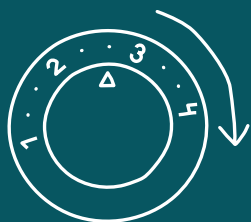


# The best advice on saving energy this winter



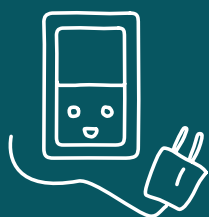
## Turn down your heating

You save 5% of your heating consumption every time you turn down the temperature by one degree centigrade. Set the thermostat at the same temperature in all rooms, and keep at least 18°C to avoid mould.



## Use less hot water

Heating water accounts for about 1/3 of your heating consumption. Save hot water by taking shorter showers, turn down the temperature, and wash your hands in cold water.



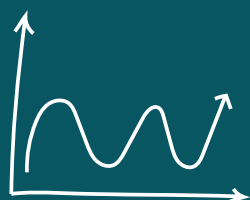
## Switch off unnecessary electrical appliances

Look at all your electrical appliances at home, and decide what you really need. Perhaps you can change to LED light bulbs or turn off your old chest freezer.



## Turn off your radiators while you ventilate rooms

You can save energy if you ventilate rooms correctly. Ventilate rooms for five minutes at a time, several times a day, and turn down the heating well before you open the window.



## Use electricity when it is cheapest

The price of electricity varies hour by hour, and it is usually cheapest when a lot of wind and solar energy is being produced. If you want to make sure you are always using the cheapest electricity, you can follow electricity prices hour by hour, 24 hours ahead, on the SparEnergi.dk website.





# Myths and facts about energy use

It's a good idea to save energy when prices increase. But are you saving energy in the right places? Here are five myths to avoid.

## Myth

## Facts



**It's a good idea to heat my flat with a patio heater, gas oven or similar instead of my radiator.**

**No.** A patio heater or similar emits harmful particles that reduce air quality in your flat. Therefore using other types of heating can be harmful to your health. Use your radiator or underfloor heating instead.



**Turning off the heating to save energy is obviously a good idea.**

**No.** In the short term, you save energy by turning off the heating, but if the temperature in your flat falls below 18°C you may get problems with damp. This increases the risk of mould, which is harmful to your health. You may also have to pay to have the damage repaired.



**I can easily make do with only half my radiators on - then I'll only use half as much energy.**

**No.** When you turn off a radiator in a room, the radiators still on will use more energy to heat the room. So adjust all the radiators to the same level throughout your flat. You can increase or decrease the temperature in a room, but always remember to keep the temperature over 18°C and close the door to the room.



**If I don't air-out, I'll keep in the heat.**

**No.** It is important to air-out to avoid damp and possible mould in your flat. Air-out for short periods (5 minutes) at a time, and remember to turn off the radiator before you air-out.



**It's cheaper to use candles instead of turning on the light in my flat.**

**No.** Use LED light bulbs instead, they're much cheaper than candles in the long run. Candles also emit particles that can impair the indoor climate in your flat.

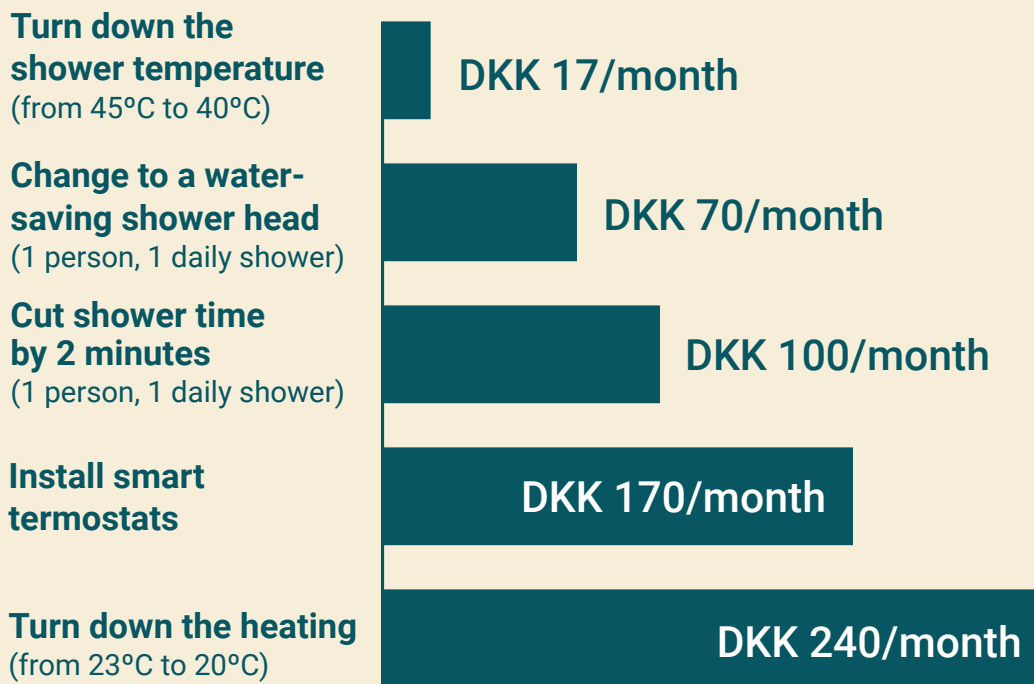
**For more information, visit [SparEnergi.dk](https://sparenergi.dk)**



