



# Busting the myths on your bad habits!



## Turning the thermostat up will heat the house up faster.

Myth. Sadly it won't; your boiler works at the same constant speed regardless of whether you set your thermostat to 20°C or 30°C. In fact, you're likely to find that later in the evening you'll be sweltering – and wasting a lot of money. Set the thermostat to a sensible temperature, between 19-20°C and allow it to do the work.



## If I turn all the radiators down low, I'll save money.

True. But only if you also turn your thermostat down at the same time. If you turn your radiators down low but still have the thermostat set to 21°C, your boiler will keep running until the room temperature reaches 21°C – and this will take a long time with the radiators on low. So, if you want to save money make sure you turn down the thermostat, not just the radiators.



## It's cheapest to stay in one room with an electric heater or a gas fire.

Myth. Electric fan heaters and portable gas fires are two of the biggest energy guzzlers. If you have them on for hours then it's likely to be cheaper to turn your central heating on and keep the radiators in the rooms you're not using on a low setting.



## It takes more electricity to turn lights off and on again than to leave them on.

Myth. This is almost completely untrue and is costing people a fortune. It doesn't take any more electricity to turn a light back on. If it's on, it's using electricity, and if it's off, it isn't. If you're leaving a room for more than a couple of minutes then turn the light off and you'll save money.



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### Dishwashers use a lot of energy.

Myth. Perhaps your gran believed this and insisted on washing up by hand instead but it's not actually true. If you do a full load and select a medium temperature on your dishwasher, it can use less energy than doing the washing up by hand. Many dishwashers have an economy setting which will use even less electricity and water.



### My clothes won't get clean at 30°C.

Myth. You can save a lot of electricity by washing your clothes at a lower temperature. Most washing powders are now designed to work just as well at 30°C as they do at higher temperatures. If you're trying to remove a stubborn stain try using a pre-wash stain remover.



### It's not worth turning things off at the plug.

Possibly true, depending on the appliance. Leaving TVs, broadband routers, set-top boxes, games consoles and other appliances on standby costs the average household £30 a year according to the Energy Saving Trust (households with lots of devices may be paying much more). Some appliances cost up to £10 to keep on all year, others just a few pence. 'Standby savers' are available that allow you to turn all your appliances off standby in one go.



### Energy suppliers are all the same so there's no point switching.

Myth. Suppliers are always introducing special offers to attract new customers, so if you haven't switched for a year or more then you may be missing out. Switchers save £130 on average on an annual dual-fuel bill so it is worth checking. You don't have to buy your gas and electricity from one of the big six; there are smaller suppliers that offer better value for money.



### I have been with my energy supplier for years, so they are probably rewarding my loyalty by giving me a good deal.

Sorry, but no. Energy suppliers reserve their discounts and special deals for new customers rather than loyal existing ones. So, unless you contact your supplier and ask for a better deal - or suggest you may look elsewhere - you're likely to be kept on a more expensive tariff. If you've been with the same supplier for years and never changed tariff, you could save over £500 a year by switching.

