

The Little Energy Saving Book

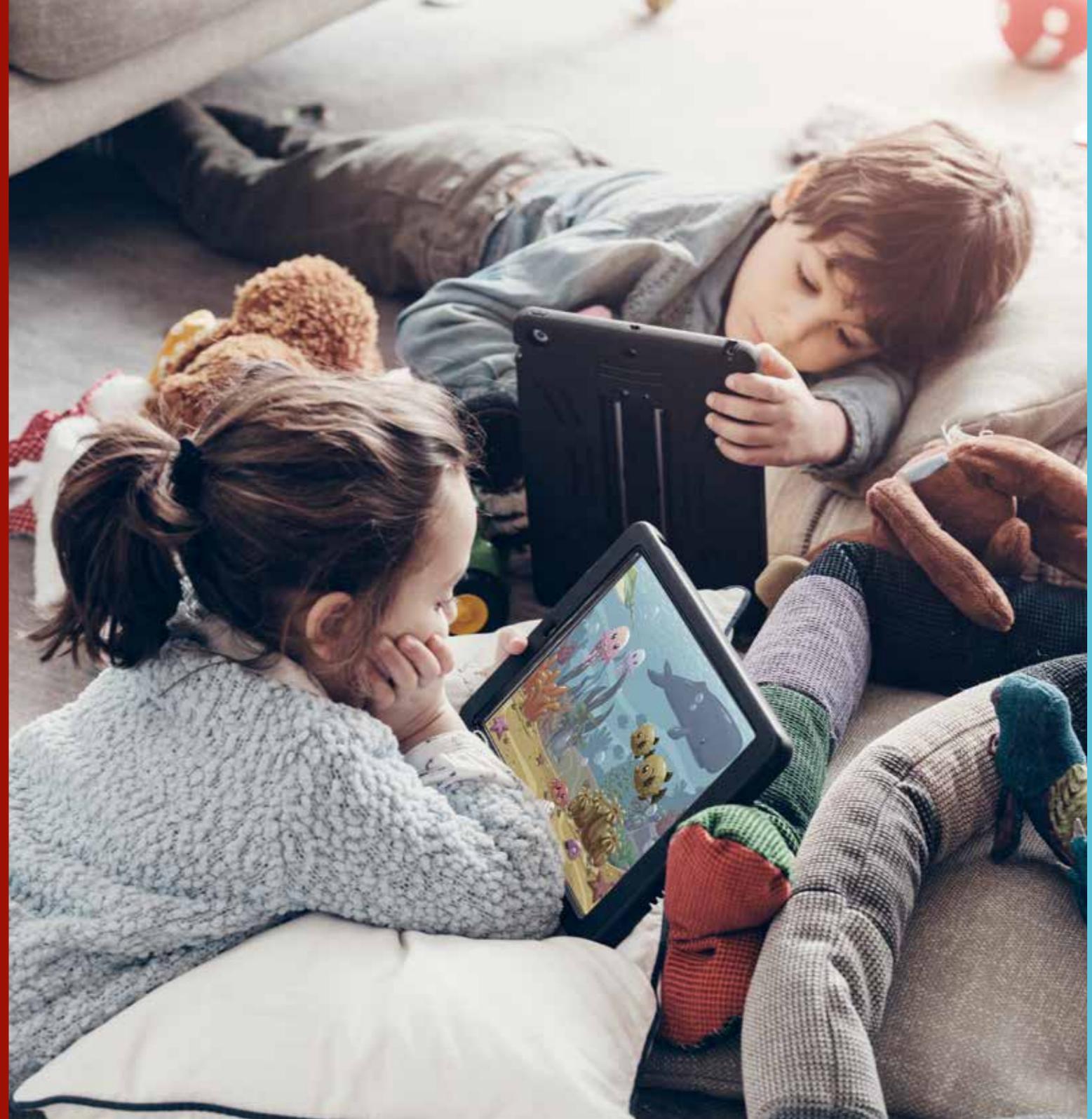
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Saving energy is easy, if you know how

There are lots of ways to reduce your energy consumption. Simple, little steps you can take that will mean big savings for both the environment and your household finances.

