



# The Ultimate Guide to Setting Your Programmable Thermostat

**Nearly 90%** of Americans say they've **never** (or rarely) programmed their thermostat because they **don't know how.**



## Top Tips

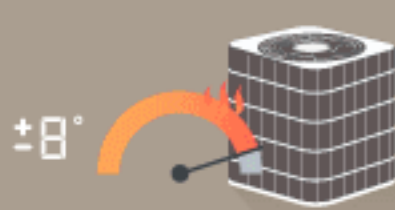
Setting back your thermostat will help lower your bills.



Aim for 68 degrees when you're home, and 60 degrees while sleeping or out.

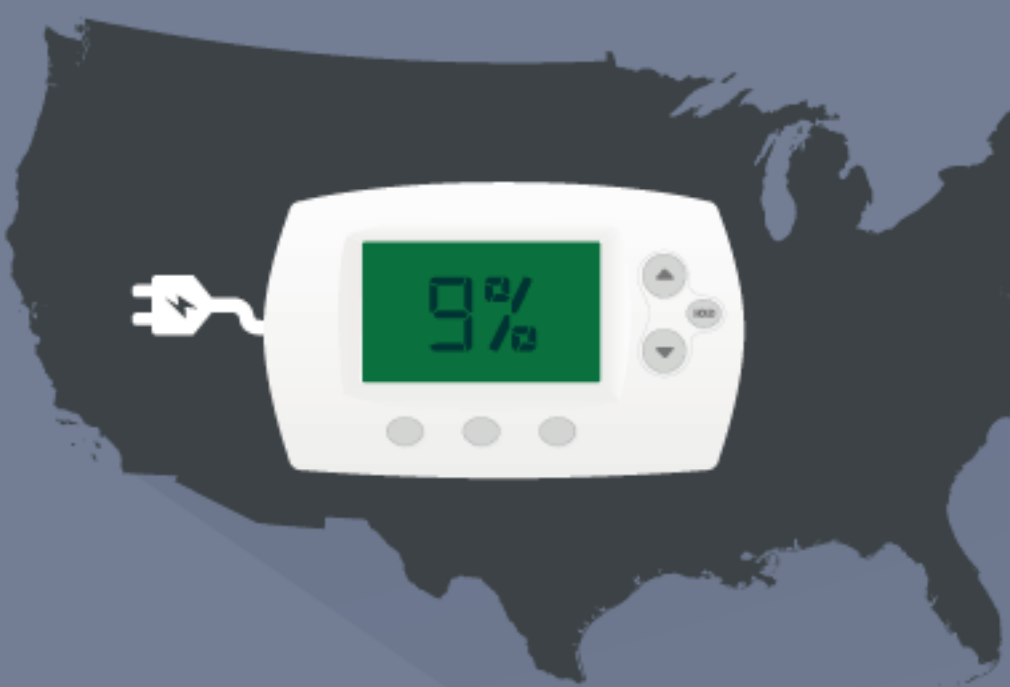


An eight-degree difference in temperature setbacks keeps your HVAC system from working too hard.



Source: House Logic - [www.houselogic.com/home-advice/saving-energy/programmable-thermostat/](http://www.houselogic.com/home-advice/saving-energy/programmable-thermostat/)

**Residential thermostats account for 9%** of all U.S. energy use.  
(Washington Post)



## Try to...

Use your commuting schedule to optimize your comfort level.



Use the schedule feature to automatically raise and lower the temperature according to your own personal schedule.



Lower the temperature when you're not at home, and raise it back up when you're inside.



**Correct use of a programmable thermostat can save you up to 15%** on overall heating and cooling costs.



## The Hold Button

Use it to set the temperature for an extended period of time, like when you're on vacation.

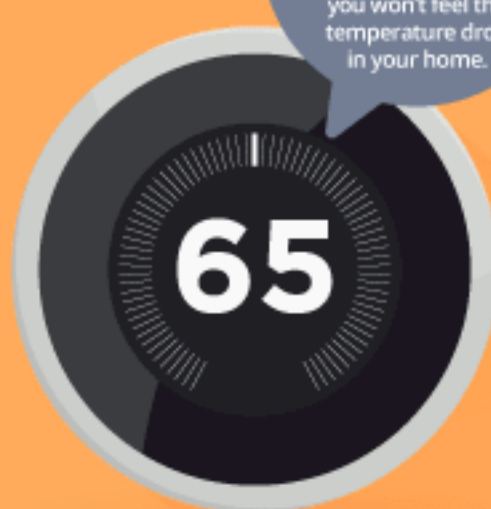


Set your thermostat to the lowest comfortable temperature to maximize savings.



To maximize comfort, turn it on **30 minutes before you come home** and shut it off **30 minutes before you go to bed** so you won't feel the temperature drop in your home.

**Opt for an Energy Star®-rated thermostat to save about \$180** on annual costs.



Source: Energy Star - [www.energystar.gov](http://www.energystar.gov)



For more energy-saving advice, check out **HomeEnergy.Tips**