

Summer Energy Efficiency Myth vs. Fact

Myth: When I'm not home, keeping my air conditioner at a lower temperature throughout the day means it doesn't have to run harder to cool my home when I return.

Fact: *To save energy, set your thermostat to a higher temperature during the day, and lower it when you return home.*

Myth: Closing vents on my central air conditioning system will boost efficiency.

Fact: *Closing vents can cause the compressor to cycle too frequently and the heat pump to overload. You'll also use more energy.*

Myth: Ceiling fans don't help much when it is hot out.

Fact: *If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort. Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.*

Myth: Bigger is always better when it comes to cooling equipment.

Fact: *Too often, cooling equipment isn't sized properly and leads to higher electric bills. A unit that's too large for your home will not cool evenly and might produce higher humidity indoors.*

Myth: Cranking the thermostat lower will make the house cool faster.

Fact: *Some cooling systems have variable speed air handlers and compressors, which can adjust their output to match demand. But once you change the thermostat by a couple of degrees or more, your unit will run at full capacity. Cranking the thermostat down to 60 when you really want 72 degrees will just make it overshoot your desired temperature, wasting energy and money.*

Myth: One open window is harmless.

Fact: *While it can seem like having just one open window in an entire space will not affect household energy efficiency, this is not true. A window left open for an extended period of time will waste the power and money that you are using to keep your home cool. And you're not just letting it warm air, you're also bringing in more humidity that must be removed by your air conditioner!*



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