

## **ENERGY MYTHS AND FACTS**

MYTH: The room will get cooler faster if the thermostat is set lower (50-60 degrees).

FACT: The room will cool down just as fast if the thermostat is set on 72 degrees. If the thermostat is set too low the unit will freeze up and will not cool at all.

MYTH: Lights should be left on when leaving a room for a short period of time.

FACT: It is more economical to turn incandescent and fluorescent lights off each time you leave the room.

MYTH: Closing window shading devices has no direct effect on heat loss or gain within a building.

FACT: Closing window shading devices (curtains, blinds, etc.) at the end of each day will help in reducing night heat loss in the winter and solar heat gain in the summer.

MYTH: If the temperature is set back in a room or building during unoccupied times it takes more energy to return the room or building to its occupied temperature setting.

FACT: Temperature setback during unoccupied times is always economically feasible as it requires less energy to recover the occupied setting than to maintain a constant 24 hour temperature setting.