

The Energy Saving Champion Programme

Heating Challenge

Welcome to the Heating Challenge where we encourage you to regularly monitor the temperature of your rooms to find the optimal setting - striking a balance between energy efficiency and your personal comfort.

Space heating accounts for two thirds of the energy consumed by the average household. This makes it by far the biggest energy user in our homes, and a prime area for quickly achieving significant energy savings.

We invite you to use your temperature card (or a room thermometer) to measure and record the temperatures of your rooms while completing the challenge missions below. These actions will help you to use your home heating more mindfully and efficiently, leading to substantial savings.



Mission 1: Dial it down

Heat your home to a slightly lower temperature. Turn down the heating incrementally to establish what lower temperature is still comfortable for you. A 1° reduction will reduce your energy consumption by about 10%.



Mission 2: Climate Control

Heat your rooms according to their use. Living spaces should be heated to about 19° celsius, whereas 17 degrees is normally sufficient in bedrooms and halls. Temperatures may need to be increased for the sick, elderly or very young. See what temperatures work best for you and your household.



Mission 3: Draft Defence

Prevent heat escaping from your heated spaces by closing doors between rooms and plugging any draughts e.g. around windows, doors and letterboxes.



Mission 4: System Supercharge

Bleed your radiators to ensure efficiency and consider getting your boiler serviced if this is due.

Use your temperature card or a room thermometer to measure and record the temperatures of the rooms in your home daily, or as regularly as you can.

At the end of the challenge, make note of your household's optimal temperature, i.e. the lowest temperature at which you feel comfortable.

Challenge start date _____

Challenge end date _____

Challenge duration _____ weeks

Periodically, record the temperature and comfort level of different rooms in your home.

Date	Room	Indoor temperature <i>in ° celsius</i>	Comfort level <i>Too Cold</i>	<i>Slightly cold</i>	<i>Just right</i>	<i>Slightly hot</i>	<i>Too hot</i>	Other measures taken <i>Doors closed, curtains drawn etc</i>
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Sitting room

	Bedroom							
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Optimal temperature

Room	Temp. in °C
Living area	
Bedroom	