Danish Energy  
Agency

# The best way to save on your heating

Are you unsure about the best way to save on your heating? You can cut back on either heating or hot water. The chart below shows examples of where you can save most on your heating bill.



For more information, visit [SparEnergi.dk](https://sparenergi.dk)

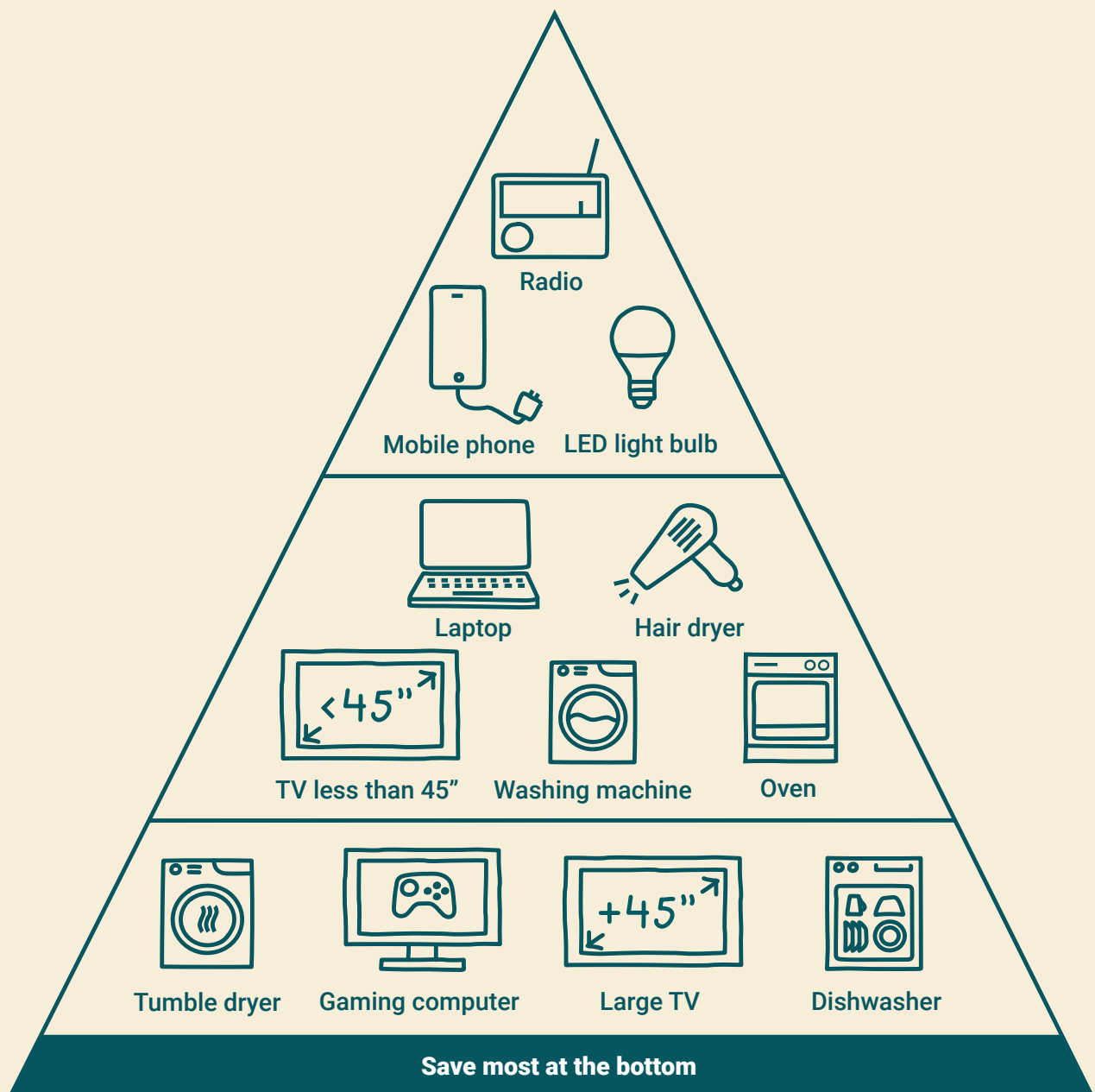
Calculated assuming a flat of 90 m<sup>2</sup> heated by natural gas at a price of DKK 18/m<sup>3</sup> with annual heating bills of DKK 21,000. The natural gas price is an average of gas prices in October and November 2022 and the expected market price of gas in December 2022, including distribution costs and taxes.



