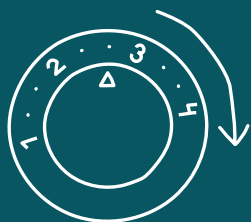


# The best advice on saving energy this winter



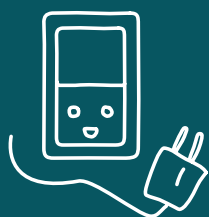
## Turn down your heating

You save 5% of your heating consumption every time you turn down the temperature by one degree centigrade. Set the thermostat at the same temperature in all rooms, and keep at least 18°C to avoid mould.



## Use less hot water

Heating water accounts for about 1/3 of your heating consumption. Save hot water by taking shorter showers, turn down the temperature, and wash your hands in cold water.



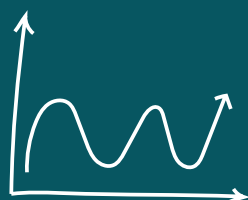
## Switch off unnecessary electrical appliances

Look at all your electrical appliances at home, and decide what you really need. Perhaps you can change to LED light bulbs or turn off your old chest freezer.



## Turn off your radiators while you ventilate rooms

You can save energy if you ventilate rooms correctly. Ventilate rooms for five minutes at a time, several times a day, and turn down the heating well before you open the window.



## Use electricity when it is cheapest

The price of electricity varies hour by hour, and it is usually cheapest when a lot of wind and solar energy is being produced. If you want to make sure you are always using the cheapest electricity, you can follow electricity prices hour by hour, 24 hours ahead, on the SparEnergi.dk website.



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Visit **SparEnergi.dk** for more advice on saving energy