

Heating and Cooling Tips

- Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- [Clean or replace filters](#) on furnaces once a month or as needed.
- Clean warm-air registers, baseboard heaters, and radiators as needed; make sure they're not blocked by furniture, carpeting, or drapes.
- Bleed trapped air from hot-water radiators once or twice a season; if in doubt about how to perform this task, call a professional.
- Place heat-resistant radiator reflectors between exterior walls and the radiators.
- Use kitchen, bath, and other ventilating fans wisely; in just 1 hour, these fans can pull out a houseful of warmed or cooled air. Turn fans off as soon as they have done the job.
- During the heating season, keep the draperies and shades on your [south-facing windows](#) open during the day to allow sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows. During the cooling season, keep the window coverings closed during the day to prevent solar gain.
- Close an unoccupied room that is isolated from the rest of the house, such as in a corner, and turn down the thermostat or turn off the heating for that room or zone. However, do not turn the heating off if it adversely affects the rest of your system. For example, if you heat your house with a [heat pump](#), do not close the vents—closing the vents could harm the heat pump.
- Select energy-efficient equipment when you buy new heating and cooling equipment. Your contractor should be able to give you energy fact sheets for different types, models, and designs to help you compare energy usage. Look for high Annual Fuel Utilization Efficiency (AFUE) ratings and the Seasonal Energy Efficiency Ratio (SEER). The national minimums are 78% AFUE and 10 SEER.
- Look for the [ENERGY STAR®](#) and [EnergyGuide](#) labels. ENERGY STAR® is a program of the U.S. Department of Energy (DOE) and the Environmental Protection Agency (EPA) designed to help consumers identify energy-efficient appliances and products.