

Before you go to bed

POWER SAVING CHECKLIST



The information contained in this section offers general advice but is not a guarantee on specific level of power savings nor is it official safety advice.

Use this checklist to help you and the family save power overnight.

HAVE YOU...	DONE?
Switched off all lights inside and outside the house? They don't need to be on when you sleep (motion sensors are fine) and combined could be wasting power.	
Turned TVs off at the wall? Yes new TVs are better at reducing energy in standby mode, but switched off they'll use nothing.	
Powered down games consoles? Games consoles and desktop computers left on overnight are going to be using power that added up over time isn't insignificant.	
Switched off any fan heaters? Any heaters that aren't recommended for night time use should be switched off and unplugged.	
Turned off any air conditioning units or pedestal fans? If the night time temperature is mild, consider switching these off before you go to sleep.	
Switched off all kitchen appliances? Some products may have standby modes but it's better for power consumption (and safer) to turn them off completely.	
Made sure both stove and oven are off? Again, this is about safety first.	
Put the dishwasher on an eco cycle? Most modern dishwashers' eco cycles is sufficient for the typical load of dishes. Runs for less time, uses less power.	
Checked any hot water taps are completely off and not dripping? Even a dripping hot water tap can mount up in energy use overnight or longer.	
Made sure electric blanket is off or on a timer to shut off as you are getting to bed. Electric blankets don't need to be left on once you're in bed - and it's safer that they're off while you sleep.	
Checked that towels are dry already? Switch off the towel rail. Or even put it on a timer to only be on for long enough to dry towels and then off for the rest of the day.	
Turned off the bathroom extractor fan? This can often be left on accidentally in the pre-bed routine.	
Unplugged hair dryer from the wall? Make sure it's off and unplugged before turning the lights out.	

Want to know more? Check out the **Powershop Saving Electricity** guide.