

GOT QUESTIONS?

TIPS FOR USING YOUR NEW PROGRAMMABLE THERMOSTAT

Consumers Energy

Count on Us®

Your newly installed programmable thermostat is a powerful tool that can help you save money on your heating and cooling bills!



WINTER Heating Season/Furnace

You can easily save energy in the winter by setting the thermostat to 68°F while you're awake and setting it lower while you're asleep or away from home. By turning your thermostat back 10° to 15° for eight hours, you can save up to 5–15 percent a year on your heating bill—a savings of as much as 1 percent for each degree if the setback period is eight hours long.

Suggested Schedule	Temperature
Awake/at home	68
Away from home	56
Nighttime	62

Your Schedule	Temperature
Awake/at home	
Away from home	
Nighttime	



SUMMER Cooling Season/Air Conditioning

In the summer, you can follow the same strategy with central air conditioning by keeping your house warmer than normal when you are away and lowering the thermostat setting to 78°F only when you are at home and need cooling. Programmable thermostats will help you avoid any discomfort by returning temperatures to normal before you awake or return home. Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

Suggested Schedule	Temperature
Awake/at home	78
Away from home	85
Nighttime	78

Your Schedule	Temperature
Awake/at home	
Away from home	
Nighttime	

FOR MORE INFORMATION on the best ways to use your programmable thermostat, visit:

energy.gov/energysaver/articles/thermostats

energystar.gov/index.cfm?c=thermostats.pr_thermostats_guidelines

To save even more, check out our Peak Power Savers® Time of Use Program at PeakPowerSavers.com.

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