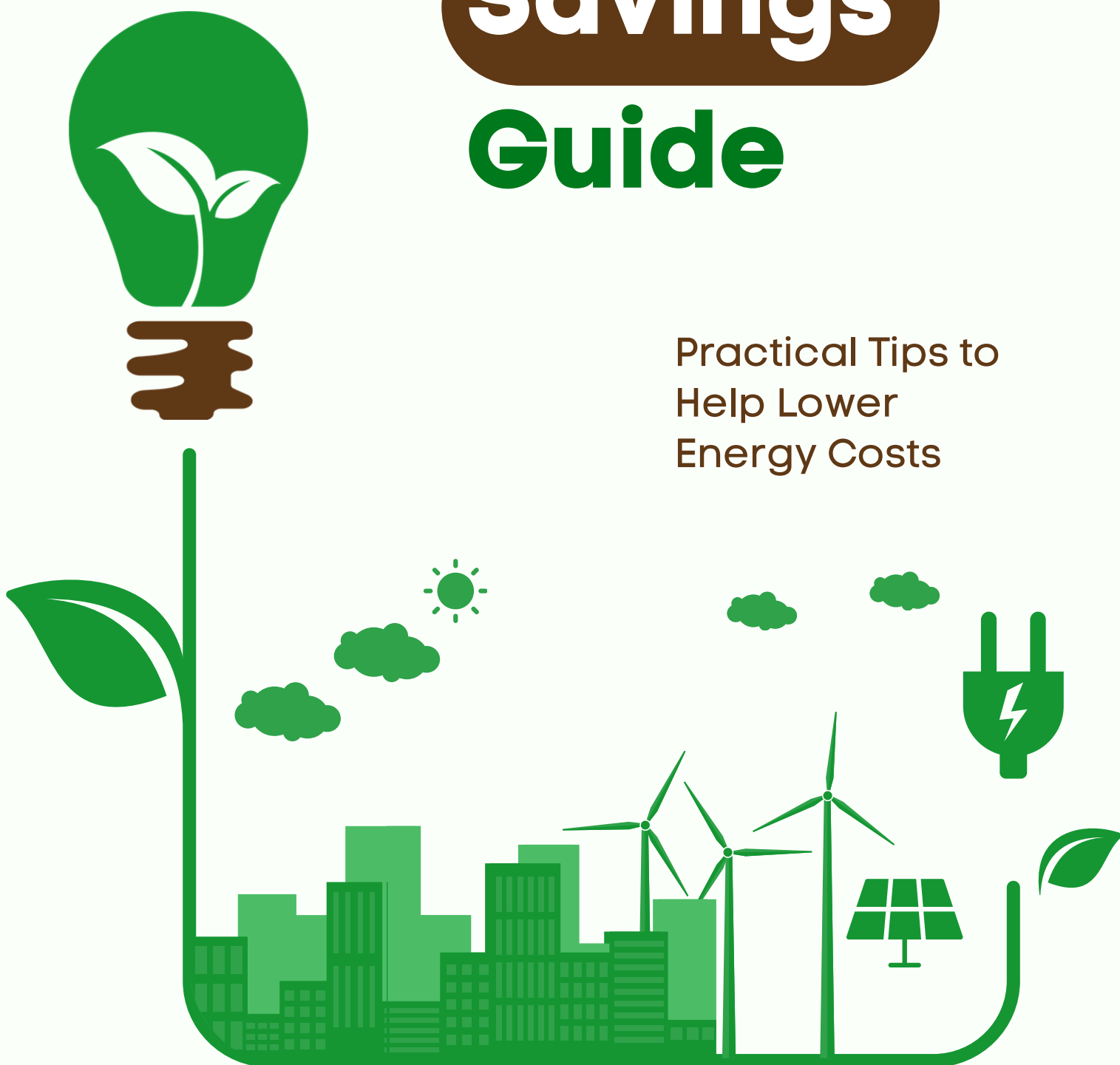


Resident Energy Savings Guide

Practical Tips to
Help Lower
Energy Costs





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Electricity Tariff Increases

As you may know, several electricity suppliers in Ireland have announced rate increases in 2026. For example, Prepay Power increased their rate by 8.8% for electricity and 10.6% for gas effective since June. Flogas, Electric Ireland and Yuno Energy are amongst others who have also increased their prices. For the average home, this could mean paying an extra €138–€168 per year on electricity alone, while electricity and gas customers may see their annual energy costs rise by €250–€335 or more.

