



Energy savings tips

Small changes at home can make a big difference to your energy use and bills. This guide outlines simple, practical steps you can take to reduce energy use, stay comfortable, and save money.

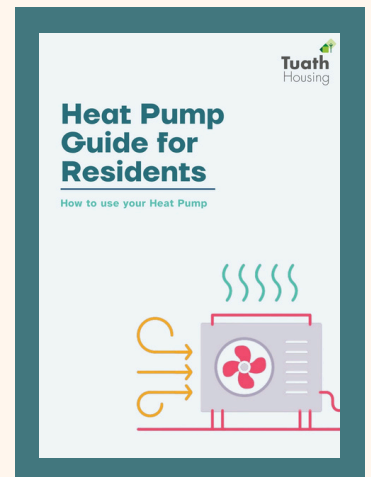
Heating: the biggest opportunity to save

- Lower your thermostat by 1°C, this can reduce your heating energy use by up to 10%.
- Aim for the right temperatures: living areas 19-20°C, bedroom & hallways 18-19°C.
- Heat only the rooms you use and keep internal doors closed to reduce heat escaping.



Heat pumps: how to use them correctly

- Heat pumps operate most efficiently when running continuously at a steady temperature. Switching a heat pump on and off frequently can increase energy use.
- The best approach is to set and maintain a comfortable temperature and use controls to make small adjustments instead of turning the system off completely.
- Check our [Heat Pump Guide](#) for detailed information



Prepay vs Bill-Pay meters: what to know

- Prepay (pay-as-you-go) meters can help with budgeting, as you pay in advance and avoid unexpected bills. However, prepay energy usually costs more overall.
- Bill-pay meters often offer better value.
- Switching between prepay and bill-pay is usually possible through your supplier. It's worth comparing tariffs and considering your usage patterns to choose the most cost-effective option.
- Based on recent comparisons, prepay electricity can be around 20% to 40% more expensive than bill-pay options.



When your energy contract ends, prices can increase significantly. It's important to review your options and shop around to ensure you are still getting the best deal.

Smart Meters: take control of your electricity use



- Smart meters automatically record your electricity use, so you are billed based on actual usage rather than estimates.
- If you don't already have a smart meter, you can request one through the [ESB Networks](#) website. Once installed, you can register for a free online account to view your smart meter data. Alternatively, you can check with your electricity supplier, as some providers offer access to this data through their own apps or online services.
- This data helps you understand when you use the most energy and identify opportunities to reduce it.
- Some suppliers offer smart tariffs, where electricity costs vary depending on the time of day. Shifting use to off-peak times like evenings or overnight can help lower your bills.



The cost of smart tariff depends on when the electricity is used.

Let's see a numeric example (this is an estimate and unit rates vary between suppliers):

	Time Period	Hours	Price (c/kWh)	Cost of running a washing machine
Classic tariff	Standard (flat)	24-hour rate	34,75c	€1.04
Smart tariff	Night rate	11pm-8am	18,386c	€0.55
	Day (off-peak)	8am-5pm, 7pm-11pm	34,881c	€1.05
	Peak	5pm-7pm	37,329c	€1.12

Based on electricity data from 2026

1. Smart tariffs can be a great way to reduce your energy bills by taking advantage of lower night-time rates.
2. To get the most benefit, it's important to shift flexible energy use (such as laundry, water heating, or charging devices) to these cheaper hours.
3. Electricity used during peak times (typically 5-7pm) is more expensive than on standard tariffs, so reducing use at these times can help maximise your savings.

Codema's Home Energy Saving Kit

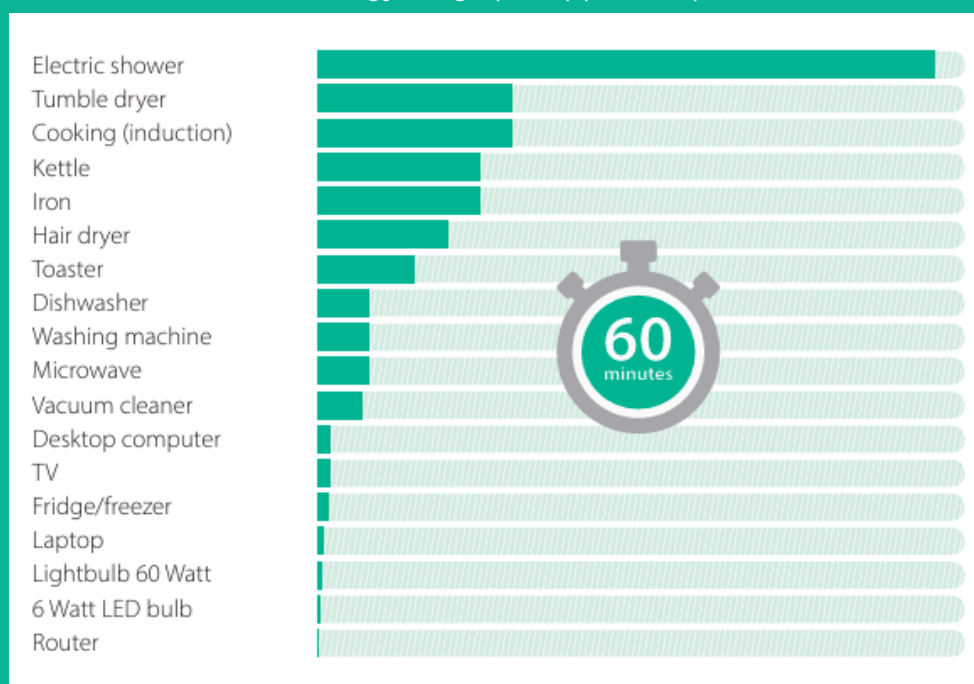
- The Home Energy Saving Kit is an initiative implemented by Codema. It's a set of easy tools you can borrow free of charge from public libraries to help you take control of your home's energy use.
- The kit contains five tools to help you measure how your home is using energy, where energy might be escaping and how you can make easy changes to start saving right away.
- Find more info on [Codema](https://www.codema.ie) website.



Household Appliances: small changes, big impacts

- Turn off appliances instead of leaving them on standby.
- Run washing machines and dishwashers when full. Half-loads use almost the same energy as full loads.
- Use eco or low-temperatures programmes (30°C), most energy goes into heating water.
- Avoid tumble dryers when possible.
- Don't overfill the kettle, boil only the water you actually need.
- Check out [SEAI Reduce Your Use](https://www.seai.ie/sites/default/files/2024-10/SEAI-ReduceYourUse-Booklet.pdf) guide for the complete list of advice.

Estimate energy usage per appliance per hour



Source: <https://www.seai.ie/sites/default/files/2024-10/SEAI-ReduceYourUse-Booklet.pdf>

Need additional guidance?

Contact us at sustainability@tuathhousing.ie