This brochure shows you how much energy different parts of your home use, and where the most common energy thieves are hiding. You'll also find some straightforward tips that will help you use the kilowatt-hours you actually need – and no more. And all without cutting back on your comfort!

Did you know that it only takes three weeks to change habitual behaviour? And there's no time like the present to start!



Once around the sun

This is how much energy we use over the course of 365 days.



A household does the laundry 200 times a year, on average.
That costs around SEK 300.

A 40 W light bulb that is on all year consumes 350 kWh.
That costs SEK 525.

A 6 W low energy light bulb consumes 53 kWh over the same period
of time and costs SEK 79.

One person uses an average of 32,000 litres of hot water per year.
It costs around SEK 1,670 to heat that water (to 40°C).

The heat you and your family give off is known as free excess
human heat. You can generate an extra 2,000 kWh/year! That's
worth SEK 3,000!

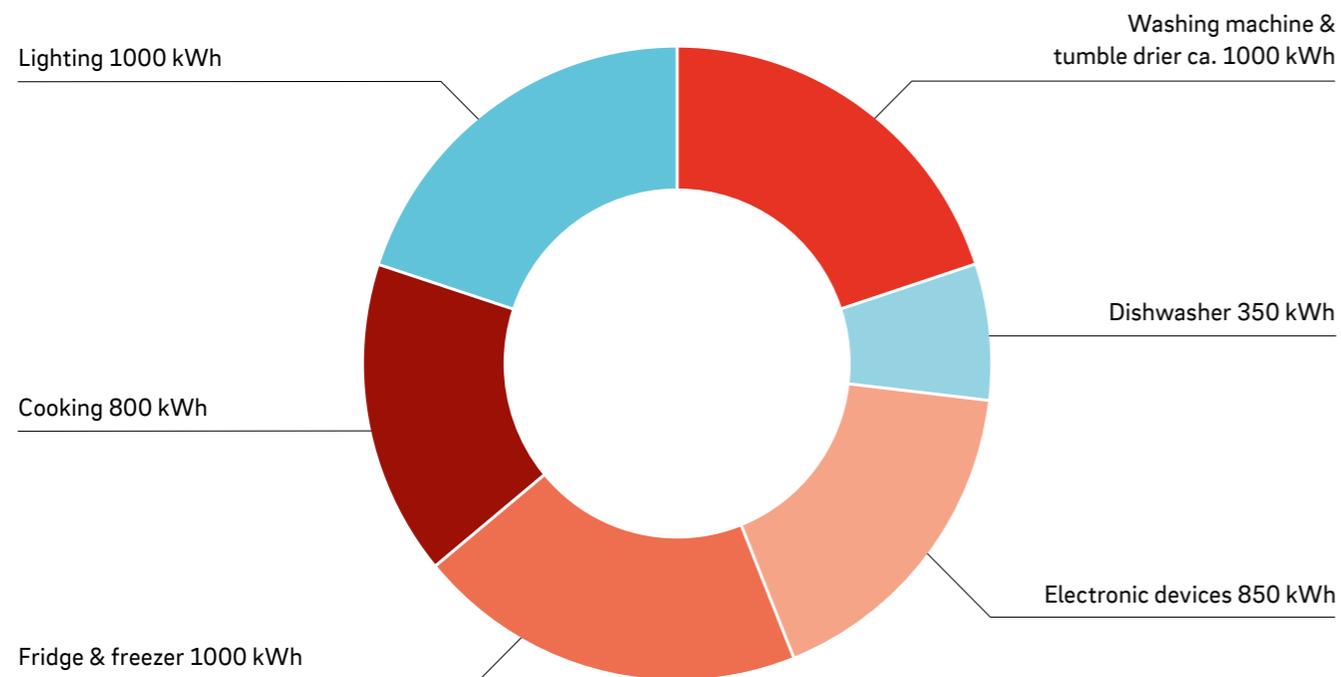
The refrigerating unit in older fridges and freezers runs for a
total of 8,500 hours per year, which costs a total of SEK 2,300.
Newer models run for 5,000 hours and cost SEK 850.

