Cold-climate heat pumps deliver heat efficiently and affordably even at very cold temperatures, and work best when maintaining a constant temperature. Unlike older heating systems, turning the heat pump down at night may actually cost you more. Using a combination of these tips can maximize comfort and savings. In a typical Maine home, the savings potential is significant - following the tips can result in energy savings between $300-$600 every year.\(^1\)

1. Energy costs based on average usage in a typical Maine home. Heating savings assumes oil at $2.73 per gallon, propane at $2.67 per gallon, and electricity at $.16/kWh. Boiler efficiencies are assumed to be 83% - 86%, as determined by the Efficiency Maine Residential Baseline Study. Heat pump performance is based on the most popular single unit in Efficiency Maine’s HESP Program operated according to Efficiency Maine’s User Tips.

Check efficiencymaine.com for more details on these tips and a video on how to get the most from your heat pump.

If you don’t yet have a heat pump, go to efficiencymaine.com for more information on how to select a model, rebates, financing, installation considerations, and more.
High efficiency, cold-climate heat pumps deliver heat efficiently over an entire heating season and do it best when maintaining a steady temperature. Set your heat pump's thermostat to a comfortable level (this may be a higher number than you're used to). Then leave it alone. Every home is a little bit different and you may need to tweak your settings to maximize comfort and savings. Here are some strategies to consider:

**DOORS:**
If you are trying to heat multiple rooms, be sure to open doors between the heat pump and any rooms you'd like to heat. Conversely, close the doors to adjacent rooms if you are trying to heat only the room where you installed the heat pump.

**MODES:**
Because the “Auto Temperature” mode automatically switches between heating and cooling based on indoor temperature, the system could start heating on a cool summer night or cooling on a sunny winter afternoon. It could also lead to heating and cooling battles between HVAC systems. Residential customers should set the heat pump mode to “Heat” in the winter and “Cool” in the summer, rather than using the “Auto Temperature” mode. Your installer may suggest the “Auto Temperature” mode in some commercial settings.

**FAN:**
Start off with the fan setting on “Auto Fan.” If that doesn’t spread the heat far enough, set it to the lowest level that will meet your needs. Then adjust the air flow direction for comfort. Generally speaking, warm air is best directed downward. Adjust the vanes to direct air flow where you most need heat.

**ZONES/THERMOSTATS/DAMPERS:**
It’s important to coordinate the thermostats and operation of your heat pump and central system. If your central system has zones, you should turn down, or off, the thermostat for the zone where the heat pump is located. If your central system isn’t zoned or the zone of the heat pump is large, consider closing dampers, registers, or radiators in the room where the heat pump is located. If that strategy leaves a remote part of your home too cold, increase the temperature on the central system thermostat slightly until the remote area reaches a comfortable level.

**KEEP IT CLEAN**
Heat pumps work best when dust filters are clean. Vacuum or rinse filters whenever they become visibly dirty or when the indicator light comes on. Wash or replace allergen cartridges according to manufacturer recommendations. Keep the outdoor unit clear of obstructions, like leaves or snow. You may need to direct water away from the unit with a rain cover.