Simple Energy Efficiency Tips for Your Home

Reducing your home's energy use doesn't have to mean a major renovation or spending a lot of money. Small adjustments in daily habits and a few strategic upgrades can make a real difference in how much energy you use month to month. For many homeowners in the Upper Chichester area, the goal is to stay comfortable without wasting resources. The key is knowing where to start and which changes offer the most benefit for the effort.

Start with a Walk-Through

The first step toward better energy use is seeing your home the way energy does. Walk through each room and note where air might leak out or where appliances run longer than needed. Check windows and doors for drafts. Look at the attic hatch, basement rim joists, and any place where pipes or wires enter the house. These are common spots where conditioned air escapes. Sealing those gaps with caulk or weatherstripping is one of the cheapest and most effective improvements you can make.

While you are at it, look at your heating and cooling system. Is the filter on your furnace or air conditioner clean? A dirty filter makes the system work harder and run longer. Swap or clean it according to the manufacturer's directions. This small task can lower your equipment's energy draw noticeably. Also check that vents and registers are not blocked by furniture or curtains. Good airflow means your system does not have to fight to move air through the house.

Lighting and Electronics

Lighting accounts for a meaningful chunk of a home's electricity bill. Replacing old incandescent bulbs with LEDs is straightforward and pays off over time. LEDs use a fraction of the power and last many times longer. For rooms where lights stay on for hours, like the living room or kitchen, the switch matters most. For closets or guest rooms where lights are on only briefly, the savings are smaller but still add up.

View the location on Google Maps

Electronics are another area where small habits help. Many devices keep drawing power even when turned off. Televisions, game consoles, phone chargers, and coffee makers all pull what is often called standby power. Plugging them into a power strip and switching it off when not in use stops that drain. For items that must stay on, like a router or a clock radio, the draw is minimal. Focus on the things you use for a few hours a day and leave idle the rest of the time.

Heating and Cooling Smartly

Heating and cooling are the biggest energy users in most homes. Even modest changes to how you manage the thermostat can reduce consumption. In winter, setting the thermostat a few degrees lower when you are asleep or away makes a real difference. A programmable thermostat handles this automatically. In summer, raise the setpoint when the house is empty. The idea is not to freeze or swelter, but to avoid conditioning an empty house.

Ceiling fans help spread conditioned air more evenly. In summer, run them counterclockwise to create a cooling breeze. In winter, reverse them to a clockwise spin at low speed to push warm air down from the ceiling. This lets you feel comfortable at a slightly higher or lower thermostat setting, which saves energy without sacrificing comfort.

Window treatments also play a role. Heavy curtains or blinds keep heat inside on cold nights and block solar gain on hot days. Opening them on sunny winter days lets the sun warm the space naturally. Closing them on summer afternoons keeps the heat out. These are simple adjustments that cost nothing but require remembering to do them.

Water Heating and Appliances

Water heating is the second largest energy expense in many homes. Lowering the water heater temperature from the default setting to around 120 degrees Fahrenheit reduces energy use and still provides comfortable hot water for showers and cleaning. Insulating the first few feet of pipe coming out of the water heater also helps, especially if the pipes run through an unheated basement or crawlspace.

For dishwashers and washing machines, running full loads saves energy and water. Many newer machines have energy-saving cycles that use lower temperatures and less water. Letting dishes air dry instead of using the heated dry cycle cuts electricity use. Washing clothes in cold water works well for most loads and eliminates the energy needed to heat water. These are straightforward energy efficiency tips that fit into a normal routine.

Refrigerators run constantly, so keeping them efficient matters. Check the door seals by closing a dollar bill in the door; if it slides out easily, the seal is weak and should be replaced. Keep the coils under or behind the fridge clean. Dust buildup makes the compressor work harder. Also, let hot food cool down before putting it in the fridge; the appliance does not have to fight the extra heat.

Behavioral Changes That Add Up

Some of the most effective changes are about habits rather than hardware. Turning off lights when leaving a room, closing doors to unused spaces, and putting on a sweater before turning up the heat are small actions that compound over time. The same goes for unplugging

chargers and shutting down computers at the end of the day. None of these require an investment, only awareness.

Another habit worth building is using appliances during off-peak hours if your utility offers time-of-use rates. Running the dishwasher or doing laundry late in the evening can lower your bill if the rate is lower then. Even without special rates, avoiding mid-afternoon use on hot days helps reduce strain on the grid and your air conditioner.

One more area to watch is your water usage. Shorter showers and turning off the tap while brushing teeth reduce the amount of hot water needed. Fixing a dripping faucet also matters; a slow drip can waste many gallons a month, and if it is hot water, the water heater has to reheat the tank to replace it.

When to Call a Professional

Some improvements go beyond what a homeowner can do safely or effectively. Adding insulation to an attic, sealing ductwork, or upgrading an old furnace or air conditioner are jobs that usually require a contractor. If your home feels drafty even after sealing obvious gaps, a professional energy audit can pinpoint hidden issues. That audit gives you a clear list of what to tackle first based on your home's specific situation.

For residents of Upper Chichester and the surrounding area, local energy service providers can help with those bigger projects. Choosing a trusted company ensures the work is done right and meets local codes. American Energy Supply, Co., located at 1704 Chichester Ave, Linwood, PA 19061, and reachable at (610) 494-4874, is one such provider that serves the community with energy services.

Taking steps to use energy more wisely does not have to be overwhelming. Start with the easiest fixes, build good habits, and tackle bigger projects when the time and budget allow. The combination of small daily actions and thoughtful upgrades adds up to real progress over time.