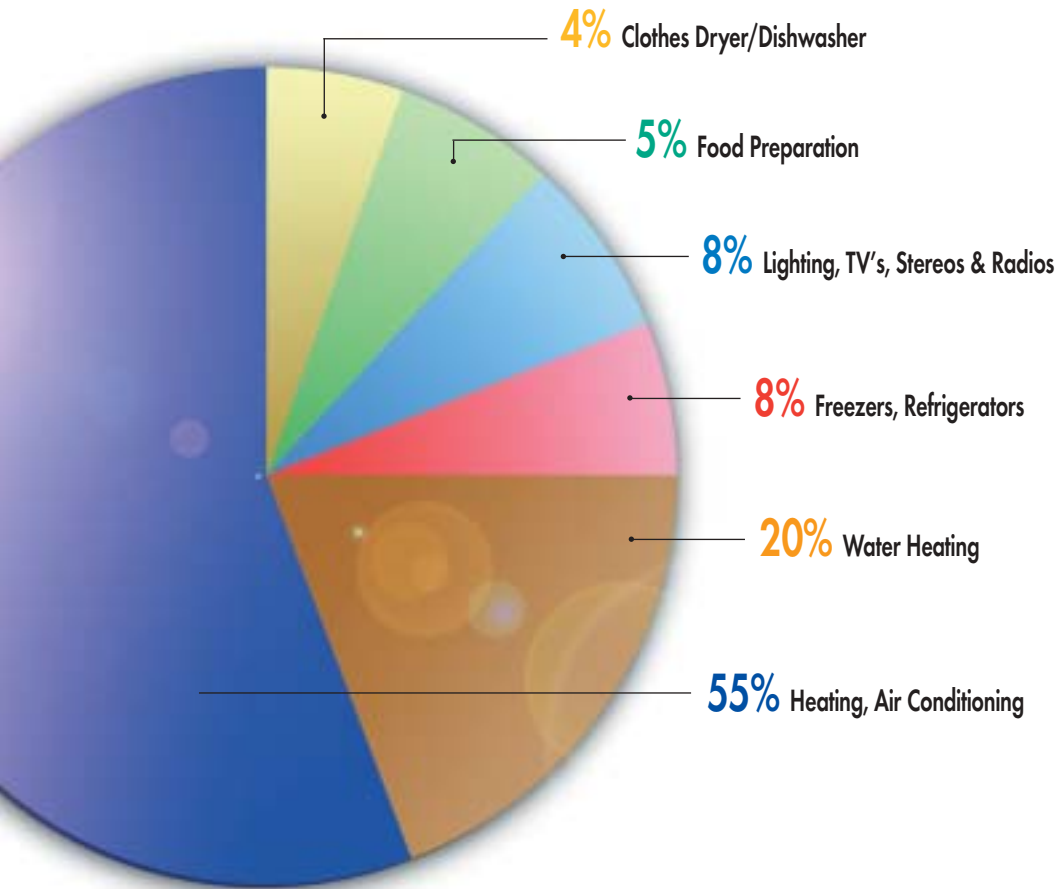
■ *Be energy-smart.*

Consider the cost of energy
in every decision, every day!



Where does my money go?

Knowing where the big energy users are will help you become a better energy manager. As you can see, heating, air conditioning and water heating account for three quarters of your energy use.



Appliance Electricity Usage

Here's a handy guide that illustrates how many kilowatt hours electric appliances typically use per month.

(Based on a family of four)

APPLIANCE	USE / DAY	KWH / MONTH
Television	6 hrs.	27
Ceiling Fan	12 hrs.	54
Home Computer	2 hrs.	4
Microwave Oven	15 min	23
Range & Oven	15 min.	23
Toaster	8 min.	2
Dishwasher	1 hr.	30
Clothes Washer	40 min.	10
Clothes Dryer	2 hrs.	76
Refrigerators		
(manual defrost) 14-16 cu. ft.	24 hrs.	76
(frost-free) 14-16 cu. ft.	24 hrs.	123
(frost-free) 18-22 cu. ft.	24 hrs.	200
Freezer		
(manual defrost)	24 hrs.	67
(frost-free)	24 hrs.	150
Water Heater	24 hrs.	322
Lights	8 hrs.	100
Room A/C (8 mos. avg.)	24 hrs.	209
Central A/C (8 mos. avg.)	24 hrs.	627
Heat Pump		
(cooling)	24 hrs.	537
(heating)	24 hrs.	405
Central Heat (4 mos. avg.)	24 hrs.	964
VCR	2 hrs.	2
Vacuum Cleaner	1 hr.	22

Thank You From Entergy.

We thank you for reading this booklet.

We hope you find it useful and will keep it

for future reference. Even more, we hope

you follow the tips we've offered here

so you can start enjoying a lower electric bill.

*Special thanks to the
U. S. Department of Energy
for assistance.*



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1-800-ENERGY