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How much could you save?

Switch off standby

Most appliances can be turned off at the plug without upsetting their programming. A standby saver or smart plug allows you to turn all your appliances off standby in one go. This could save you £55 per year. Check the instructions beforehand. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

Draught-proof windows and doors

Professional draught-proofing of windows, doors and blocking cracks in floors and skirting boards can cost around £250, but it can save £95 per year. DIY draught proofing can be much cheaper.

Turn off lights

Turning your lights off when you're not using them or when you leave a room, could save £25 per year. Replacing all the lights in your home with LED bulbs could help you save even more.

Careful with your washing

You could save around £29 a year by using your washing machine on a 30-degree cycle instead of higher temperatures. Reducing your number of loads per week will help too.

Avoid the tumble dryer

Avoid using a tumble dryer for your clothes: dry clothes on racks inside or outside in warmer weather to save £60 a year.

Spend less time in the shower, and swap your bath for a shower

Taking a 4 minute shower could save a typical household £70 a year.

If you enjoy a long soak in the bath try swapping just one bath a week for a 4-minute shower could save you £11 a year.

Kettle & Dishwasher

Avoid overfilling the kettle and save yourself £11 a year. Only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £14.

Top up the insulation

Effective insulation of your hot water cylinder is important you can benefit from increasing its insulation to a British Standard Jacket 80mm thick, saving £50 a year in the process.

Insulating your water tank, pipes and radiators is a quick and easy way to save money on your bills.