Danish Energy Agency

# How to save most electricity

Are you unsure about the best way to save electricity?  
This is the electricity pyramid – your guide to save the most on your electricity bill.

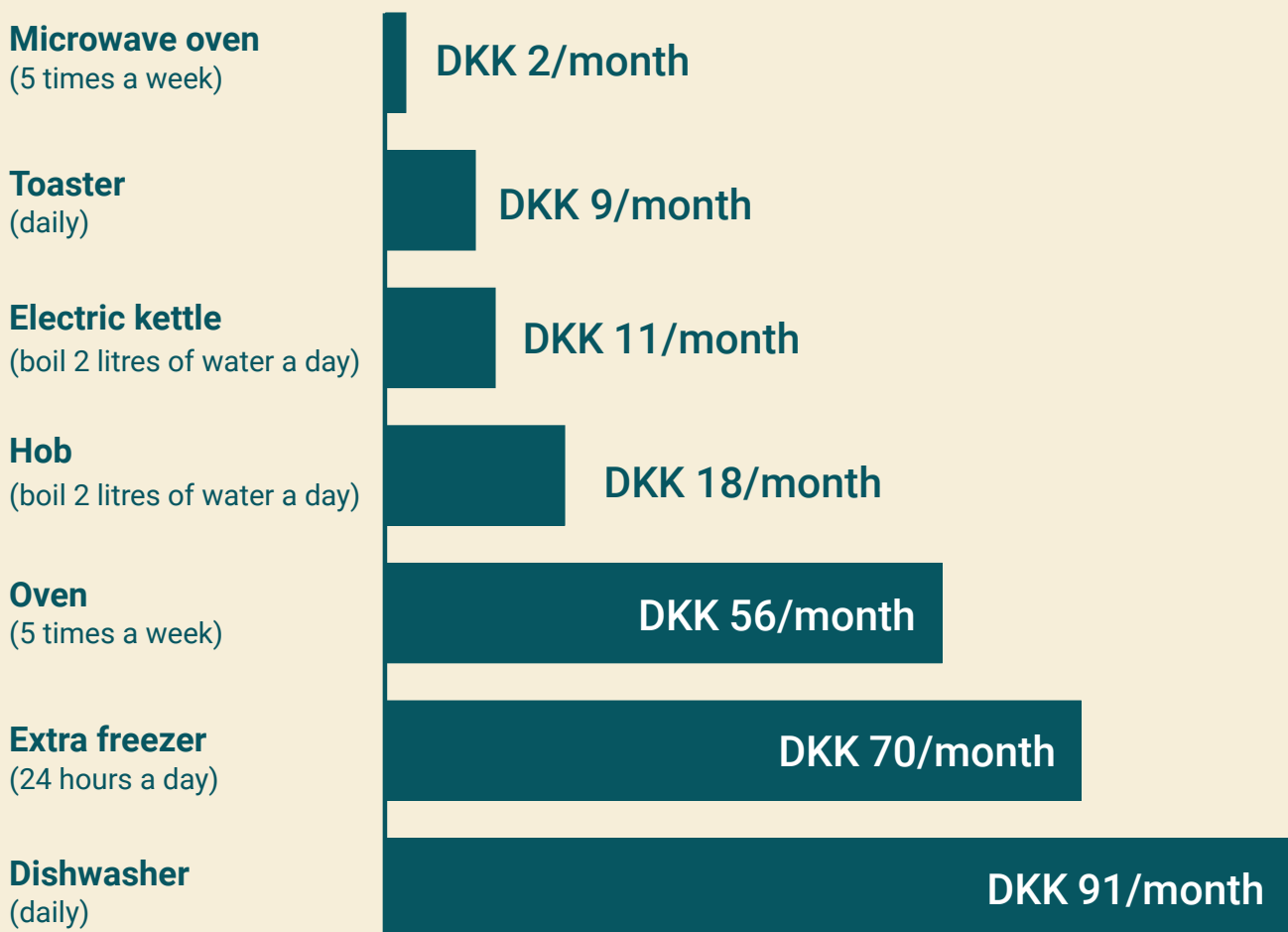


Keep track of the electricity price to use electricity when it is cheapest.

**For more information, visit [SparEnergi.dk](https://sparenergi.dk)**

# Save electricity in the kitchen

Where is it best to save electricity? Perhaps you could change your habits and avoid using appliances that use the most electricity. The chart below shows examples of the monthly cost of different appliances.



