



How to save a lot of energy – when heating, cooling and ventilating your home

Less is more!

Around half of all private households in Germany heat with natural gas. That means there are some 20 million households whose overall contribution will have a huge impact in our efforts to save heating energy. And without sacrificing comfort in the home. The following tips will show you how this can be done.

1 Lower the room temperature

Does it always have to be 23 degrees Celsius? You will also feel comfortable at 20 degrees Celsius, for example. And just one degree less can save as much as six per cent of the heating energy you use. The heat output can be reduced even more at night in the living room and elsewhere in the home, when rooms are not being used. For a healthy night's sleep, the optimum temperature is between 16 and 19 degrees Celsius. All you have to do is turn down the thermostat and then dream – with a clear conscience. And don't forget: it's best to keep the doors between rooms that have different temperatures closed.

2 Radiators need air flowing around them ...

For a radiator to function properly and in an energy efficient manner, it must be a free-standing unit: the air should flow past it unhindered. Furniture, long curtains or panelling must not cover the radiator under any circumstances. This is the only way the radiator can work efficiently and will also save up to twelve per cent on heating costs!

3 ... but not inside

Regular bleeding means saving heating energy. This will take an average of five minutes per radiator. It is time well spent, as it can reduce your annual heating costs by some two per cent.

4 Ventilate properly

Ventilating properly means heating less. The best way to do this is to ventilate briefly and intermittently with the windows wide open and the heating turned down. If you avoid tilting windows on cold days, you can save even more. The best way of doing this is to ventilate the bedroom in the morning. Or cross-ventilate the flat by opening windows on opposite sides of the room or home and keeping interior doors open. In the case of bathrooms and kitchens, however, where the humidity is often high, it is advisable to close the doors when ventilating. This will ensure that the moisture does not spread throughout the home.

5 Have your heating system serviced and optimised regularly

You can save up to 15 per cent on your heating bill if you not only maintain your heating system regularly, but also have it optimised. Depending on the actual demand, modern heating systems can lower the temperature automatically overnight, for example.

6 A valve for more comfort

If you prefer to take a more individual approach, you can opt for smart, programmable thermostatic valves. They allow you to select both optimum room temperatures and desired heating times individually – providing you with an ideal combination of comfort and savings. They ensure, for example, that the kitchen and living room are warm in the evening before the family arrives home. And you can install them yourself quickly and easily.



7 Hydraulic balancing for the heating system

Does one radiator glow, while another doesn't really get warm or makes gurgling noises? Hydraulic balancing will remedy the problem and distribute the heat evenly throughout the home. A specialist firm will ensure that all the radiators give off the amount of heat needed to achieve the desired room temperature. This can reduce your energy consumption by 10 to 15 per cent. Furthermore, hydraulic balancing is financially supported via the ["Federal funding for efficient buildings – individual measures \(BEG EM\)"](#) programme.

8 Understand your heating bill

If you know what your specific costs are, then you can figure out where the energy guzzlers are to be found. Before you start looking for them, it is a good idea to get some advice and assistance. This is because heating bills have become so complicated that individual advice is recommended in order to understand them. The information they include on heating, hot water consumption and costs, in addition to comparability, is worth its weight in gold. So don't delay – make an appointment with the [Consumer Advice Centre](#), where you can obtain advice at no cost.

9 Seal doors and windows

An inexpensive way to save heating energy and one that's easy on your wallet: if you seal windows and doors using elastic sealing tape or sealing profiles, for example, or brush sealing strip for the lower edges of doors, you can achieve a lot with little effort. It will pay off – especially on doors to unheated areas, such as the cellar or staircase.

10 Insulate your home against heat and cold

Roller shutters, roller blinds, curtains and Venetian blinds block out the heat in summer and help keep temperatures at a comfortable level. Without the need for air conditioning. They are inexpensive to buy, save energy and also insulate your home against the cold in autumn and winter.

Use these tips to check and optimise your home. It won't take long and will help all of us in Germany to get through the winter better.

More information can be found on the website of the [» 80 Million Together for the Energy Shift](#) campaign.