Devices in stand-by mode account for a massive 2%
of the entire country's energy consumption

How much energy does a house use?

The energy consumption of an average household (detached or terraced) in Sweden with direct electrical heating is around 25,000 kWh/year. This equates to around SEK 3,125/month*.

The chart below shows you a breakdown of household electricity consumption (excluding heating) between different areas. Our energy saving tips in this brochure are shown for each of these areas.

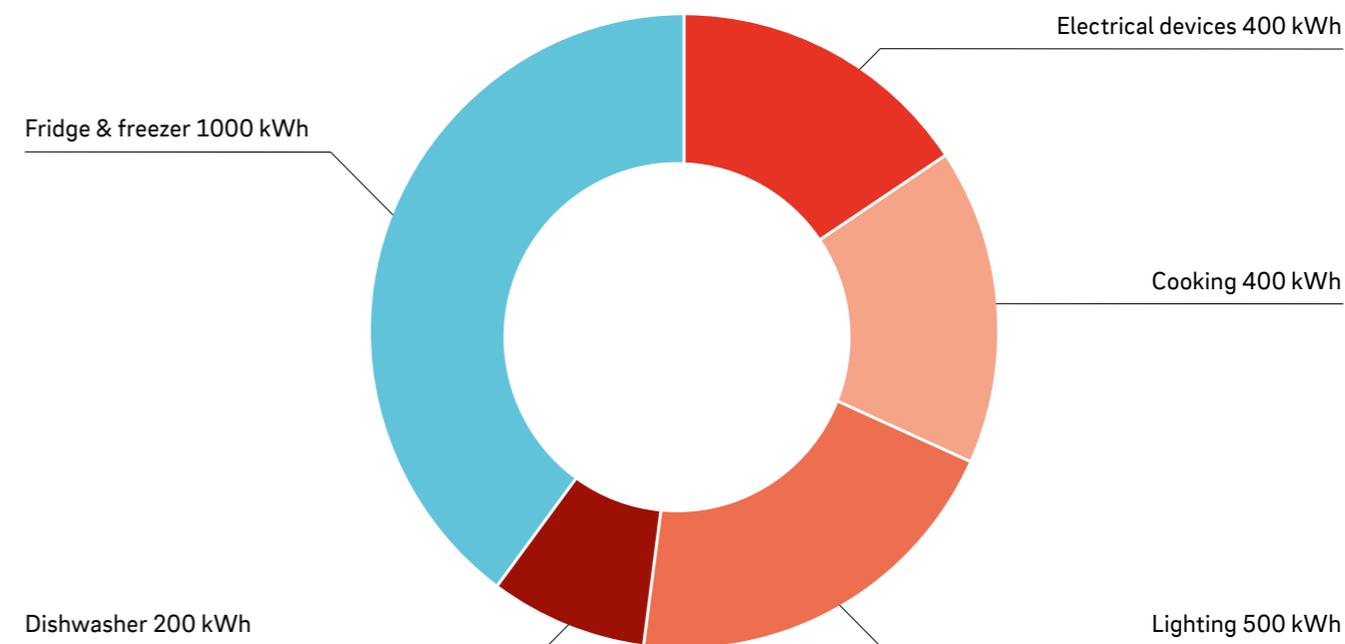


*This figure is calculated using a price of SEK 1.50/kWh, which corresponds to the variable component of the electricity price

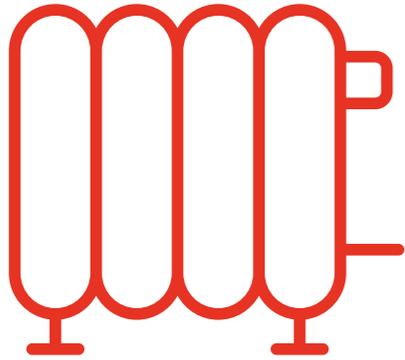
How much energy does an apartment use?

The energy consumption of an average apartment is around 2,500 kWh/year, which equates to about SEK 313/month*. The chart below shows you a breakdown of household electricity consumption between different areas. Approximately 500 kWh/year (ca. SEK 60/month*) should be added to this total for apartments with their own laundry and drying facilities.

