This is one of a range of over 50 advice sheets on domestic energy use from the Centre for Sustainable Energy, helping you save money on your bills and stay warm at home.
See them all at www.cse.org.uk/advice

Centre for Sustainable Energy

Tips for lower energy bills

Some easy ways to use energy economically ...

Turn your heating down by one degree

This will definately make a difference to your bill. Don't go below 18°C if you are elderly, have health conditions, or have small children. Try using a heated throw or putting on another layer before you turn the heating up.

Move your furniture away from radiators

Your furniture may absorb the heat. Making a space of about 30cm (12 inches) will allow the warm air to heat the room.

Keep the heat in

Line your curtains with thermal liners or old blankets and close the curtains when it's getting dark, to keep the daytime warmth in. Tuck them behind the radiator so you don't stop the heat from entering the room.

Set your hot water timer

Set the timer on your hot water so you are only heating enough water for your daily needs. And if you're on E7, make sure it is only heating up the water at night. Check the temperature and make sure it's not hotter than it needs to be.

Get a hot water cylinder jacket

A thick insulating jacket for your hot water cylinder will keep the water hotter for longer and can make a big saving on your bill.

Wash and go

Electric showers are often the most expensive item we use in the home. If you want to save on energy and water costs, try reducing the time spent in the shower.



Get an energy monitor

Energy monitors show how much energy you are using and which appliances you use the most. People monitoring their use in this way typically have lower bills.

Turn down your wash

Most of the energy a washing machine uses is in heating the water. So cooler washes, say at 30 degrees, will save you money. The economy setting will also use less water.

Dry your clothes outside

If you have to use a tumble dryer, double or triple spin them first to remove as much water as possible and reduce the time they are drying for.

Dodge the draught!

Keep the cold air out by fitting draught-excluders to your front doors, windows, loft hatches and anywhere else you can feel a draught. Carpets and rugs make the home feel cozy and they block draughts coming up through the floorboards.

Use LED bulbs

Switching from halogen to LED will save you money. Although LED bulbs can seem expensive to buy, they last for years and only use a small amount of energy. They're definitely worth it.

Be a friend to your fridge and freezer

Don't put hot food in the fridge or freezer, wait for it to cool down first. Keep your fridge between 3 and 5 degrees, defrost the freezer regularly and keep it as full as you can.

Turn down radiators in rooms you use less

For most of us, heating the home accounts for the biggest part of our energy bills. This is why it's important to learn how your heating controls work and check the settings regularly, especially as the seasons change.

Full loads are better than half loads

Make sure you have a full load in your washing machine and dishwasher are full before running them; wasted space is wasted energy. And when it comes to the dishes, the dishwasher uses less energy than doing it all at the sink.

Cuppa tea?

Only fill the kettle with as much as you'll actually use (but make sure you cover the element at the bottom). And remember that using a kettle to boil water is cheaper than using an electric hob.

Make a big batch

Cook more than one meal at a time and freeze it for another day. Batch cooking and reheating in the microwave or air fryer will save time and energy, and defrosting food before you cook it will help it to cook quicker.

Extra support you might qualify for:

Warm Home Discount

This is a rebate on your electricity bill for households in receipt of certain means-tested benefits.

www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payment

This is a grant to cover winter heating costs for those at state pension age and on a low income.

www.gov.uk/winter-fuel-payment

Cold Weather Payments

These are made when the temperature in your area falls below an average of 0°C or for seven consecutive days.

www.gov.uk/cold-weather-payment

Grants for energy efficiency measures

A number of grants are available for measures, such as installing insulation or upgrading your boiler. Our Grants and Funding page has more information.

Contact the Centre for Sustainable Energy if you want more information 0800 082 2234

This factsheet was updated in November 2026.

The information on this leaflet is available as a webpage; scan the QR code or click the button.

Go to webpage

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We're a charity (298740) supporting people and organisations across the UK to tackle the climate emergency and end the suffering caused by cold homes.

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We offer free advice on domestic energy use to people in central southern and southwest England.

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See all our energy advice pages at www.cse.org.uk/advice