SAVE A KILOWATT WITH KATE
CHOOSING AND USING AN ENERGY-EFFICIENT THERMOSTAT

For many of us, January in New England means trying to keep our homes at a comfortable temperature through these cold days and nights. Instead of battling with your thermostat all winter, consider changing it. In this month’s blog, we’re focusing on choosing the right type of thermostat for your home and programming it for maximum energy savings.

CHOOSING THE RIGHT THERMOSTAT

Depending on the age of your home, as well as the heating and cooling system, you might have an old-fashioned circular or non-programmable digital thermostat. Since these devices require hands-on adjustments, sometimes multiple times a day, they are not as user-friendly as their modern counterparts.

With a programmable thermostat, you can set schedules for any time or day of the week. The thermostat will automatically raise or lower the temperature according to your preferences, which means you stay comfortable without having to worry about constantly adjusting the thermostat.

If you’re looking for something even more high-tech and hands-off, try a smart, Wi-Fi thermostat. With this technology you can manage and schedule your temperature settings directly on your smart phone. No need to worry if you forgot to adjust the temperature before you left for work or a weekend away.

Homeowners and renters can create a truly connected home by adding other smart devices, like lighting fixtures or a home assistant device, to their smart phone’s network. You can monitor and schedule your home’s heating, cooling and lighting, all from the palm of your hand.

PROGRAMMING FOR SAVINGS

Once you’ve decided which thermostat is right for your home, make sure you’re setting it for maximum energy savings. Did you know you can cut your annual heating bills by 10 percent a year when you lower your thermostat for eight hours a day? We recommend lowering it when you go to bed or are out of the house.

A Wi-Fi thermostat can make these changes for you automatically by using geofencing, a virtual boundary around your home. If your thermostat senses that you and your smart phone are out of the house, it will lower the temperature in response.

FINDING REBATES AND INCENTIVES

If you’re ready to swap your thermostat for a new model, visit NHSaves.com. New Hampshire residents that participate in the home energy audit and weatherization program have the opportunity to upgrade their old model to a programmable thermostat.

To learn more ways to save energy at home, log in to your account on Eversource.com to access your Energy Savings Plan. This free online tool allows you to review past electric or gas use, see what equipment and appliances in your home use the most energy, and find custom energy-saving solutions for your home. You can refine your results by answering a few questions about your household.

DEALING WITH THE WINTER BLUES

In the January issue I introduced the idea that participating in outdoor winter sports can help ward off mild ‘depression’ that might set in as we go through our NH winter. I am not addressing clinical depression or what is commonly known as ‘seasonal affective disorder’ (SAD) in which the depressive symptoms (in up to 10% of the population) peak in the winter. SAD and clinical depression should be evaluated by your personal health care professional and treated appropriately.

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