



Message from Advise Guy Eric Gainey



Efficient Strategies to Lower Your Summer Cooling Costs

The official first day of summer is Thursday, June 20. Even though it's not officially summer yet, you have probably been running your air conditioner for a while. As warmer weather continues it's crucial to adopt smart approaches to keep your home cool while saving on energy expenses. Consider the following detailed methods:

Optimal Thermostat Settings

During the hotter months, adhere to the recommended thermostat setting of 78°F. It's tempting to lower the temperature drastically for instant relief, but this can significantly increase energy use. Instead, maintain a moderate temperature and use fans to enhance comfort without overworking your air conditioning system.

Ceiling Fans Utilization

While ceiling fans don't actively cool the air, they create a wind chill effect, making you feel cooler. To maximize effectiveness, ensure they rotate counterclockwise during the summer months. Remember that running ceiling fans alone won't lower the room temperature, so turn them off when leaving the room.

Selecting and Installing Fans

When choosing ceiling fans, opt for models with an Energy Star rating for energy efficiency. Proper installation is crucial; fans should be mounted at least seven to nine feet from the floor and ten to twelve inches below the ceiling for optimal airflow.

Portable Fans as Alternatives

If installing ceiling fans isn't feasible, consider using portable fans as a cost-effective alternative. They offer similar cooling benefits and can be moved around as needed. Investing in smaller portable fans may also be more economical than installing multiple ceiling fans.

Ventilation and Door Management

Maintain balanced airflow by keeping interior doors and supply vents open throughout your home. Closing doors to unused rooms disrupts the equilibrium of your HVAC system, leading to inefficiencies and increased energy consumption. Ensure that air can flow freely throughout your home to optimize cooling efficiency.

Air Sealing for Energy Efficiency

Identify and seal air leaks in your home to prevent energy loss and reduce cooling costs. Common leakage points include doors, windows, and plumbing penetrations. Weather stripping and caulking are effective solutions for sealing gaps and cracks, helping to maintain a comfortable indoor environment while minimizing energy usage.

By implementing these detailed strategies, you can effectively manage your home's cooling needs while reducing energy consumption and lowering your utility bills during the summer months.

For more information on ways to save, visit our website at sremc.com or call us at 910.892.8071 and ask to speak with an Advise Guy.



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