

## HEATING TIPS

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### Take Advantage of Zone Heating

Use only the heat needed – if your home has zone heating, be sure to heat only the smallest zone possible. If you are using one zone, consider turning down thermostats and closing registers in vacant zones, taking precautions to avoid frozen pipes.

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### Switch to a Smart Thermostat

Compared to conventional thermostats, smart thermostats are more accessible and more convenient. Some smart thermostats can detect your presence in a room and can adjust the temperature accordingly. They can be controlled via any smartphone, so you can turn the temperature up or down as you return home.

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### Maximize the Effectiveness of Your Heat Pump

1. Prioritize the thermostat on your heat pump so it provides as much heat as possible before your less-efficient back-up heating system turns on.
2. If your intent is to heat adjacent spaces with your heat pump, be sure to leave doors between the heat pump and adjacent rooms open.
3. In general, the “Auto” fan setting is the best starting option.
4. Use different “Heat” and “Cool” settings in winter and summer, respectively, rather than “Auto Temperature” mode.
5. For maximum efficiency, vacuum or rinse indoor unit filters regularly to make sure that air flows freely.

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### Turn Down Manual Thermostats

If you do not have a heat pump, consider turning down your furnace or boiler thermostat to 55 degrees when your home is unoccupied. For sleeping, consider setting your thermostat to 60 degrees.

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### Clean Boilers & Furnaces

Make sure your boiler or furnace is cleaned and serviced annually by qualified personnel for optimum efficiency. Cleaning makes the heating system safer and much more efficient and makes it last longer.

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### Use the Fireplace Damper Correctly

Properly close the flue damper of your fireplace when not in use. This will not only prevent warm indoor air from escaping in winter but also keep in cool air in the summer. Make sure that any fire is totally out before closing down the damper of your fireplace and also confirm there are no glowing embers. Doing so could help prevent your room or home from being filled with carbon monoxide and other pollutants.

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### Set Your Programmable Thermostat

Programmable thermostats run automatically and can adjust the temperature on their own based on the time of day or day of the week. This can help your home use less energy when it is unoccupied or at night while you sleep.

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### Choose Efficient Circulator Pumps

If you have a hydronic (often referred to as “forced hot water”) heating system and have to replace circulator pumps, consider Electrically Commutated Motor (ECM) pumps, which can reduce operating cost by 85% because their motors adjust their speed to match the load. They also tend to be more reliable than traditional circulator pumps.

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### Reflect Heat from Radiators

If your home has radiators, place heat-resistant reflectors between radiators and walls to heat the room instead of the wall.



## Did you know?

Maine public libraries have electricity monitors you can borrow to find out which of your appliances are consuming the most electricity.

**Learn more at**  
[efficiencymaine.com](http://efficiencymaine.com)

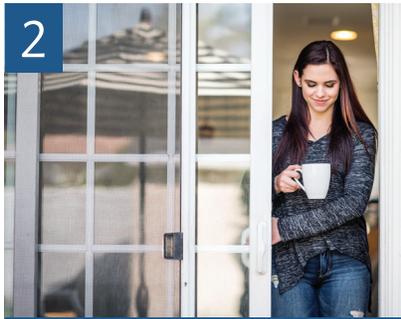
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### Window Treatments

During winter days, let sunlight in by opening curtains, blinds, and shades on windows facing the sun to reduce heating demand. At night, keep drapes and curtains closed to reduce heat loss.

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### Doors

If replacing your doors, apply caulking around door frames and weather stripping around doors that do not close tightly. If replacing your sliding door, select ENERGY STAR®-certified models.

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### Windows

Insulating windows around their edges makes your home even more energy efficient. To reduce heat loss in winter, install storm windows, transparent plastic window film, or indoor window inserts. When purchasing windows, look for ENERGY STAR®-certified models designed for Maine's climate.

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### Floor Vents/Registers

You can improve your home's energy efficiency by making sure that vents and floor registers are well sealed where they meet with the wall or floor. Make sure all ducts are connected and all vents and floor registers are clear of furniture or rugs that could impede airflow.

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### Weather Stripping and Door Sweeps

Use weather stripping for doors and windows as well as door sweeps to keep out hot air in summer and cold drafts in winter.

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### Caulk and Spray Foams

Spray foam insulation and caulk are often used to fill cracks and gaps where air could travel between outdoors and indoors. To make a room warmer in winter and cooler in summer, try air sealing with caulk, spray foam, or both.

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### Receptacles and Switch Boxes

Seal outlets and switch boxes with foam gaskets to reduce drafts and create a barrier between warmer and cooler air.

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### Rope Caulk

Consider installing a temporary seal around rarely used windows and doors, such as a basement door that is unused in the winter. Many types of rope caulk can be easily removed in the spring, stored in a plastic bag and reused.



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