What can I do?

Residents should review their bills, compare suppliers, and explore discounted tariffs or support schemes where available. The following websites are good sources of information when it comes to getting the best prices, and are accredited by the Commission for Regulation of Utilities (CRU):

- [Bonkers.ie](https://www.bonkers.ie)
- [Switcher.ie](https://www.switcher.ie)
- [PowerToSwitch.ie](https://www.powertoswitch.ie)
- [EnergySwitch.ie](https://www.energyswitch.ie)

Taking proactive steps now, such as switching plans, reducing wastage and using energy more efficiently, can help soften the impact before higher winter bills arrive.

Useful support schemes:

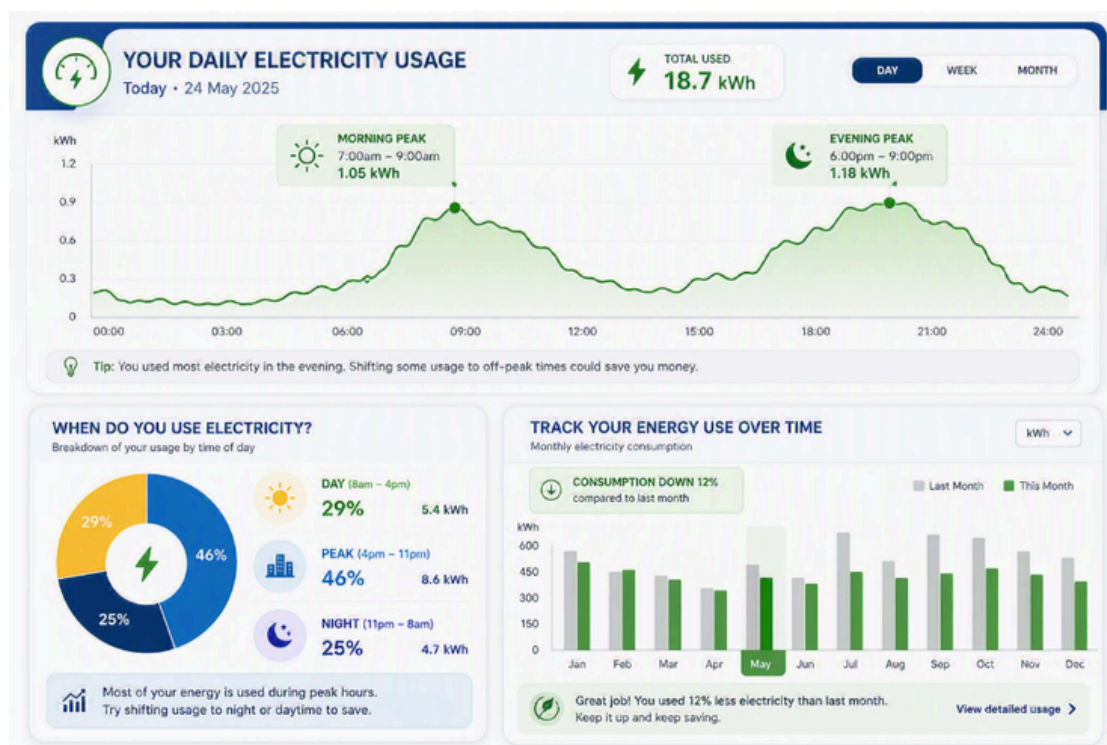
Fuel Allowance (age 66 and over) - A payment to help eligible households with heating costs during the winter months.

