

# Do you live with a Watt Monster?



## How to tame a Watt Monster – in 5 easy ways:



Fridge

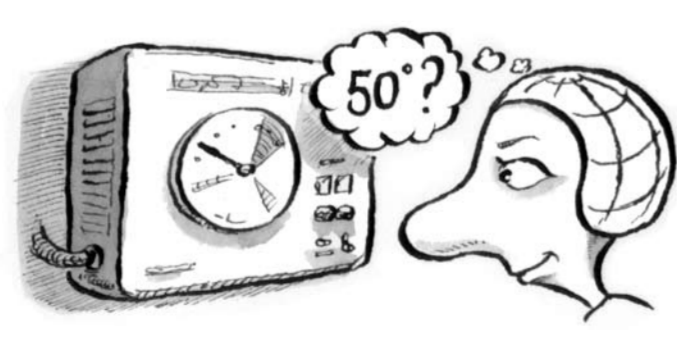


- Use a thermometer to check your fridge is no less than 3°C and your freezer -15°C
- Ventilate the coils at the back
- Repair damaged door seals

1



Hot water



- Turn the thermostat down: the optimum temperature for most existing storage hot water systems is 60°C, and 40-50°C on instantaneous systems.
- Use less hot water

2



Heating & cooling

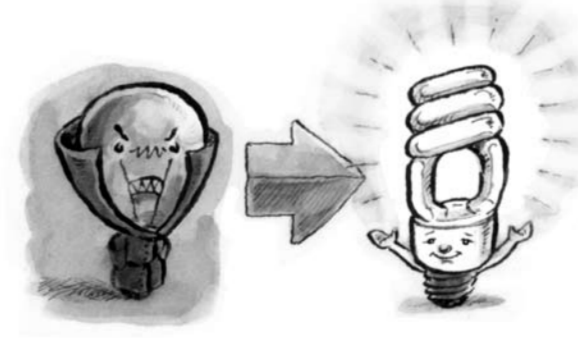


- Use a fan instead of AC
- Use an efficient heater
- Only heat/cool the rooms you are using and close off rooms you don't need
- Use draft seals to keep heat in
- Shade your house from direct sunlight in summer
- Use passive solar design to let in the light in winter

3



Lighting

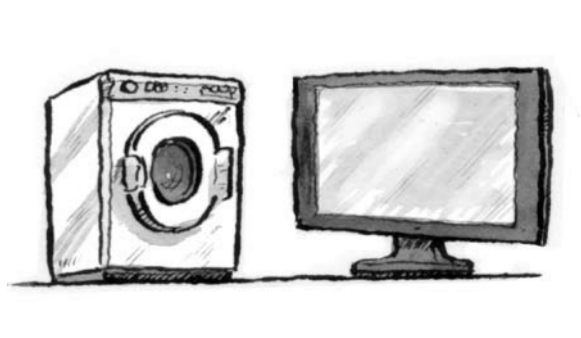


- Turn off lights when you're not in the room
- Replace halogens with efficient ones or LEDs
- Replace incandescent with CFL globes

4



Appliances



- Turn off appliances on standby
- Buy a minimum of appliances for your needs
- Buy energy efficient appliances

5

Watch your Watts!



Barrett House  
Our little house of sustainability



Energy Saving