

Do-It-Yourself Energy-Efficient Upgrades

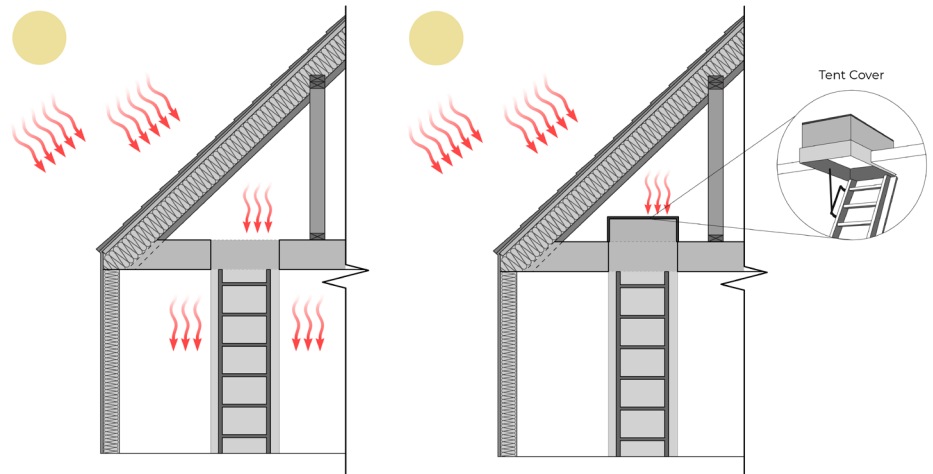
Energy-saving upgrades in the home can save a homeowner money on bills each month. While some projects can be very expensive and require a licensed

contractor, there are many simple and affordable improvements that homeowners can make themselves for quick savings.

ATTIC TENT COVER

Because attic doors are thin and attics are often poorly insulated, the entrance to an attic can be a place where outside temperatures affect the temperature of your home.

Attic tent covers are available at many hardware stores and are made of thick insulating materials to add a buffer between the living space of your home and the attic. These tents are easily installed and only need to be nailed or stapled in place to secure.



SMART THERMOSTAT

Adjusting your thermostat is a solution to high energy costs, but this can make the home uncomfortable for some. Smart thermostats can be set on a schedule to adjust automatically when you aren't home or when you're asleep. Many smart thermostats can also be adjusted remotely from a cell phone.

Smart thermostats can be set on a schedule to adjust automatically when you aren't home or when you're asleep, and many can be adjusted remotely from a cell phone. This will help ensure that temperatures remain comfortable when you are home, but money is not spent on heating or cooling when no one is home.

A smart thermostat is an easy addition to help curb high energy costs. Stock photo



INSULATED CURTAINS AND BLINDS

Windows are a common place where outdoor air can enter the home and lead to hot or cold zones. While upgrading to more efficient windows can be expensive, there are small changes you can make inside your home to better insulate windows.

Thick curtains can act as an additional layer of insulation and help to block drafts and reduce heat transfer. Thermal or insulated curtains are particularly effective at keeping cold air out in winter and reducing heat gain in summer. Additionally, efficient blinds or shades can provide another barrier against outdoor temperatures.

Blinds, shades and curtains can help insulate windows. Stock photo



FIXTURES AND SMALL APPLIANCES

When it's time to replace light bulbs or appliances, swapping to Energy Star options can save energy without sacrificing the performance of the appliances. Small items like lightbulbs or large items like HVAC systems can be

Energy Star rated. In addition to using significantly less energy, these appliances and fixtures often last longer than typical models and will need to be repurchased less often.



Easily save energy by switching off multiple devices at once.. Stock photo

POWER STRIPS

Power strips offer a simple way to reduce excess energy use by allowing you to easily shut off multiple devices at once. When turned off, they stop drawing energy, helping to eliminate standby power consumption from electronics that are not in use. While power strips cannot be used on larger appliances like refrigerators, plugging smaller countertop appliances or chargers into power strips can reduce energy spending.



LaHouse
Research & Education Center