

# Thermostat Settings

It is a cold winter morning, and the Taylors are about to get up. They wake up at 6:00 AM and set the thermostat to a temperature of 68°F. They get ready for work and school and lower the thermostat to 63°F before leaving at 7:00 AM. After work and school are over, the Taylors return home at 4:30 PM. They turn up the heat to 68°F. At 9:30 PM, it's time for bed. They lower the temperature to 64°F for the night and go to sleep.

Help the Taylors program their thermostat by filling out the table below with the times and temperature settings so they won't have to adjust the temperature by hand every time.

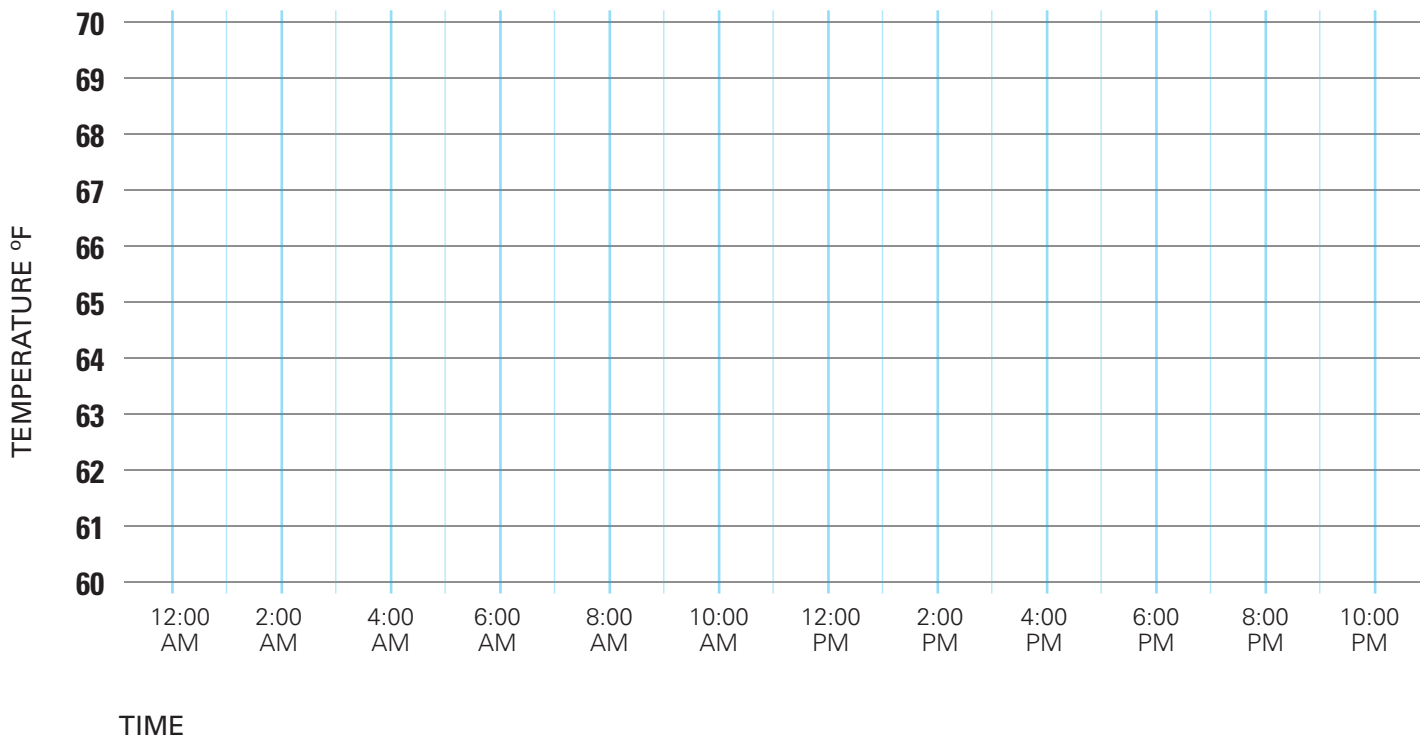
What season is it? \_\_\_\_\_



**weekday**

ACTIVITY	TIME	TEMPERATURE °F
<i>Wake up</i>	<i>6:00 AM</i>	<i>68°F</i>

Graph the data of the time and temperature settings for the thermostat.





# ENERGY EFFICIENCY

## Top 10 Energy-Saving Tips

**1. Save up to \$100 a year when you properly use a programmable thermostat.** Set manual thermostats to 78°F in the summer and 68°F in the winter, and then leave them alone.



**2. Change standard air filters once a month** or pleated filters once every three months to help your heating and cooling system run more efficiently. Have your system professionally serviced annually.



**3. Caulk and weather-strip around your windows and doors.** If the caulk is cracked or the weather stripping is flat or peeling, replace the old material.

**4. Seal around wiring and plumbing penetrations.** Use caulk for small holes and expanding foam for larger areas. This will keep conditioned air from escaping the house.

**5. Use a smart power strip** or simply unplug electronics when they are not in use and save up to \$100 a year.

**6. Look for the ENERGY STAR® label** when purchasing new appliances.

**7. Keep air vents clear of obstructions** to help your heating and cooling system operate more efficiently.

**8. ENERGY STAR qualified LEDs** provide high-quality light, last up to 20 years and use 75 percent less energy than standard incandescent light bulbs.

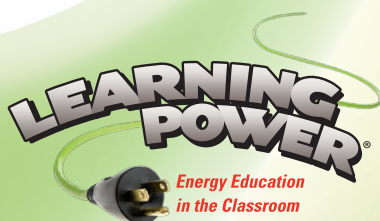
**9. Wash full loads of clothes** and avoid overdrying. Clean the lint trap before every load to increase efficiency, saving you more than \$30 a year.



**10. Set your water heater's temperature to 120°F** and wrap your electric water heater with an insulated blanket for additional savings. Read the installation instructions and warranty to make sure this doesn't void the warranty.



Dr. E™



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