Keep track of the electricity price to use electricity when it is cheapest.  
For more information, visit [SparEnergi.dk](https://sparenergi.dk)

# Save electricity in your household

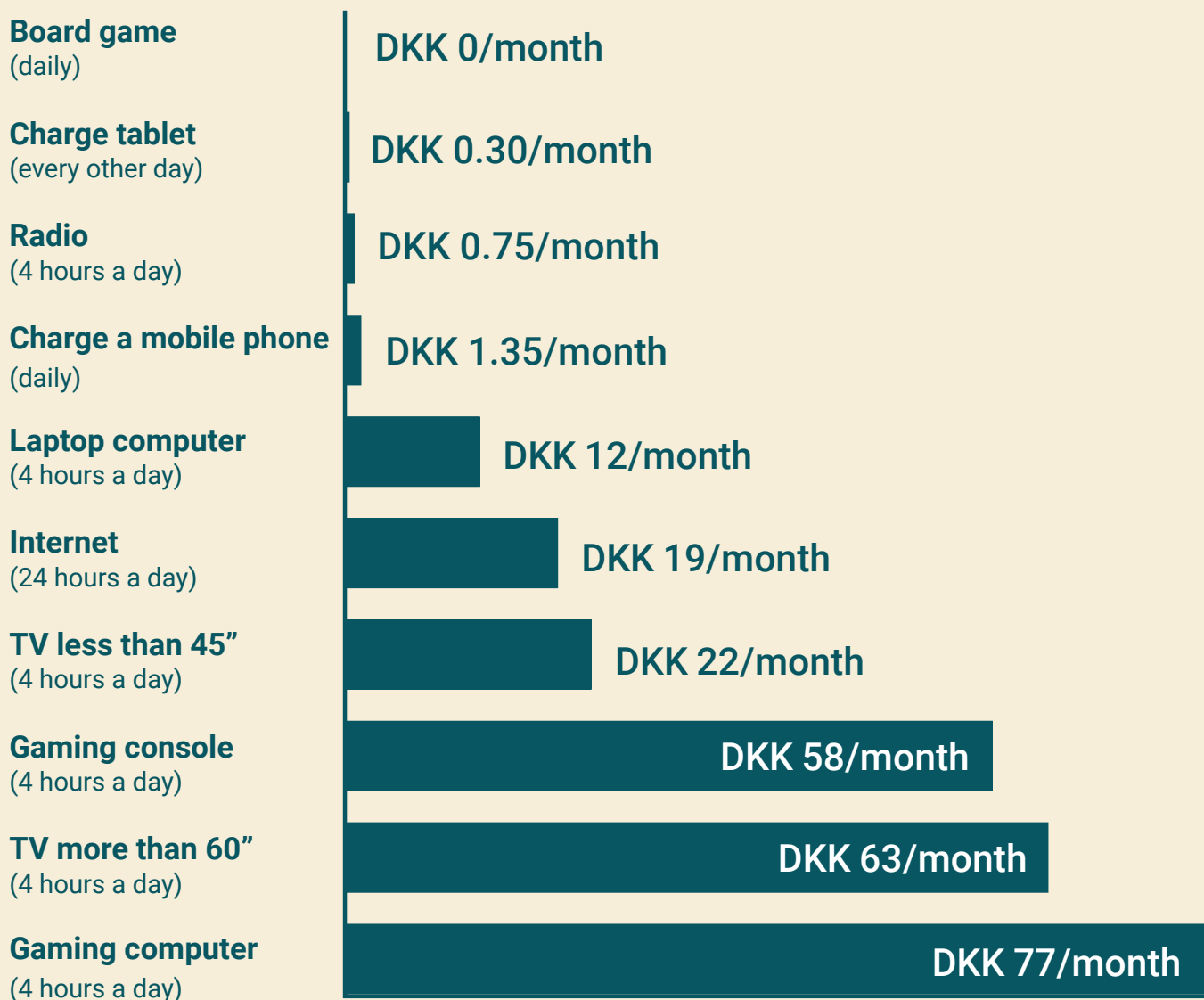
Where is it best to save electricity? Perhaps you could change your habits and avoid using appliances that use the most electricity. The chart below shows examples of the monthly cost of different appliances.



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For more information, visit [SparEnergi.dk](https://www.sparenergi.dk)

# Save electricity when you relax

Where is it best to save electricity? Perhaps you could change your habits and avoid using appliances that use the most electricity. The chart below shows examples of the monthly cost of different appliances.



Keep track of the electricity price to use electricity when it is cheapest.  
**For more information, visit [SparEnergi.dk](https://www.sparenergi.dk)**