

# Programmable Thermostats

## Did You Know?

The average household spends more than \$2,200 a year on energy bills - nearly half of which goes to heating and cooling. Homeowners can save about \$180 a year by properly setting their programmable thermostats and maintaining those settings.

## About ENERGY STAR Programmable Thermostats



Did you know that properly using a programmable thermostat in your home is one of the easiest ways you can save energy, money, and help fight global warming? A programmable thermostat helps make it easy for you to save by offering four pre-programmed settings to regulate your home's temperature in both summer and winter - when you are asleep or away.

The pre-programmed settings that come with programmable thermostats are intended to deliver savings without sacrificing comfort. Depending on your family's schedule, you can see significant savings by sticking with those settings or adjust them as appropriate for your family.

The key is to establish a program that automatically reduces heating and cooling in your home when you don't need as much. Use the programmable thermostat calculator to see what you can save with set-back temperatures that work for your family. The pre-programmed settings for a programmable thermostat are:

### Programmable Thermostat Setpoint Times & Temperatures

| Setting | Time       | Setpoint Temperature (Heat)    | Setpoint Temperature (Cool)  |
|---------|------------|--------------------------------|------------------------------|
| Wake    | 6:00 a.m.  | $\leq 70^{\circ}$ F            | $\geq 78^{\circ}$ F          |
| Day     | 8:00 a.m.  | Setback at least $8^{\circ}$ F | Setup at least $7^{\circ}$ F |
| Evening | 6:00 p.m.  | $\leq 70^{\circ}$ F            | $\geq 78^{\circ}$ F          |
| Sleep   | 10:00 p.m. | Setback at least $8^{\circ}$ F | Setup at least $4^{\circ}$ F |

## Simple Steps to Energy Savings with Programmable Thermostats

Achieve significant energy and money savings that are possible through the proper use of your programmable thermostat.