

Winter Energy Health Check

Sharpen your energy instinct in 3 weeks!



Week 1:

1. Check your smart meter in-home display – how much power are you using right now? Is that what you would have expected? If not, what's switched on that doesn't need to be? Get a grip on your Phantom Load and save over £350!

Read more: *Phantom Load: Understanding your hidden energy costs*

2. Now, look at your **Energy Usage Reports**. How do you compare to other households?

Read more: *Compare energy use: are you a big spender?*

3. Time for a test! How much do you think you spent yesterday? What about last week, or last month? Check the Loop app.

4. You'll be using more energy over winter, so don't pay more than you need to. Step up your efficiency.

Read more: *Make your home energy efficient before the cold sets in*

5. Are you spending whilst you sleep? Last thing at night, check your smart meter in-home display. Is there anything on that doesn't need to be?

6. Did you know your boiler settings can affect how efficiently you heat your home? If you've got a combi boiler, **turn down your flow temperature**. It can save 12% on your gas bill without compromising the temperature of your home.

Week 2:

7. Slay the Phantom! Go on a **Loop Snoop** and understand why your bill might be higher than you were expecting.

Effort: 🍷

Impact: 🌳🌳🌳🌳

8. Give your radiators a bit of TLC! Bleed them and move sofas away to help heat circulate more effectively.

Effort: 🍷

Impact: 🌳🌳

9. Swapping to LEDs will pay for themselves in around a year! See what you can save with our **LED calculator**.

Effort: 🍷🍷

Impact: 🌳🌳🌳🌳🌳

10. With each degree you lower your thermostat, your gas use falls by 10%! Dropping from 21 degrees to 18 would save around 30% – that's a saving of £300 for an average home.

Effort: 🍷

Impact: 🌳🌳🌳

Week 3:

11. Check your draft-proofing is up to scratch. The common areas to look out for are around windows, doors, and unused chimneys. Making these changes could save a typical semi £90 a year. Keep hold of the warmth you're paying for!

Effort: 🍷🍷

Impact: 🌳🌳🌳🌳

12. Could fitting solar work for your home? Don't wait until summer! Turn on the **Solar and Battery Simulator** and look back at your usage.

Effort: 🍷🍷🍷

Impact: 🌳🌳🌳🌳

Read more: *The economics of solar*

13. Improve your home's insulation! It's an effective way to reduce bills and improve comfort. Check your loft to see if you have at least the recommended 27cm of insulation.

If not, you can top up yourself or pay a professional to do it for you.

Effort: 🍷🍷🍷

Impact: 🌳🌳🌳🌳

14. Get your heating schedule right and it can lead to big savings. Make sure you're not heating your home when you're not in or heating rooms your not using. Investing in a smart thermostat and smart radiator valves can make this simple.

Effort: 🍷🍷

Impact: 🌳🌳🌳

15. Could a heat pump work for you? They reduce carbon emissions by 90% compared to a gas boiler. Replacing fully functioning central heating is an expensive option, but if you wait until your boiler breaks you may resort to a quick fix.

Effort: 🍷🍷🍷

Impact: 🌳🌳🌳🌳

Read more: *Heat pumps explained: what do you need to consider?*