

CONTROL INDOOR TEMPERATURE EFFICIENTLY

Winter: Sure, we can tell you to put a sweater on, but we bet you're already doing that. If you want to keep your thermostat lower in the winter but don't want to go around being cold all the time, try lowering the temperature only during sleeping hours. Another tactic is to lower the thermostat one degree at a time. You will eventually find the exact temperature you can tolerate. On particularly cold days and nights you can close your draperies to keep the warm air in.

Summer: Try opening your windows and using fans around the house when it's warm outside. Or, if the air conditioning is running, try closing window treatments and shades to keep the direct sun out. You can even use fans when you have the air conditioning on, so you can adjust the thermostat up a couple of degrees and still feel comfortable. Some people open their windows at night when it's cooler and then shut up the house during the heat of the day. Here's a handy article from HGTV on the subject.

[https://www.hgtv.com/design/remodel/mechanical-systems/controlling-temperature-and-humidity\](https://www.hgtv.com/design/remodel/mechanical-systems/controlling-temperature-and-humidity)