Our energy saving tips in this brochure are shown for each of these areas. Where would you like to start saving?



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Heating

Heating accounts for around 55% of a household's energy consumption. Which means there is considerable potential for saving, particularly during the cold months of the year. Read on to find out how you can save significant amounts of energy – without freezing while you do it!

Air quickly and cleverly

A quick blast of through-draught is much more effective than leaving windows ajar.

Don't put things in front of the radiator

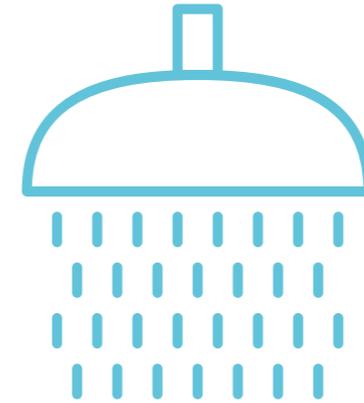
Putting something in front of the radiator stops the heat getting out into the room. And if your radiator is blocked by furniture, it can fool the thermostat into thinking the room is warmer than it actually is, at which point the radiator will switch off. Yes, you'll use less energy, but the room will feel cold.

Turn the indoor temperature down a degree

Turning the indoor temperature down by just one degree Celsius reduces your energy consumption by around 5%. Which, for the average house, means saving around SEK 1,000 per year.

Measure, seal and close

Use thermometers to measure the temperature at different points throughout the house. Seal draughty windows and outer doors. Close doors to colder areas.



Hot water

Hot water accounts for approximately 20% of a household's energy consumption. You can influence both the temperature and amount of water used by changing your habits and replacing hot water system components.

Shower or bath?

You use the same amount of water in a shower lasting 12 ½ minutes as you would if you ran a bath. If your shower lasts longer than this, you'd actually save energy by taking a bath instead.

Short showers

Turn the shower off when you're soaping up.

Switch to water-saving shower nozzles

This means you halve both the amount of water used and the cost of heating it.

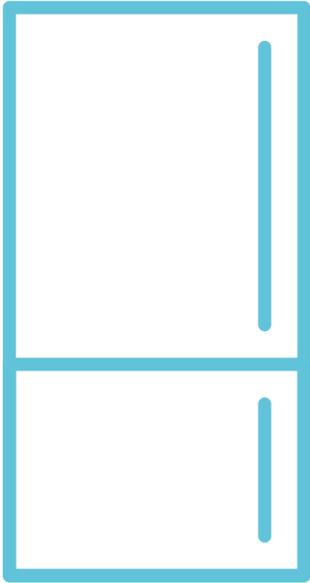
Replace worn washers immediately

Dripping taps can leak 500 kWh (SEK 750*) per year – money and energy that could be much better spent.

Use a plug or a basin when you wash the dishes

That way, you avoid pouring hot water down the drain.

*This figure is calculated using a price of SEK 1.50/kWh, which corresponds to the variable component of the electricity price.



Dishwasher, fridge & freezer

Kitchens use a lot of energy. It may pay you, long-term, to replace old white goods such as fridges and freezers. These units are running 24/7 and can use a lot of electricity unnecessarily. But it's still possible to be energy-smart without buying new units: here are a few suggestions.

Keep your fridge and freezer at the right temperature

Set your fridge to +6°C and your freezer to -18°C. These temperatures are all you need to ensure that your food is stored safely and you're using energy efficiently.

Clean the back of the fridge

A dusty condenser can increase your energy consumption by 25%.

Only wash dirty dishes

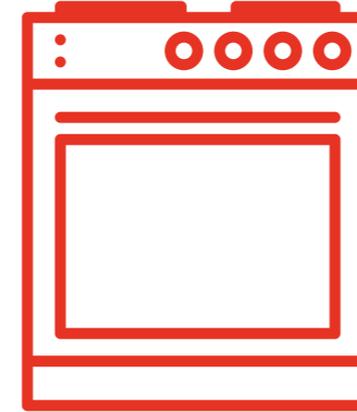
Try out different dishwasher settings to see how long a programme you actually need. After all, why wash clean dishes?

