



Central Electric  
Membership Corporation

A Touchstone Energy® Cooperative 

## Why has my power bill gone up this summer?

You sometimes probably wonder why your electricity bill goes up and down and is higher at certain times of the year. If you're paying close attention, you may have noticed that the spikes generally occur during the warm summer months and cold winter months. That's because your heating and cooling system is working harder during these months to keep the inside of your home comfortable.

Typically, our highest energy use periods of the year will occur in June through September and then again in January and February. When there is a larger difference between the outside air temperature and the temperature of your thermostat setting, you use more energy to maintain the comfortable setting you like.

### So what can you do to help save energy?

**Install a programmable thermostat.** You can save money on your heating and cooling bills by simply controlling the temperature of your home when you are asleep or away. You can do this automatically by installing a programmable thermostat, which will allow you to adjust your thermostat on a preset schedule. By installing a programmable thermostat, you can save as much as 10% a year on heating and cooling costs by automatically turning your thermostat back for 8 hours a day from its normal setting.

### Other low-cost ways to save energy:

- Keep your drapes and curtains closed to help keep the sun from raising the temperature inside your home.
- The recommended temperature for your water heater is 120 degrees, but bump it down to 115 degrees if you are comfortable with that setting.
- Upgrade to LED bulbs; they use 75% less energy and last 25 times longer than incandescent bulbs.

**Raise your thermostat.** We recommend setting your thermostat to 78 degrees during the summer months and 68 degrees during the winter months. When you are away from home, you can bump the thermostat up during summer and down during the winter by 7 to 10 degrees if you have a programmable or smart thermostat. You can save up to 10% on your heating and cooling costs by adjusting your thermostat while you are away.