

Winter Checklist:

- Check for drafts around windows, doors and electrical outlets.
- Installing an outlet and switch sealer kit will prevent cold air from entering through electric outlets and switches.
- Open your curtains and blinds to let the sun warm the room, and then close them at night to reduce heat loss through windows.
- If your thermostat is programmable, set it to drop at least 3°C at night. The most commonly recommended settings are 21°C (70°F) during the day, 18°C (64°F) for sleeping and 16°C (61°F) when you are away from home.
- Use a humidifier. Properly humidified air feels warmer and allows you to turn your thermostat down.
- Replace regular light bulbs with compact fluorescent lights. They can use up to 75% less electricity and last years longer.
- Close the heat registers in unused rooms and close the door.
- An unfinished basement has a high heat loss so adding interior insulation will help improve your home's overall energy efficiency.