An Post Household Budget Scheme - This allows you to spread your household bill payments throughout the year. If you are with Electric Ireland and you use this scheme, you may also qualify for a 5% discount on your energy bills. If you receive certain social welfare payments, you can put a regular amount towards your household bills using [Household Budget](#).



Smart Meters:

Smart meters are digital electricity meters that send your real-time usage information securely to your energy supplier and to ESB Networks. They also give you a clear picture of how much electricity you're using and when you're using it, helping you make smarter energy decisions.



How Smart Meters can Help

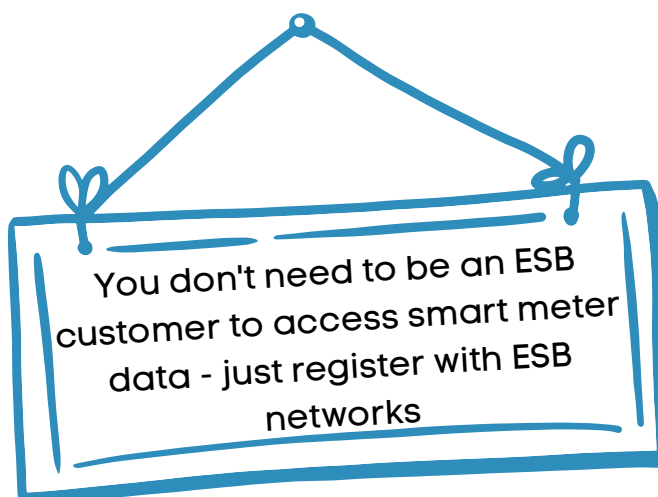
1. **Track your usage** – View your electricity consumption by day, week, or month.
2. **Spot energy guzzlers** – Identify the times of day when your usage is highest and uncover appliances that may be driving up your bills.
3. **Make small changes** – Shift energy-intensive tasks to off-peak or lower-cost periods where possible and reduce unnecessary energy waste.
4. **Monitor your progress** – Regularly review your smart meter data to see if your changes are reducing your consumption.
5. **Save money** – Lower energy usage can lead to lower bills and help you get more value from your energy plan.



How to Access Your Smart Meter

1. Visit esbnetworks.ie and select "My Account".
2. Click "Sign Up for Your Online Account".
3. Select "Register Now".
4. Enter your details and create an account using a valid email address.
5. Provide your **MPRN** (Meter Point Reference Number) – the 11-digit number found on your electricity bill.
6. Complete the account verification process.
7. Log in to your ESB Networks account.
8. Select 'View My Smart Meter Usage' to access your electricity consumption data.
9. Start using your insights to identify savings opportunities and reduce your energy costs.

YOUR BILL
(FRONT)



Your account number	①	901234567		
To ask about this bill	②	Call 1850 372 787 Open Mon - Fri 9am - 5.30pm		
For emergencies or electricity interruptions	③	ESB Networks call 1850 372 999 Open 24 hours, 7 days a week Please have the MPRN number ready		
MPRN	④	MPRN	10 XXX XXX XXX	
	⑤	DG	MC	Profile
		DG5	MCC01	5
	⑥	Date of issue	12 Dec XX	
		Invoice Number	12345678	

Find Your Best Energy Plan with EnergyPal.ie

Energy used Energy exported

Download historical data

Usage data ↓

MPRN

You can view and download up to two years of detailed electricity usage in the following files:

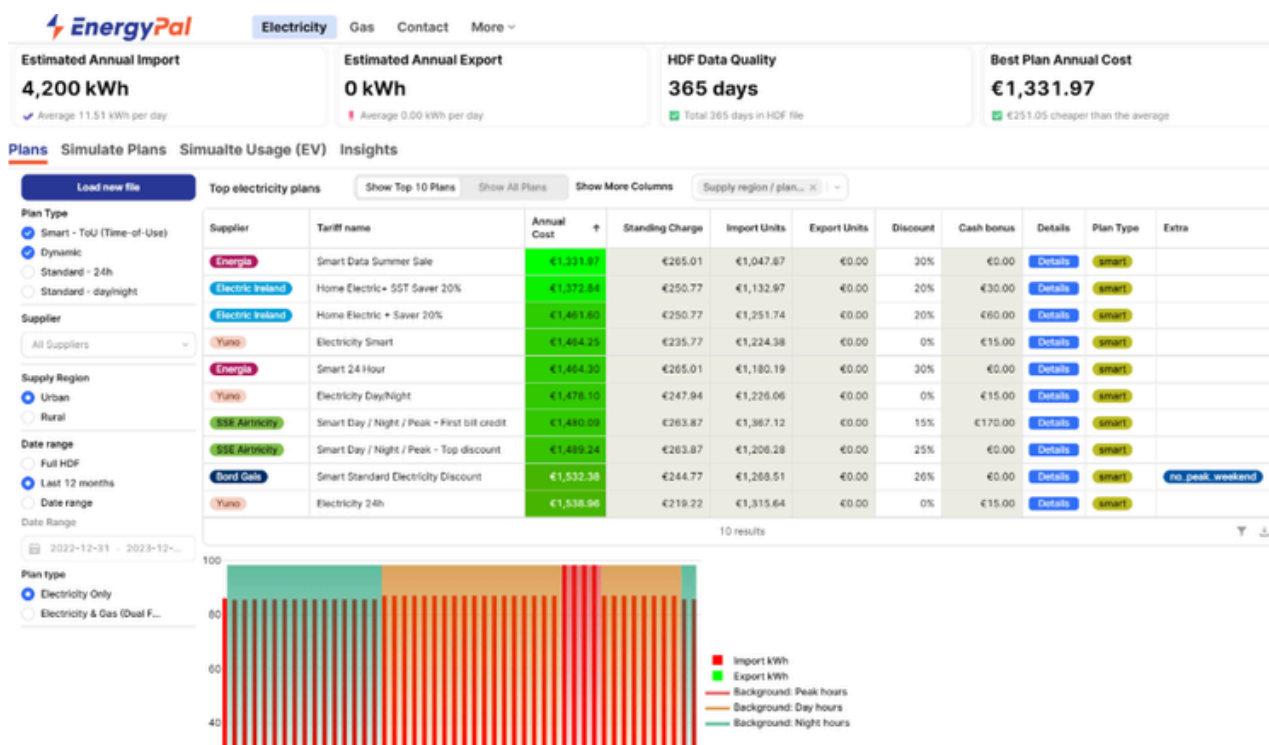
30-minute readings in kW

Download (CSV)

EnergyPal.ie is a free tool designed to help you analyse your electricity usage from your smart meter and find the best tariff based on your consumption patterns.

Before getting started, download your energy usage file from your provider. Select the **HDF** (Harmonised Downloadable File) CSV option when downloading your data.





Once you have your **CSV file** ready, simply follow the steps below to compare plans, uncover potential savings, and find the energy tariff that's right for you.

1. Visit [EnergyPal.ie](https://www.energypal.ie), press '**Electricity**' on the top menu.
2. Upload your energy usage file from your provider.
3. Select your **Supply Region** and preferred **Plan Type** (Electricity Only or Electricity & Gas)
4. Click '**Show Results**' to view personalised plan recommendations.
5. Compare offers side-by-side from Ireland's leading energy suppliers.
6. Review estimated savings, unit rates, discounts, contract terms, and smart tariff options.
7. Choose the plan that best suits your household's usage patterns and lifestyle.
8. Check whether you're eligible to switch and visit the chosen supplier's website or contact them directly by phone to sign up.
9. The new supplier will manage the switching process and coordinate with your existing provider.