Check whether the fridge door seal needs replacing

Close the fridge door with a thin piece of paper between the door and the body of the fridge, then slowly pull the paper out. If you don't feel any resistance, then it's time to change the seal. This is a quick and easy way of improving an old fridge's energy efficiency.

Run the dishwasher full at the right temperature

Use a lower programme temperature – the results are often as good as at higher temperatures.



Cooking

Cooking accounts for around 16% of a household's electricity consumption. With the right equipment and a few changes to your habits, you can make savings here, too.

Always put a lid on the pan

This reduces your energy consumption by up to 30% when boiling a pan of water.

Don't use pans with an uneven base

Because an uneven base can increase energy consumption by up to 25%.

Use pans that are the same size as the burner

If the diameter of the pan is just 1cm smaller than the burner, your energy consumption can increase by up to 20%.

Thaw food in the fridge

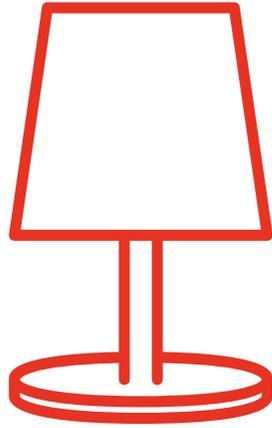
This takes less energy than using the microwave. The microwave is a good alternative, however, if you want to heat or cook smaller quantities of food.

Extractor fans

Don't use the extractor fan for longer than necessary – it also extracts large amounts of heated indoor air.

Let hot food cool

Putting hot food in the fridge forces the refrigerating unit to work harder than it needs to. Allow the food to cool to room temperature before putting it in the fridge or freezer.



Lighting and electrical devices

We have more electrical devices and lamps in our homes nowadays than ever before. If you want to avoid unnecessary energy consumption, a number of these can easily be replaced by energy saving alternatives and used slightly more efficiently

Switch to energy saving bulbs

LED, halogen, or low energy bulbs are the best alternatives and can have a huge impact on a household's energy consumption. An LED bulb, for example, uses only 20% of the electricity used by an ordinary light bulb. .

Turn lights off

Only leave the lights on in rooms when you really need to.

Avoid stand-by

You can save up to 500 kWh (SEK 750*) per year by turning a device off completely. The easiest way to do this is to connect the devices to an extension lead with a contact breaker.

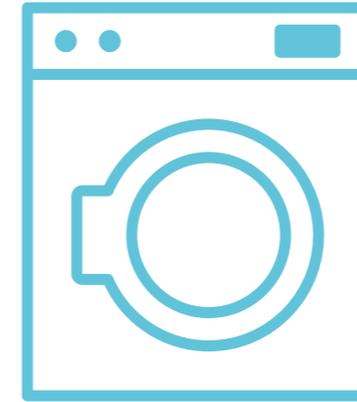
Turn off the towel rail

It might be a good idea to install a timer that switches it off automatically.

Disconnect the charger from the socket

The charger will continue to draw a current as long as it's connected to the power socket. This is true of all chargers, whether for a mobile phone, toothbrush, or whatever. The charger can, furthermore, overheat and pose a fire risk.

*This figure is calculated using a price of SEK 1.50/kWh, which corresponds to the variable component of the electricity price.



Washing machine & tumble drier

There are a few simple things you can do to make a real reduction in your energy consumption, but still get a really clean wash.

Run the machine full at the right temperature

Running a machine full might seem obvious, but you might also like to try lowering the wash temperature. In the vast majority of cases, your clothes will be just as clean if you wash them at 30°C as they will at 40°C. There are also a number of special detergents designed for low temperature washes.

Replace old washing machines and tumble driers

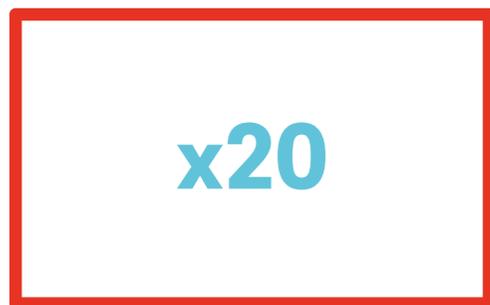
A new washing machine will use less energy and less water. Tumble driers use up to four times as much energy as washing machines, but the newer models are more energy efficient than the old ones.

