

# Saving electricity in everyday life

Have you considered how you can reduce your energy consumption? There is a lot you can do to reduce the use of electricity in your apartment. Here are some examples:

## Lighting

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- ✔ Change to effective and beneficial lighting, such as LEDs.
- ✔ Turn off lights when they are not needed.

## Heating

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- ✔ Consider not placing large pieces of furniture right in front of radiators, as then the heat is not dispersed as it should be.
- ✔ When airing your apartment – open your windows wide and air for a short period, instead of a little for a long period.

## Electronic devices

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- ✔ Remove battery chargers, for example for mobile phones, when they are not in use.
- ✔ Set your computer so that it hibernates when it has not been used for a while.
- ✔ Completely turn off your computer when you have finished with it for the day.
- ✔ Many electrical devices consume a lot of energy even when they are in standby. So completely turn off the devices.

## The bathroom

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- ✔ Take short showers.
- ✔ Turn off the shower while you are applying soap and shampoo.
- ✔ Turn off the tap when you are brushing your teeth.

## The kitchen

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- ✔ Set the right temperature for fridge and freezer, +4 degrees in the fridge and -18 degrees in the freezer, your food will then be stored effectively and you will have lower energy usage.
- ✔ Use a kettle when boiling water, it is fast and you save energy.
- ✔ Do the washing up in a dishwasher, if you have one, it saves energy compared with washing up by hand, avoid rinsing the washing up in hot water before putting it in the machine. Remember to always contact your landlord before purchasing and installing a dishwasher.
- ✔ Defrost the freezer at regular intervals.
- ✔ Put a lid on saucepans, this reduces your energy consumption by two thirds compared to if you do not use a lid when cooking.

## The laundry room

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- ✔ Wash at 40 degrees instead of 60 degrees if possible, it can almost halve energy consumption.
- ✔ A tumble dryer uses two to four times more energy than a washing machine. So air dry your laundry if possible.
- ✔ Do your laundry in a full machine.

**Compiled by Fastighetsägarna, Sept 2022**

**Sources:** Hallå Konsument, Energimyndigheten, Energi- och klimatrådgivarna i Skåne, Energikontoret Skåne.