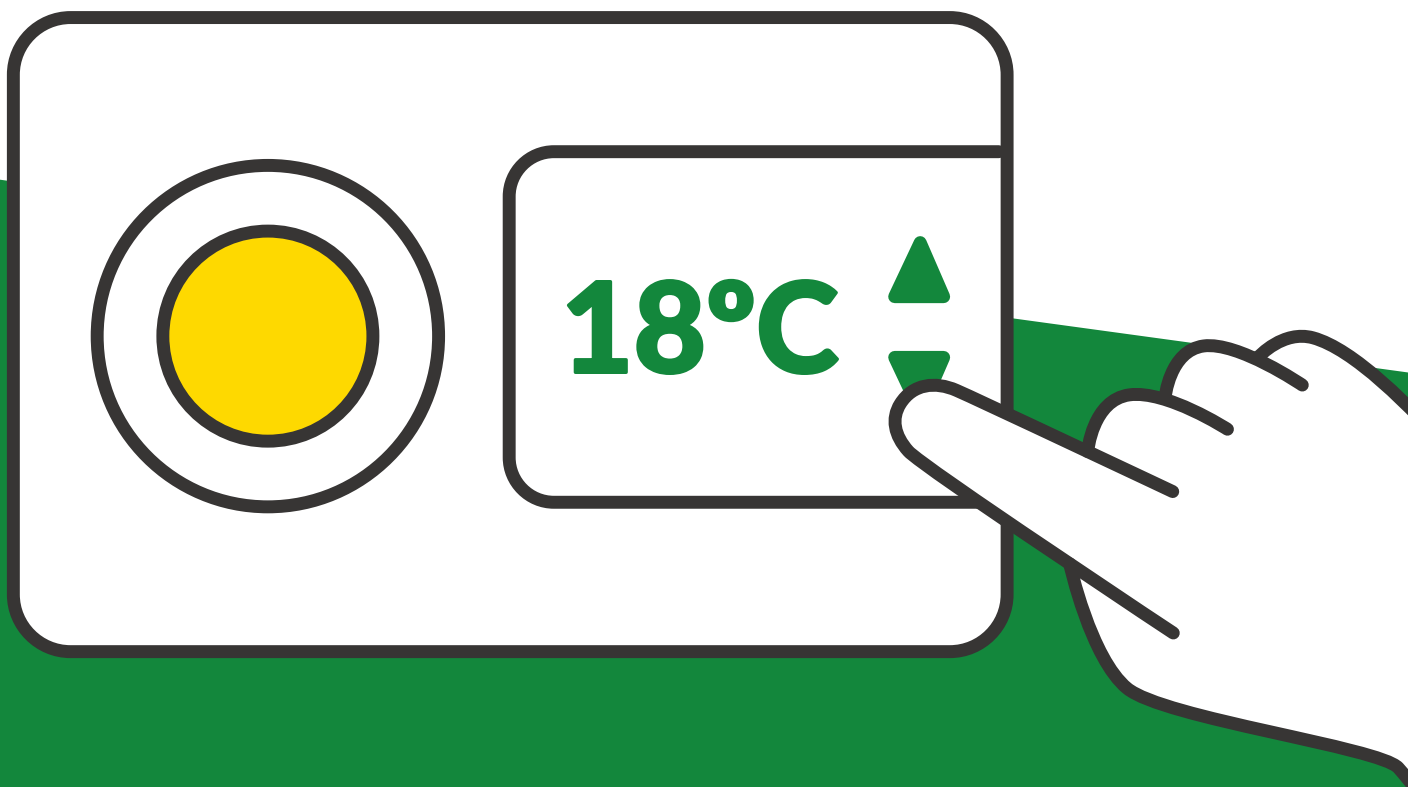


Make the most of your thermostat

TOP TIP

**SAVE ENERGY BY SETTING
THE RIGHT TEMPERATURE**



If you've got a thermostat in your house, setting it to the correct level can help to keep you warm, save money, and prevent damp, mould and condensation. Why not check it now to see what it is set at?

All it takes is setting the temperature to between 18°C and 21°C.

If you're currently setting your heating higher than that, lowering it to the right temperature can mean significant cost-savings. According to The Energy Saving Trust, simply turning your thermostat down from 22°C to 21°C could save up to £100 per year*.

**USE OUR
THERMOMETER
CARD TO SEE**

**WHY
18°C - 21°C
IS THE PERFECT
TEMPERATURE
FOR COST-
SAVINGS**

When you set your thermostat, the boiler will look to maintain this temperature in your home. When the temperature drops below your set temperature, it will come on.

But remember, turning the thermostat up higher does not mean that the room will heat up faster – **it will only waste energy by overheating a room.**

The room will take the same amount of time to heat up whatever the set temperature.

TOP TIP

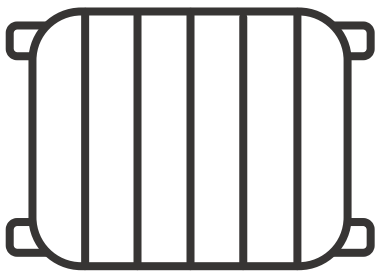
Get to know your central heating. Find the instructions and make sure you know how to programme it to stay warm and reduce wasted energy.

While there are energy and cost savings to be made by lowering the thermostat below 21°C – it is important to not let the house get too cold.

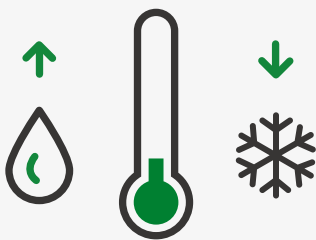
If the building gets too cold, it increases the chances of damp, mould and condensation.

PLACE ONE OF
OUR STICKERS

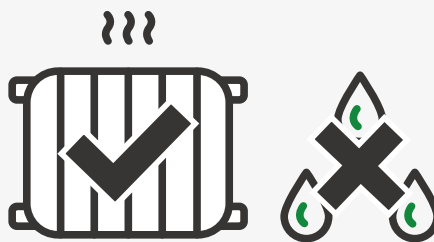
ON THE
THERMOSTAT
AS A REMINDER



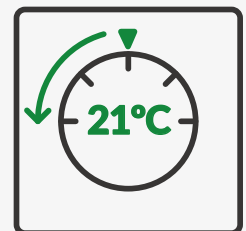
It's also not true that central heating makes the air too dry. Drier air is also preferable to damp air, as this can lead to mould and condensation.



A cold building =
Damp, Mould and
Condensation



Dry air **YES**
Damp air **NO**



Thermostat
below 21°C

*Savings based on a typical three-bedroom semi-detached gas heated house, with an 88% efficient gas boiler and average gas tariff of 6.9p/kWh and electricity tariff of 27.4p/kWh. Emission savings include all scopes and greenhouse gases expressed as carbon dioxide equivalent. Correct as of October 2023.



Our top tips
are designed to
help people save
money and stay
warm and well.

Our Green Doctors
have identified helpful
impartial advice on
what can really make a
difference in reducing
bills and saving energy.

Find out more by visiting
www.groundwork.org.uk/getenergyhelp
or scan the QR code



GREEN
DOCTOR