

# Green Doctor Potential Savings Factsheet

*How much could small changes in behaviour save you?*



- Turn down thermostat from 20 to 18C (saves £214/yr)
- Air-dry laundry instead of tumble dryer (saves £111/yr)
- Turn down boiler flow temperature (saves £83/yr)
- Turn off unused standby appliances (saves £60/yr)
- Turn down radiators in unused rooms (saves £37/yr)
- Lights off in empty rooms (saves £37/yr)
- Put a lid on saucepan while cooking (saves £34/yr)
- Only use dishwasher when fully loaded (saves £28/yr)
- Stop overfilling kettle (saves £22/yr)
- Wash clothes below 40 degrees (saves £20/yr)
- Only use washing machine when fully loaded (saves £8/yr)

*What about savings from small energy saving measures installed in the home?*



- Hot water tank insulation from 0 to 80mm (saves £150/yr)
- Draught proofing chimneys (saves £60/yr)
- Doors, windows & letterbox draught-proofed (saves £40/yr)
- Insulate water pipes (saves £18/yr)
- Install radiator reflectors throughout house (saves £14/yr)
- Switching bulbs around the home to LED (saves £40/yr)

*All savings have been jointly verified by Citizens Advice energy teams and Energy Savings Trust for 2024-2025. Based on averages.*



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DOCTOR**