October CommKit

Efficiency – When to turn on the heat

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**Staying Warm and Saving Energy**

Vibrant reds, deep oranges and bright yellows are filling treetops and yards throughout the Volunteer State and the temperature is cooling down. You may have the urge to turn on the heat after the first chilly evening of fall or the first frost. Here are five tips to avoid messing with the thermostat that will keep you warm and save you money and energy this season.

**Put on more layers.** Bundling up is a great way to keep yourself comfortable without extra heat. You can do this with putting on your favorite light sweater or hoodie that’s been hiding in the closet all summer long, keeping fall themed throw blankets around common areas or even putting on warm socks or house shoes. These layers will help you stay cozy and warm while saving energy and on your electric bill.

**Reverse ceiling fans.** If you run ceiling fans in your living or bedrooms, reverse the spin of the blades. Switching the fan to run clockwise will push warmer air that rises back down into your space.

**Open curtains.** Even though the mornings and evenings are cooler, it is likely here in Tennessee that the temperature will get pretty warm during the day and hopefully the sun will shine. Open your curtains to let the warmth of the sunshine into your home. The fabric on furniture and carpets will absorb and retain some of the heat into the evening. Be sure to close the curtains though once the sun goes down, so cool air doesn’t get into the house.

**Do household chores after dark.** The movement involved with cleaning the shower, vacuuming the bedrooms or even folding clothes will keep you warm. You can also run the dishwasher, washing machine or dryer after dark to add a bit of heat to your home.

**Invest in a smart thermostat.** Smart thermostats allow you to program it to lower the heat when you go to bed, raise it when you wake up and turn itself down again once everyone heads off to work and school. This allows you to stay warm and conserve energy at the same time.