

# Are You Too Hot or Too Cold?



Keeping your home cool in the summer and warm in the winter becomes quite the struggle of how to do this most effectively. How to set the temp and what should be set on for each season.

## Here are some ideas that may help you choose:

There exist four categories of programmable thermostats, each characterized by a unique scheduling approach:

**7-day programming:** This option suits those with unpredictable schedules, offering the highest level of flexibility. It enables distinct heating/cooling schedules to be programmed for each day of the week.

**5-1-1 programming:** With this setting, a single heating/cooling schedule is applied throughout the week, along with the ability to configure different heating/cooling plans for Saturday and Sunday.

**5-2 programming:** Similar to 5-1-1 programming, except Saturday and Sunday share the same heating/cooling plan.

**1-week programming:** This choice permits the configuration of a solitary heating/cooling plan that is repeated daily throughout the week.

Establishing heating and cooling programs for colder and warmer months is important.

**Helpful Tip:** Before acquiring a programmable thermostat, it's essential to ascertain the heating and cooling equipment utilized in your home. This step ensures compatibility checks. For instance, whether you possess central heating and cooling systems or solely a furnace or baseboard heating. Neglecting this could result in missed energy savings and potentially harm your heating and cooling apparatus.

## **Simplify with a Wi-Fi (Thermostat)**

If you're seeking a more effortless solution, modern and advanced models have streamlined the process:

**Nest Learning Thermostat:** This intelligent thermostat learns your preferred temperature settings and constructs a schedule around your preferences. Independent studies indicate it has saved users an average of 10% to 12% on heating costs and 15% on cooling expenses. Being Wi-Fi enabled, it can be controlled remotely. Price: \$249.

**Honeywell Wi-Fi Smart Thermostat:** Featuring seven-day programming, the Wi-Fi Smart Color Thermostat empowers you to craft a personalized temperature schedule for each day of the week. In the event of schedule changes, you can temporarily adjust the settings and effortlessly revert to your standard program. Price: \$169.

## **Does Your Thermostat Contain Mercury?**

If your thermostat predates 2005, it probably contains mercury. After that year, digital thermostats were introduced and gradually dominated the market. Nonetheless, some contemporary manufacturers still produce mercury thermostats. To determine if your programmable thermostat contains mercury, consult the manufacturer. Suppose you plan to dispose of a mercury-containing thermostat. In that case, you can locate a nearby thermostat recycling facility by reaching out to the Thermostat Recycling Corp. (Curious about mercury's harmfulness? In short, it's a toxic substance that remains persistent and unbreakable. Upon entering the waste cycle, it inflicts enduring harm on the environment.)

## **What Temps Should My HVAC Be Set On?**

### **Air Conditioner**

Your AC can be set at 78 degrees Fahrenheit during the day when you're home. However, you should set your AC at 82 F when in bed and 85 F when away from the house. I know this seems too high and you'll be uncomfortable, but remember, even 7 - 10 degrees higher can save you 10% of energy annually.

### **Furnace**

To save money, you should set your thermostat for your furnace at 68 degrees Fahrenheit during most of the day and even lower by 7 to 10 degrees for 8 hours per day for optimum savings.

One happy note: sleeping cooler tends to give you a most restful sleep.

I know some households have thermostat wars, and not everyone feels comfortable at the same temps; however, if your goal is to save money, it always helps to follow these rules.

***Article by Bild a Better Business | Image from Canva***

## **Shannon Feuerbach**

Licensed in real estate since 2006, I have dedicated my real estate business to upholding the strict professional standards associated with being a member of the National, Iowa, and Local Associations.