How Artificial Intelligence (AI) is Helping Households get Personalised Electricity Insights

If you're an **Electric Ireland** or **ESB** customer, you may already have access to AI-powered energy insights. These tools use AI and smart meter data to help you understand how electricity is being used in your home. They can estimate which appliances or activities are consuming the most energy, provide personalised energy-saving recommendations, forecast future bills, and identify opportunities to reduce consumption. By turning your smart meter data into easy-to-understand insights, these services can help you make smarter energy choices, lower your usage, and potentially save money on your electricity bills.





Understanding Energy Tariffs: Which One Is Right for You?

Choosing the right tariff can make a big difference to your energy bills. Here's a quick guide to the most common options:

Standard (24-Hour) Tariff

A standard tariff charges the same rate for electricity regardless of the time of day or night. Every unit of electricity you use costs the same amount.

✔ Simple and easy to understand. Ideal for households with consistent energy usage throughout the day.

✘ No opportunity to reduce costs by shifting usage to cheaper periods.

Day/Night Tariff

A day/night tariff has two different rates: a higher rate during the day and a significantly lower rate overnight, typically for an 8-hour period.

✔ Can offer substantial savings if you run appliances such as washing machines, dishwashers, immersion heaters, storage heaters, or EV chargers at night.

✘ Daytime rates are usually higher, so households that use most of their electricity during the day may not benefit.





Smart Tariff (Peak, Day & Night Rates)

Smart tariffs use data from your smart meter to charge different rates depending on the time of day. Electricity is typically cheapest at night, moderately priced during the day, and most expensive during peak evening hours.

✔ Rewards households that can avoid using large appliances during peak periods. Can deliver meaningful savings for flexible users.

❌ Peak-time rates can be significantly higher, so costs may increase if most electricity is used during busy evening periods.

Dynamic Pricing Tariff

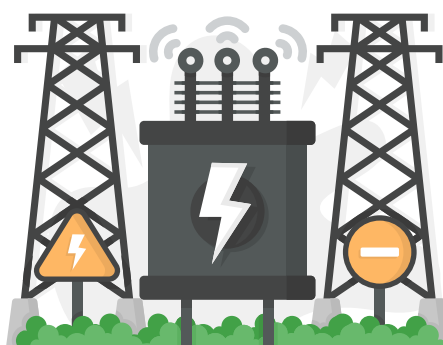
A dynamic tariff links electricity prices to wholesale energy market prices, meaning the price can change every 30 minutes throughout the day. When there is strong renewable energy generation (such as wind or solar) and lower demand, electricity can be cheaper.

When demand is high, prices may increase. Suppliers publish the next day's electricity prices in advance through their app or online account, allowing you to plan ahead and see when electricity will be cheapest and most expensive.

Dynamic pricing works best for households with flexible energy habits. Spending a minute each evening checking the next day's prices could help you identify the cheapest times to use electricity and reduce your bills.

✔ Offers the potential to lower your energy bills by using electricity during cheaper periods and supports greater use of renewable energy.

❌ Electricity prices can fluctuate significantly, making bills less predictable and requiring active monitoring of usage. Households that use most of their electricity during peak periods may see fewer benefits.



