



**Nabuh
Energy**

**Nabuh Energy Limited
Energy Saving Tips**



Energy saving tips

Saving energy in your home



Saving energy can be incredibly simple and easy. Here's a list of things you can do yourself:

Switch off standby

By remembering to turn your appliances off standby mode you can save around **£30 a year**.



Don't let your energy go down the drain in your kitchen



You can save around **£36 a year** from your energy bill just by using your kitchen appliances more carefully:

- By using a bowl to wash up instead of a running tap you could save around **£25 a year** in energy bills.
- Fill your kettle with just the right amount of water you need and save **£6 a year**.



Plan a head

If you've got a shower that takes hot water straight from your boiler or hot water tank (rather than an electric shower), fit a water efficient shower head. This will reduce your hot water usage while retaining the sensation of a powerful shower.

A water efficient shower head could save a four-person household (e.g. a family of four or even a shared student flat) as much as £70 a year on gas for water heating, as well as a further £115 a year on water bills if they have a water meter.

Spend less time in the shower

Spending one minute less in the shower each day will save up to **£7 a year** off your energy bills, per person. With a water meter this could save a further **£12** off annual water and sewerage bills.

If everyone in a four-person household did this, it could lead to a total saving of around **£75 a year**.

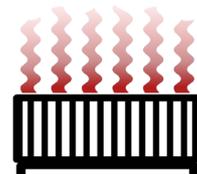


Take control of your heating

More than half the money spent on fuel bills goes towards providing heating and hot water.

Installing a room thermostat, a programmer and thermostatic radiator valves and using these controls efficiently could save you around **£75 a year**.

If you already have a full set of controls, turning down your room thermostat by just one degree can save around **£80 a year**.



Whatever the age of your boiler the right controls will allow you to:

- Set your heating and hot water to come on and off when you need them
- Heat only the areas of your home that need heating
- Set the temperature for each area of your home.

Turn off lights

Turn your lights off when you're not using them. If you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light.

This will save you around **£14 a year** on your annual energy bills.

Smart Meters

Smart meters are a great way of tracking the energy you use in pounds and pence which could help you save money and energy.

To find out more or to see if your postcode is eligible for free smart meter installation call our customer service team on 0330 0414 902 or register your interest on our website.