Hang your clothes up to dry

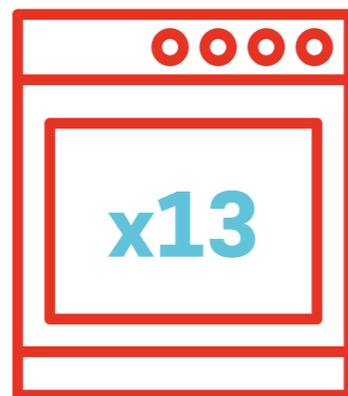
Spin the clothes in the washing machine to remove as much water as possible, and invest in a drying rack so you can still hang clothes up to dry in the winter months. If you do the laundry 200 times a year, this could save you SEK 1,500 per year.

Always use the energy saving programme

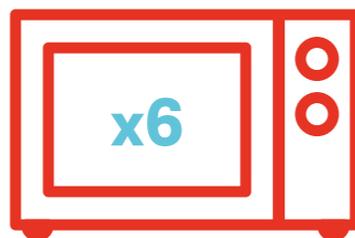
That way, you'll know that your machine is using energy as efficiently as possible.



... watch 20 episodes of Game of Thrones.



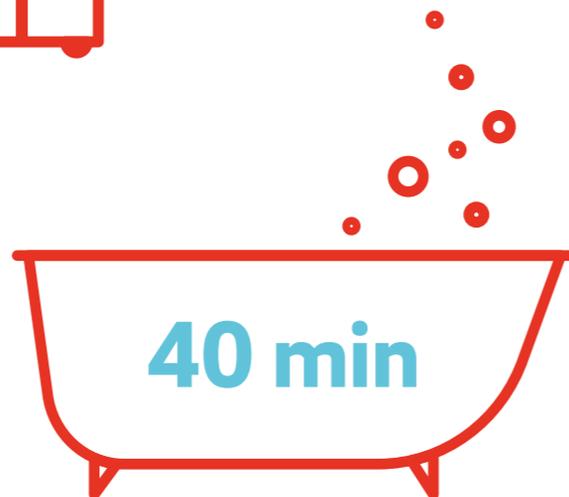
... bake around 13 Baked Alaskas.



... heat up around 6 portions of Cheese Schnitzel with Béarnaise sauce in the microwave.



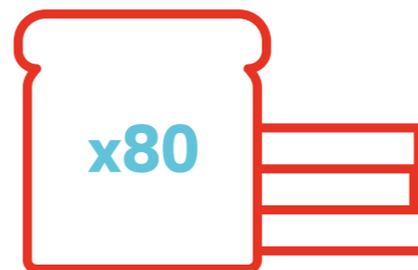
... spend 30 minute blow-drying your hair



... spend 40 minutes in a whirlpool bath.



... play Minecraft on a laptop for 20 hours.



... make 80 slices of nicely crisp toast.



... make up to 86 normal sized cups of coffee.

With 1 kilowatt-hour of energy, you can ...

Wondering how we worked that out?

The examples were calculated using the following assumptions:

Watch Game of Thrones

That a 40 inch LED TV draws 60 W and an episode lasts 50 minutes.

Cook a pre-prepared meal

That it takes around 8 minutes in a microwave that draws 1,200 W.

Cook a Baked Alaska

That it takes 3 minutes to bake in a domestic oven that draws 1,500W.

Make coffee

That it takes around 7 minutes to make 8 normal-sized cups of coffee using a coffee maker that draws 800 W.

Toast bread

That it takes 90 seconds to toast two slices of bread in a toaster that draws 1000 W.

Play Minecraft

That a laptop draws 50 W.

Blow-dry your hair

That a blow-drier draws 2000 W.

Take a whirlpool bath

That a whirlpool bath draws 1500 W.

Want to know more?

Call our Customer Service department on tel. 0771-22 24 24 and ask to speak to one of our Energy Advisors. They have a wealth of tips they'd be happy to share on how to be more energy smart in your everyday life!