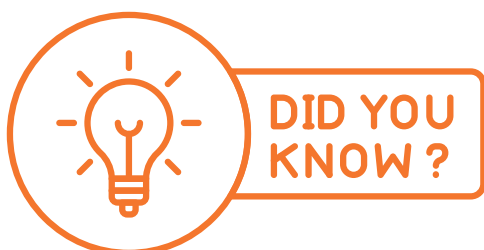


Bill Pay Vs Pre Pay Plans

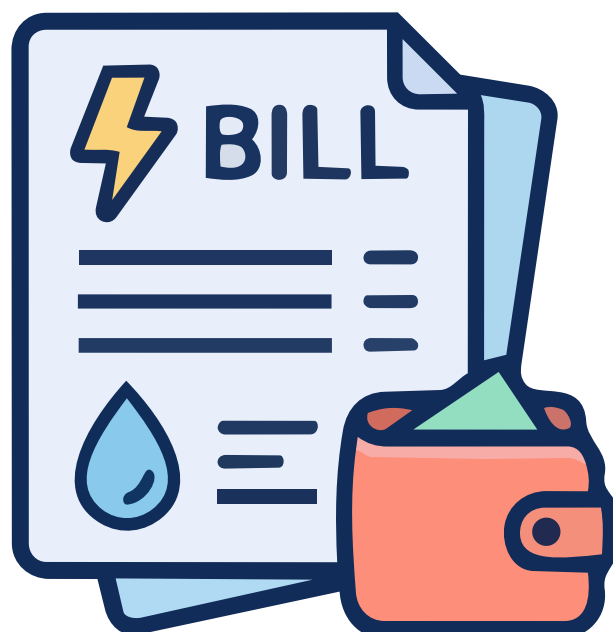
While pre-pay plans can help with budgeting, they often cost significantly more than bill-pay options due to higher unit rates, additional service charges, and fewer discounts.

A 2025 study by the Society of St. Vincent de Paul found that the **cheapest pre-pay tariff was approximately 45% more expensive** than a discounted bill-pay plan. The **most expensive pre-pay tariff reviewed was around 63% more expensive** than a comparable bill-pay offer.

Based on current market comparisons, many Irish households could reduce their energy costs each year by switching to a competitive bill-pay plan, while also benefiting from exclusive discounts, direct debit savings, smart tariffs, and better-value long-term offers. If you're currently on a pre-pay tariff, taking a few minutes to compare bill-pay options could be one of the simplest ways to reduce your household energy costs and protect your budget from future price increases.



Pre pay meters are not recommended if a heat pump is your main heating supply. A Heat Pump is designed to operate most efficiently when left alone. If you run out of credit on a pre pay meter the heat pump can cost more to come back up to its ideal operating state.



Tip: Consider putting a regular amount away each week for energy bills instead of using a pre pay meter.



Contract Ending Soon?

It Could Be Time to Switch

When your energy contract ends, you could be paying much more than necessary. Energy suppliers often reserve their most competitive discounts and offers for new customers or those who actively switch plans. Taking just a few minutes to compare tariffs at the end of your contract could lead to significant savings over the year.

Research by the Society of St. Vincent de Paul found that **households** who were **out of contract** paid around **30% more for their energy**, highlighting the importance of reviewing your plan regularly.



Tip: Set a reminder a few weeks before your contract ends. Even if you're happy with your current supplier, asking about available discounts or comparing offers from other providers could save you hundreds of euros over the coming year.



Find Out What Your Appliances Really Cost

Ever wondered how much it costs to run your tumble dryer, electric shower, or gaming console? The **Energy Use Calculator**, developed by the **Office of Public Works (OPW)** and **SEAI**, helps you estimate the electricity consumption and running costs of common household appliances. By understanding where your electricity is being used, you can identify opportunities to reduce waste, make smarter energy choices and lower your bills.

How to Use the Energy Use Calculator

1. Visit the [Energy Use Calculator](#)
2. Enter your electricity tariff (including VAT) in the red box. You can find this information on your electricity bill or your supplier's website.
3. Enter the appliance wattage in the green cells. This information is usually displayed on the appliance label, nameplate, or printed on the back or underside of the appliance.
4. Estimate the number of hours per week the appliance is used and enter this number in the blue cells.
5. Enter the number of weeks per year the appliance is used in the purple cells.
6. View the results instantly, including the estimated annual electricity consumption and running cost.
7. Compare different appliances and identify which ones cost the most to run.
8. Use the insights to reduce unnecessary usage and lower your energy bills.



Having Difficulties Managing your Electricity Bills?

If you are struggling financially or finding it difficult to pay bills and manage money, please contact your **Housing Officer**. They can refer you to our Tenancy Sustainment Team, who may be able to offer support and advice.

Here are some other useful resources:

- [Society of St. Vincent de Paul](#)
- [Money Advice and Budgeting Service](#) (MABS)
- [Codema Energy Advice Clinic](#) - Book a slot [HERE](#)





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