



You could be losing almost \$200 a year if you are not using your programmable thermostat!

A programmable thermostat will automatically change the temperature in your house when you are at work and asleep. In the winter the thermostat lowers the temperature, called “set-back”. In the summer the thermostat raises the temperature, called “set-up”. If you don’t have a programmable thermostat, you can still save money by setting back or setting-up your thermostat when you leave for work and go to bed.

More information is at the ENERGY STAR web page:

http://www.energystar.gov/index.cfm?fuseaction=find_a_product.showProductGroup&pgw_code=TH

The ENERGY STAR web page has a money savings calculator that will show you how much you can save at:

http://www.energystar.gov/ia/business/bulk_purchasing/bpsavings_calc/CalculatorProgrammableThermostat.xls?678e-377e

Pima County’s Net-Zero Energy Building Standard recommends setting your programmable thermostat at the following temperatures:

SETTING	TIME	SET POINT TEMPERATURE (HEAT)	SET POINT TEMPERATURE (COOL)
Wake	6:00 A.M.	66° or less	78° or higher
Day	8:00 A.M.	65° or less	80° or higher
Evening	6:00 P.M.	66° or less	78° or higher
Sleep	10:00 P.M.	65° or less	80° or higher

The ENERGY STAR recommendation is:

SETTING	TIME	SET POINT TEMPERATURE (HEAT)	SET POINT TEMPERATURE (COOL)
Wake	6:00 A.M.	70° or less	78° or higher
Day	8:00 A.M.	Set back at least 8°	Set up at least 7°
Evening	6:00 P.M.	70° or less	78° or higher
Sleep	10:00 P.M.	Set back at least 8°	Set up at least 4°

There is one exception to the cooling sleep set-up, if you have a high interior thermal mass house, e.g., interior block walls, exposed concrete or tile floors, etc, then a night set-up lower than the wake temperature may be beneficial. The AC works more efficiently when the outdoor temperatures are lower and if you use TEP time of use rates, you use cheaper electricity to charge your interior mass with “coolth”. This mass then keeps the house cool during the day. For example, Rich Franz-Under, the County’s Green Building Program Manager, cools his house down to 78 at night and it takes the house until mid-afternoon to reach 81 and then the AC comes on.