



Danish Energy
Agency

Myths and facts about energy use

It's a good idea to save energy when prices increase. But are you saving energy in the right places? Here are five myths to avoid.

Myth

Facts



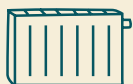
It's a good idea to heat my flat with a patio heater, gas oven or similar instead of my radiator.

No. A patio heater or similar emits harmful particles that reduce air quality in your flat. Therefore using other types of heating can be harmful to your health. Use your radiator or underfloor heating instead.



Turning off the heating to save energy is obviously a good idea.

No. In the short term, you save energy by turning off the heating, but if the temperature in your flat falls below 18°C you may get problems with damp. This increases the risk of mould, which is harmful to your health. You may also have to pay to have the damage repaired.



I can easily make do with only half my radiators on - then I'll only use half as much energy.

No. When you turn off a radiator in a room, the radiators still on will use more energy to heat the room. So adjust all the radiators to the same level throughout your flat. You can increase or decrease the temperature in a room, but always remember to keep the temperature over 18°C and close the door to the room.



If I don't air-out, I'll keep in the heat.

No. It is important to air-out to avoid damp and possible mould in your flat. Air-out for short periods (5 minutes) at a time, and remember to turn off the radiator before you air-out.



It's cheaper to use candles instead of turning on the light in my flat.

No. Use LED light bulbs instead, they're much cheaper than candles in the long run. Candles also emit particles that can impair the indoor climate in your flat.

For more information, visit [SparEnergi.dk](https://sparenergi.dk)