



# SOME THERMOSTATS ARE SMARTER THAN OTHERS

## SWITCH TO AN ENERGY STAR® PROGRAMMABLE THERMOSTAT TO SAVE ENERGY WITHOUT SACRIFICING COMFORT.

Your thermostat is essentially the “brains” of your heating system. Whether you have gas, oil, electric or radiant heating, your thermostat determines when your heat turns on and when it turns off, and how warm or cool your home will be.

Install an ENERGY STAR programmable thermostat—and set it properly—and your thermostat can also help you save as much as 10 per cent on your energy bills.

## THE PROGRAMMABLE ADVANTAGE

Many heating systems have manual thermostats, where you have to physically re-set the thermostat every time you want to change the temperature.

It’s easy to forget to change the thermostat—to leave your system cranking out heat even when you’re not home.

Programmable thermostats make it easier to control your heating system and your energy bills.

## AUTOMATIC AND PRECISE

A programmable thermostat works automatically: you set it once—for example, to turn down to 16°C every evening at 10 pm and turn back up to 21°C at 6:30 in the morning—and it will continue to adjust the room temperature for you automatically.

Programmable thermostats are also more precise than manual thermostats, and do a better job of keeping room temperature constant. By avoiding ups and downs in temperature, you will be more comfortable and you’ll save energy.

## FIGHT RISING COSTS WITH LOWER TEMPERATURES

Heating costs rise about five per cent for every degree above 20°C (68°F) that you set your thermostat. Most people are comfortable:

- sitting reading or watching TV at 21°C (70°F)
- working around the house at 20°C (68°F), and
- sleeping at 16°C (61°F).

Depending on where you live, simply turning the heat down from 21°C (70°F) to 16°C (61°F) at night can save you as much as 10 per cent on your energy bills.

Setting your thermostats to 16°C when you are at work or away on vacation will ensure that your plumbing won’t freeze in the winter and provide you with even more energy savings.

## LOOK FOR THE ENERGY STAR

Any thermostat that has earned the ENERGY STAR label will offer four convenient, pre-programmed temperature settings intended to deliver energy savings without sacrificing comfort. These include:

- a wake-up period from 6 to 8 in the morning to warm the house up
- a set-back (lower temperature) day-time period from 8 am to 6 pm
- an evening period from 6 pm to 10 pm, and
- a sleep period from 10 pm to 6 am.

You can adjust the times and temperatures to suit you and your family. The key is to establish a regular program that automatically reduces your heating (and cooling, if you have it) at those times when you don't need as much, such as when everyone's off at work or school or sound asleep.

## CHOOSING THE RIGHT ENERGY STAR THERMOSTAT

The type of ENERGY STAR programmable thermostat you need will depend on how your home is heated:

- If you have gas, oil or electric central heating, you will need a single low-voltage thermostat.
- If you have electric baseboard heaters, you will need line-voltage thermostats for each unit.
- If you have a heat pump or hybrid system—a combination of electricity and oil, for example—you may need a special unit: please check with your heating contractor or supplier.
- If you have a cooling system as well, remember to choose a programmable thermostat that will control both your heating and your air conditioning.

Once you've found the right type of programmable thermostat for your home, think about your schedule. For example, do you leave the house at the same time every day, are your children home a lot during the day, do you like to sleep in on weekends?

- 7-day thermostats give you the most flexibility by allowing you to set different programs for different days.
- 5 + 2 thermostats use one schedule for every weekday, and a second schedule for weekends.
- 5 + 1 + 1 thermostats allow you to set one schedule for Monday through Friday, a second for Saturday and a third for Sunday.

Most also have a "vacation" feature that you can use when you're away for an extended period, and some have additional features, such as digital backlit displays, touch-pad screen programming, or voice and/or phone programming (so you can call in and tell your house to warm up).

## INSTALLING YOUR PROGRAMMABLE THERMOSTAT

If you are replacing an existing thermostat, read all the instructions that come with your new unit and be careful! Always shut down your electricity while you are working.

If you are adding a new heating system along with a new thermostat, call a heating contractor or supplier to ensure proper installation and operation. He or she will help you decide where best to install your thermostat—usually about 1.5 metres (five feet) above the floor on an inside wall close to a doorway, where it will be easy for you to reach.

And remember: to ensure accurate temperature readings, never install a thermostat directly above a heater, in direct sunlight, or near a refrigerator or other large appliance.



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