

Programming for Savings

Using Your Programmable Thermostat

Why Should I Do This?

Using a programmable thermostat is a great way to save as much as 15 percent on your energy bill. Programmable thermostats allow you to maintain acceptable temperatures in your home while saving money. You achieve the highest amount of savings when you lower your energy use on heating and cooling for at least eight continuous hours. And when you lower your energy use, you also help the environment as well.

Most programmable thermostats have two programming overrides for when you know your normal schedule will vary: 1) a temporary override, for when you would like to make an adjustment to the temperature for just a few hours, and 2) a vacation/hold/permanent override, a good way to make sure that your home remains a constant, efficient temperature when you are away for the weekend or on vacation. Both ensure that upon your return your home returns to its normal heating or cooling schedule.

How does it work?

Programmable thermostat manufacturers designed thermostats with four pre-programmed setting times: 1) wake (6 a.m.), 2) day (8 a.m.), 3) evening (6 p.m.) and 4) sleep (10 p.m.). You can shift the times at which you would like the system to adjust its temperature, but maintaining temperatures for at least two eight-hour cycles allows for maximum efficiency. If you are home on the weekends, most programmable thermostats can typically allow weekends to be scheduled differently from weekdays.

ENERGY STAR® pre-programmed thermostats come programmed to cool to 78 degrees for when you wake, increase at least 7 degrees during the workday when no one is home, return to 78 degrees for the evening and increase at least 4 degrees while you sleep. (The winter settings reflect a complementary approach to heating the home using 68 degrees as the setting.)

ENERGY SAVING TIP



- You will save about 1 percent off your heating and cooling costs for each degree you set your thermostat above 78 degrees in the summer and below 68 degrees in the winter.
- Maintaining a set temperature for at least two 8 hour periods throughout the day will achieve maximum efficiency.

SAFETY TIPS



- If you install a programmable thermostat, please follow manufacturers recommended installation instructions.
- Remember to disconnect the power source to the thermostat before performing any work.

