Saving energy
MADE EASY
‘SAVING ENERGY IS EXPENSIVE AND REALLY HARD TO DO!’

It isn’t, and there’s lots you can do that’s quite easy.

‘SAVING ENERGY MEANS MAKING TOUGH COMPROMISES.’

Just one degree less at home saves 6% off your energy bills.

‘LAUNDRY ISN’T PROPERLY CLEANED AT 30°C.’

Modern detergents are up to the job!
Foreword

Saving energy isn’t just good for the climate, it’s also good for your wallet. And the best thing about it: it’s dead easy and anyone can do it. Close tilted windows and switch to shock ventilation. Don’t put the heating on full blast and switch to LED lights.

Use our energy-saving package to make sure your home stays cosy. Start out by checking your humidity with the enclosed thermohygrometer. There’s a video (QR code) to show you how to do it.

Thanks for helping to save energy. We wish you good luck.

The Hessian Ministry of Economics, the LEA LandesEnergieAgentur Hessen (State Energy Agency of Hesse), and your housing companies.
Pleasant and economical at level 3

A comfortable room temperature is achieved by setting the radiator thermostat to level 3. Reducing the temperature of your home by 1°C saves around 6% on heating costs.

Check the room temperature

Use the enclosed thermohygrometer to check your room temperature. Scan the QR code to watch a video that shows you how.
Reduce your heating costs:

Freedom for radiators!

☐ Move overhanging curtains, panels, or furniture away from radiators.

Turn down the temperature

☐ If it’s too warm during the day, turn down the thermostat on your radiator. That’s better than opening a window.

☐ Especially at night, as a room temperature of 16°C is fine while you’re asleep.

☐ Lower the room temperature when you leave your home. Even for rooms you don’t use much, a lower temperature is fine.
Proper ventilation

It’s dead easy to keep the air fresh in your home. Windows permanently tilted open? Wrong. Shock ventilation several times a day? Right! That means fully opening your windows, preferably in opposite rooms, creating a draught through your home.

Measure your humidity

Use the thermohygrorometer to check your humidity. If it’s too high, you need to ventilate. There’s a video showing how to use the device – just scan the QR code to start.
Did you know?

Proper ventilation prevents mould. Pay particular attention to proper ventilation in rooms that are not heated continuously, such as bedrooms, kitchens, and bathrooms.

Ventilation made easy

- Don’t keep your windows tilted.
- Shock ventilation through your home several times a day.
- Turn the heating off completely when you open the windows to ventilate.
  To stop the walls cooling down, limit shock ventilation to two or three minutes.
Replacing lights reduces power consumption

Switched to LED lights yet? You received one with this energy-saving package. See for yourself the benefits of these energy-saving lights – use them instead of an old light bulb and save up to 80% of your energy costs. In addition, you’ll see they last much longer.

Saving power is a doddle

It couldn’t be easier: only turn on the light in rooms you’re actually going to use.
Avoid standby losses and use extension sockets that can be switched off.

When cooking, always put the lid on the pot.

Heat water for tea in the kettle, not on the cooker. Don’t heat more water than you need.

Always put a full load in the washing machine. Choose washing temperatures that are as low as possible (30°C).
Use water sparingly

We all need hot water. A lot of energy is needed to heat this water. Everyone can contribute to using less water and saving energy. Even small changes in behaviour can have a big impact.

Save water and energy every day

- A shower is better than a bath – and saves an enormous amount of hot water.
- The less time you spend in the shower, the better. Halving your shower time halves the energy costs.
- Turn off the water when you soap your hands or brush your teeth.
Solution to the riddle on the back cover:

1. Do not place any objects in front of a radiator.  
2. Set the heating to level 3 at most.  
3. Brief shock ventilation is better than keeping windows tilted.  
4. Turn off the water when soaping your hands.  
5. Use pot lids when cooking.  
6. Turn off the heating completely when ventilating.
Find six things in the picture that are wasting energy.

Available in other languages:

- العربية
- Türk dili
- русский язык
- Română
- українська мова
- German