

What's your room temperature?



One degree can make a difference.



Many people find **20–22°C** comfortable indoors



Lowering room temperature by just **1°C** may reduce heating costs by around **5–10%**



Try reducing the temperature gradually and see if comfort remains the same



Not sure how to adjust indoor temperatures or improve heating efficiency?
Contact an energy advisor or expert for guidance



Small changes today,
big saving tomorrow



Discover more practical energy-saving tips:

WWW.CEESSEN.ORG



CENTRAL &
EASTERN
EUROPEAN
SUSTAINABLE
ENERGY
NETWORK
•
CEESSEN-BENDER



Co-funded by
the European Union

Small device, big impact



Installing a water-saving aerator can help reduce water use without noticeably affecting comfort.



Water use may be reduced by around **30–50%**, depending on the existing tap and aerator



Lower water use also means less energy is needed to heat water, helping **reduce both water and energy costs**.



If your tap flow is around 10 litres per minute, consider an aerator with a flow rate of **4–6 litres per minute**



**Small changes today,
big saving tomorrow**



Discover more practical energy-saving tips:

WWW.CEESSEN.ORG

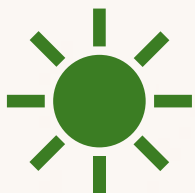


CENTRAL &
EASTERN
EUROPEAN
SUSTAINABLE
ENERGY
NETWORK
•
CEESSEN-BENDER



Co-funded by
the European Union

Keep the heat outside



Hot outside? Keep windows closed



Opening windows during the hottest part of the day can bring **additional heat indoors**



Ventilate when it is cooler outside. Use evening, night-time or early morning hours to air the room



Use air movement for comfort.

A **fan** can help improve comfort during the day, even when windows remain closed



**Small changes today,
big saving tomorrow**



Discover more practical energy-saving tips:

WWW.CEESSEN.ORG



CENTRAL &
EASTERN
EUROPEAN
SUSTAINABLE
ENERGY
NETWORK
•
CEESSEN-BENDER



Co-funded by
the European Union

Hot water costs energy



Every minute matters



A shower can use up to **10 liters of water per** minute.



Shorter showers help save **water, energy and money.**



A few minutes less can make a difference. Less hot water means lower energy use.



**Small changes today,
big saving tomorrow**



Discover more practical energy-saving tips:

WWW.CEESSEN.ORG



CENTRAL &
EASTERN
EUROPEAN
SUSTAINABLE
ENERGY
NETWORK

• **CEESSEN-BENDER**



Co-funded by
the European Union